

On the Horizon

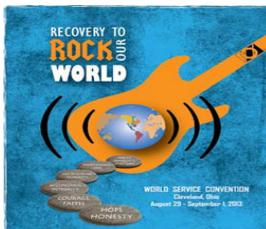
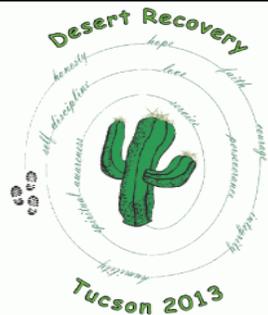
Desert Recovery: R3 Assembly & Convention
Soaring to Recovery !! Annual Summer Retreat
June 7, 8, 9th, 2013
Arizona Serenity In the Desert Intergroup
Prescott, AZ 86301
Brochure @ oaregion3.org

ALCOHOLICS
ANONYMOUS



The Big Book Path Through the 12 Steps
June 14th – 16th, 2013
Slumber Falls Retreat Center
3610 River Road
New Braunfels, Texas 78132
oaregion3.org: OA Slumber Falls Flyer

OA Region 3
Assembly & Convention
August 16--18, 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
conventioninfo@oa.org

The Promise of Transformation
OA Silent Retreat
Near Monastery Lake
Pecos, New Mexico
Sponsor: Northern New Mexico OA Intergroup
October 4th-6th, 2013
Brochure at oaregion3.org

Miracles Multiply

Twenty-six years ago I came into OA exhausted and discouraged, strung out on sugar and caffeine. I had extreme eating patterns, excess weight and depleted adrenals. One day I would eat a bird's size portion of food, and the next day I would stuff myself to the gills. I was full of New Year's resolutions and spiritual resolve to be a good steward of my body, yet I failed miserably. I was physically, emotionally and spiritually sick. I tried hard to control my weight with diet and exercise, but I was powerless to curb my compulsive overeating. Slowly I gained weight that wouldn't come off. I felt hopeless about stabilizing my weight and self-hatred about my lack of control. I was lost and alone. After agonizing defeats in my battle with food, I went to my first OA meeting. I heard stories that resonated with my own. Members described recovery from compulsive eating as a three-pronged approach: physical, emotional and spiritual. I heard about abstinence and food plans. I read *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, which highlighted that OA is a spiritual program, not a diet-and-calories club. OA members shared their experience, strength and hope regarding freedom from compulsive eating. They shared their heartfelt quests to find their Higher Powers.

I came in weighing about 40 pounds (18 kg) more than I do now. Slowly the weight released. For many years I've maintained a comfortable and trim body size. How did this come about? I got a sponsor, worked the Steps and used the program tools. I have learned how to be authentic with my Higher Power, others and myself. In the beginning I attended at least one OA meeting a day. Now I attend two to three meetings a week. I have a food plan that allows me to enjoy three nutritious and delicious meals each day. I abstain from sugar and caffeine and have a regular, moderate exercise plan. I have attended many OA retreats and conferences and have done service as a sponsor and speaker, and now as a *Lifeline* contributor. I'm not alone anymore. I'm part of a supportive and inspirational community of recovering compulsive eaters. I enjoy my abstinence, a growing self-respect, and peace of mind that comes in more frequent and longer-lasting increments. Prayer and meditation are mainstays of my recovery. When I feel stuck in some dilemma, I ask my Higher Power for help. Thankfully, my gracious Higher Power responds with love and assistance. Yes, OA is home for me. It is a treasure chest of friendships. The miracles of OA multiply as the years go by. The Twelve Steps offer a life map, a way of living that fits all circumstances. For all of this, I am grateful. That's why I keep coming back!

— Linda S., Palm Springs, California

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Sound Bites from OA

Listen to podcasts of a 13-week Internet radio series that explores the Steps, tools and three-fold recovery of the OA Program www.oa.org/newcomers/sound-bites-from-oa

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.

"Keep It Simple"

- A slogan often heard in 12 step programs. Compulsive people compulsively make things way too complicated. Today I will keep my program simple and focus also on "Take it Easy". I will also remember today that refined sugars and too much caffeine is fuel for compulsive behavior.

"We have not because we ask not." (James 4:2). The other day I asked someone if they had asked God to remove something. It dawned on me later that I did not want to ask God to remove something..... my love for potato chips. I know this sounds silly, but I have lost 50 lbs in OA and I do not want to relapse into eating unhealthy foods. I had bought a large bag of potato chips for... my mother-in-law and it was sitting near my back door to take to her. It has sat there for a week. I kept seeing it, and then one day, I wanted to eat the entire bag. My brain started rationalizing.... I've been good, this is not "sugar", this won't bother me, lies, lies, lies. God is so great! He reminded me, "Have you asked me to take that "love" from you?" My answer was..... "I'm not sure I want you to take that "love" from me." Then he reminded me of a time he did take a "love" from me that I had asked to be removed and how much my life had improved. Did I want to get that miserable again to finally give up something my incorrect belief system wanted to hang on to? No..... so, I became willing to ask God to remove this "love" for potato chips.... and then He said, "Why don't you move this bag of chips out of your site? Why do you test yourself?" It is like an alcoholic buying a bottle of booze and putting it in their site day after day.... Nutty, even the strongest in recovery might have an emotional moment and relapse with this in front of them constantly. In my 12 step literature it does suggest to not hang out in "bars" unless we have a good reason like talking to another addict. For me, I do not hang out in bakeries for no good reason! Wow, how simple. How stupid I felt.... but all of this really isn't about the potato chips at all.... it was a lesson I learned.... if I ask someone to give up something they love, am I willing to do the same? So, last night, I humbly asked God to remove my love for potato chips and I moved the bag to where I would not see it. My "craving" has greatly decreased. Walking the talk.

--Bekki S.



Friends in 12 Step Meetings
Laughter, tears, & sharing
at a level that can only
be described as



Love

-Bekki S.

Abstinent? Then Sponsor & Give Back!

Long ago, but not so long ago I should not remember, I received encouragement to take everything from OA that I needed to recover from the deadly illness of compulsive overeating. I heard that I'd have the opportunity during recovery to give back what others had so freely given to me, but since time would probably not permit giving back everything, I should give all I could. Members said do not take lightly those opportunities to give.

What do I have to give back? My experience, strength and hope are what I have to share. Foremost among these is the vital importance of abstaining from compulsive overeating. OA's primary purpose is to abstain from compulsive overeating and to carry this message of recovery to the still-suffering compulsive eater. If I am not abstinent, working and living OA's primary purpose, then what do I really have to offer? Perhaps I have a lot to offer, but not about recovery.

For me, being abstinent is and always has been paramount in recovering; going to every length to abstain is my prayer each morning. I back this up with action suggested by the OA program. My overall wellness depends on my remaining abstinent one day at a time. My experience is I can only be of real help to another compulsive eater by abstaining myself. Sharing the OA program ensures I remain abstinent. To do anything less is a disservice to myself and to others, especially when serving as a sponsor.

The OA program explains what to do, how to do and why to do. In the doing comes recovery on all three levels and the rewards of giving back what others have so freely given. Abstaining from compulsive overeating is a dire must for me. All else follows, including sponsoring!
— M.B., General Service Trustee

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: Kav 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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