

Serenity Times

April 2010

www.oagalveston.org

A Publication of the Galveston / Bay Area Intergroup of Overeaters Anonymous
WSO 9342 Region III

Upcoming Events:

2010 OA/Region III Convention
Hosted by
Arizona Serenity in the Desert Intergroup
Celebrating OA's 50th Birthday
Tempe, AZ
August 13-15, 2010
For information call:
Donna Kidner 480-946-8037

Also Region III is planning a Cruise
March 20-27, 2011

World Service Convention
Celebrating OA's 50 years
Los Angeles
August 26-29, 2010

For information about any workshop check online at
www.oahouston.org or www.oagalveston.org

OA is a fellowship of individuals who, through shared experience, strength, hope, and the 12 steps of this program are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Serenity Times is a publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous. The editor reserves the right to edit for space and style. Reprinting of this material is permitted provided proper credit is given the source. Please send submissions to: tangedahl@juno.com

NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send me your email address at: tangedahl@juno.com

12 Tips for Making Peace with Food for the Holidays

- Holiday/family meals:** If these have been stressful occasions in the past, plan ahead how you want to cope with uncomfortable feelings. It is helpful to name your feelings (angry, sad, hurt, anxious...) Use your breathing to calm you. Take a walk outside. Be compassionate with yourself. Imagine yourself videotaping the scene (which will give you some awareness and perspective of what is happening), imagining showing it later to your best friend.
 - Buffets and parties:** You may find it helpful to eat a small healthy snack before you go. If you're not extremely hungry, you're less likely to be tempted by foods you'd rather avoid. Walk around the buffet first before putting anything on your plate and see what appeals to you. Try either: a) choosing those few that are special treats or appeal most to you, or b) taking small taste sizes of everything you want.
 - Treats at work:** If you are surrounded by holiday treats every day at work, make a decision ahead of time how you want to deal with them. Determine to stay conscious - choosing only those you *really* want and that you will eat slowly (sitting down preferably) and savor your choices. This will be easier to do if you have eaten a good breakfast and lunch and your blood sugar is even. You may find it helpful to bring your own tasty healthy snack as an alternative (as long as you don't choose it out of being "good" if that triggers off a feeling of deprivation).
- Also,
- Plan ahead.
 - Choose exactly what you want to eat instead of reaching automatically for the foods that are in front of you.
 - Add fruits and vegetables whenever possible.
 - Slow down your eating and savor each bite.
 - Pause while you're eating to check if you're still hungry.
 - Make sure you're not thirsty as we often mistake thirst for hunger.
 - Check if you're tired, not really hungry. Remember HALT.
 - If you find it difficult to stop eating sweets, drink some water, eat a small amount of protein or vegetables, brush your teeth or use some mouthwash.
 - And please don't beat yourself up. If you do eat to the point of uncomfortable fullness, try to learn from this experience. If you are eating to comfort yourself and nothing else will help, try to have compassion for the state you are in. Eat slowly enough to taste the food and experience it soothing you. You will feel calmed and the emotional eating experience will not turn into a binge.

I will remember my best thinking got me here!

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2010 Meeting List

MONDAY

Galveston (12615)
Discussion, 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Leanna: 713-410-3770
(Call before you go.)

Webster (30093)
6:30 pm
Up the Street Club
Suite 105, Big Book Study
Contact: Chuck B. 281-332-3238

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 6:45 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

FRIDAY

League City (48893)
OA HOW, 7:30 pm
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Dinah 281-339-2727

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12), 10 am
Clear Lake United Methodist Church
16335 El Camino Real Rm. 304
Contact: Jean 281-488-2402 or Kay 281-557-3881

SATURDAY

Clear Lake (12635)
For Today/Discussion, 10:30 am
House of Prayer Lutheran
14045 Space Center Blvd.
Contact: Marcia 281-488-7684

**Santa Fe (48068)

OA/HOW, 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

SUNDAY

Webster (34237)
OA 12 & 12, 6:00 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

Intergroup Business Meeting

Every Third Wednesday, 6:30 pm
Up the Street Club
Contact: Kay H. 281-557-3881

THURSDAY

League City (49391)
11:30 AM
Bay Area Club
2111 Webster Street
Contact: Gina at 409-939-6383

**This meeting is not affiliated with GBAI and is included on our list as a courtesy. Please contact the name listed if you have any questions regarding the meeting. If there are any changes or new meetings, please contact Kay H. at 281-557-3881.