

Serenity Times

APRIL 2013
www.oagalveston.org

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

Mark Your Calendar

Joy of Living at a Higher Altitude
April 5-7, 2013
Houston, Texas



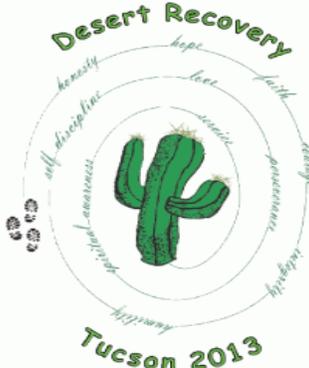
See Brochure & mail in or register online at
www.oahouston.org Sponsored by: OA-HOW HOUSTON



World Service Business Conference 2013
Theme: Searching and Fearless: A Fellowship Inventory
Dates: April 29 – May 4
(More info at oa.org)
Embassy Suites
Albuquerque Hotel and Spa
1000 Woodward Place NE
Albuquerque, NM 87102

Desert Recovery: R3 Assembly & Convention
Soaring to Recovery !! Annual Summer Retreat
June 7, 8, 9th, 2013
Arizona Serenity In the Desert Intergroup
Embry Riddle Aeronautical University
3700 Willow Creek Rd.
Prescott AZ 86301

OA Region 3 Assembly & Convention
August 16--18, 2013
Tucson, AZ
Make Reservations at
www.oasouthernaz.org
Sponsored by: Southeastern Arizona Intergroup of OA



World Service Convention
Cleveland, Ohio USA
Aug. 29–Sept. 1, 2013
For information, contact
conventioninfo@oa.org

Rebel Without a Cause

Made a decision to turn our will and our lives over to the care of God as we understood Him... I find it ironic that I volunteered to write about Step 3. Despite all my years in program I struggle with this step. I keep taking back my will especially in regards to my food. The literature tells me that I have to surrender my will to the God of my choice. I don't know why it is so hard for me since I have a loving HP that thinks I am worthwhile and important. Nevertheless, I continue to play God even though it has not worked for me. So today I am looking for a new beginning – that decision that God is going to direct my life instead of me directing it.

I don't wish to lose control any longer through bingeing because that act separates me from my HP and places me in a living hell where that old enjoyment over food eludes me. I have a spiritual sickness which blocks me off from God through the fear, resentment, guilt and remorse caused by self will. Self will run riot has made me miserable and the cure is the spiritual principle of surrender, which means I have to give up fighting. Deciding to trust God instead of food is a complete turnaround in attitude because I am changing from a material orientation to a spiritual one.

I guess I am a rebel at heart since compulsive overeating is a classic form of rebellion, but I am not happy in the role of rebel. And I know that whatever plan HP has for me in life does not include compulsive overeating. Today I need to act out of faith rather than rebellion because my recovery depends upon my releasing fear and trusting God. I need to decide that I want God to direct my life and that I want those things (like rebellion) to be removed that are blocking me from my HP. Freedom from the bondage of self is what I am asking for in Step 3 so that I can begin to live my life on a spiritual basis. Living in Step 3, means learning to live spiritually one day at a time. Turning my will over to God is a way out of my day-to-day misery. It means that if I have the faith to turn over what I want to God, I will be given what I need. If I have faith in HP, I can turn my weight over to that Power as well. I can take action – by abstaining and taking the steps – and leave the results to my HP. For today, HP is my source from which I seek the knowledge of what's best for me. I seek true wisdom in following God's will for me in every aspect of my life. May I find freedom and exuberance as I follow God's path.

Anonymous Richland Hills

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.

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There are times I dance and rejoice with God

In what tangible ways can I communicate with God?

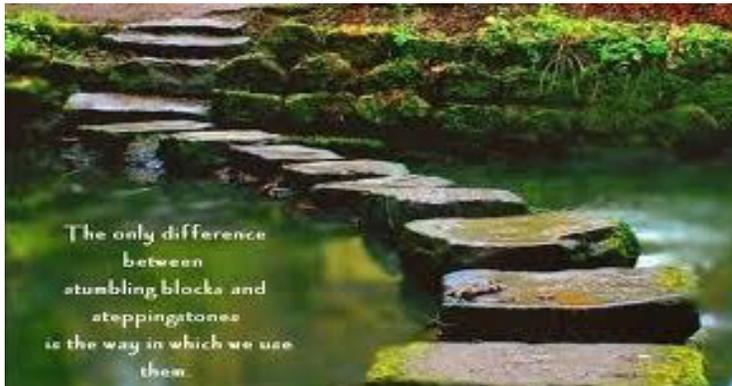
I talk to God, I think and write to God, I sing to Him, I dream to Him, I pray to God, I cry to God, I laugh to God and sometimes I scream. There are times I dance and rejoice with God and other times when I sit, open a book and read to Him, and even other times when I curl up in a ball to be silent with Him.

I constantly communicate with Him. That is why I know He is closer than a brother to me. He knows my thoughts before I do. That comforts me because He completely accepts me; the real me. I believe he loves me for me.

I also believe God communicates with me. He talks to me when I take the time to meditate. He sings to my heart when I take walks outside, or sit on my porch and listen to the birds and the wind in the trees. God's smile fills my heart and communicates His love whenever I feel the sun's gentle rays on my face. I also believe He talks to me through other people and everyday life situations.

God is always here for me. Ever ready, ever willing to share Himself and His perfect will with me. I just have to keep looking up and honestly share the most genuine parts of myself with Him and those I come in contact with.

Emerald C. South Hills, Saturday Writing, Steps and Literature



The only difference
between
stumbling blocks and
steppingstones
is the way in which we use
them.

Acceptance

And acceptance is the answer to *all* my problems today.

When I am disturbed, it is because I find some person, place, thing, or situation--some fact of my life--unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake.

Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy.

I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

from n. 449 of *Alcoholics Anonymous*. the Big Book of AA



April Telephone Events

7th - "Tradition Ten"

4-5 p.m. & 5-6 p.m EST, Virtual Services Committee
Dial 1-712-432-5200 and enter access code 4285115#
Stephanie D. 1-727-641-3437; email: yst4oa@hotmail.com

Step 4: Made a searching and fearless moral inventory of ourselves.

Full of Fear *When I started Step Four, I was full of fear and trepidation. This part of my recovery was necessary for me to heal. I felt fear and trepidation because I didn't want to take a close look at my mistakes and my part in them. I have a sponsor who doesn't judge me and wants me to recover. This still did not lessen the fear I had. I did not want her to find out what I was really like. I have friends in OA who also want me to heal. As I got further into doing Step Four and started answering the questions, I realized I had no reason to be afraid. I could feel Higher Power's presence, and I knew HP loved and cared for me. If you are afraid of doing Step Four, my advice is to turn it over to HP and just do it. It won't harm you and will help make you a better person.*

— Mary S., Albany, New York USA

Serenity Times, Publication of the Galveston Bay Area Intergroup Meeting List 2013

MONDAY

Deer Park (51567)

Open Meeting, Literature 11:30 a.m.

In His Presence Fellowship Church

1202 East P Street (Fellowship Hall)

Deer Park TX 77536

Contact: Bekki S. 409-454-5720

Intergroup Business Meeting

Jan., April, July, Oct.

3rd Monday, 5:30 p.m.

Bay Area Community of Christ Church

Travis @ Austin Street

Contact: Kay H. 281-557-3881

TUESDAY

Santa Fe (52400)

Topic/Discussion 6 p.m.

Rosa May Catching Annex Bldg.

12045 15th (on corner of Hwy 6 and Ave K)

Guest Speaker on 5th week of a month

Contact: Linda 409-457-9517, Laura 281-507-4968

WEDNESDAY

Clear Lake (13244)

Literature (Big Book/12&12), 10 am

Clear Lake United Methodist Church

16335 El Camino Real Rm. 311

Contact: Kay 281-557-3881

THURSDAY

Webster (30093)

6:30 p.m. Up the Street Club

508 W. Nasa Parkway, RM 2 Discussion

Meeting

Contact: Chuck B. 281-770-7539

SATURDAY

Clear Lake (12635)

For Today/Discussion, 10:30 am

House of Prayer Lutheran

14045 Space Center Blvd.

Contact: Marcia 281-488-7684

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