



## Upcoming Events:

### Region 3 Fall 2006 Convention

October 6-8, 2006

Holiday Inn @ Intercontinental Airport

### Sponsorship Workshop

Saturday, July 15, 2006

2:00 – 4:00 p.m @ Oasis Club

## Derailed...

*“Every body perseveres in their state of being at rest or of moving uniformly straight ahead, except insofar as they are compelled to change their state by forces impressed.”*

(Paraphrase of Isaac Newton’s First Law of Motion)

Whenever I perceive a week like the one just past, I am reminded of Isaac Newton’s theory of inertia. Though quite certainly a mis-application of that particular physics-intended concept, I still think of it as an accurate description of myself working (or not working) my OA program, in that making my regular meetings, eating in a way that serves, and physically moving in some way each day gives me the feeling of being ‘on track’ with the program. These are the times I feel I’m “.....*moving uniformly straight ahead.....*” - not perfectly, but progressively.

Alternately, it is also clear I have a strong tendency to cooperate with “.....*impressed forces*”, some deviation from my normal schedule in which I am “.....*compelled to change (my) state....*”, i.e., allow myself to get ‘off track’. These compelling forces come my way as innocent looking every day occurrences - a new work assignment, a scheduled appointment of some sort, company coming over, or in the case of last week, return from a vacation trip.

Post-deviation from my basic foundational OA program routine, I experience

difficulty getting back ‘on track’. Being on vacation was fun as I saw new things and played. The transition from play back to normal routine, however, continually proves to be a difficult one for me. Perhaps I simply don’t want the fun to end; maybe it’s an addiction to excitement versus the perceived boredom of every day life. It could be that, for an obsessive type like me, whatever is pleasurable becomes my focus making it tough to switch gears.

Whatever the underlying truth to why the transition from being out of my normal routine back is tough, it always reminds me of the theory of movement: when I’m moving (in my normal OA routine), I continue to move. Yet when I am compelled for some reason to rest (break my normal OA routine) I continue to rest (find it difficult to move again). It’s the proverbial, ‘bodies in rest, bodies in motion’ thing.

Often in this journey of recovery, I am helped through difficulties, not by being given an answer to my supposed problem; rather, by others simply relating to whatever it is I am feeling or experiencing. The power of sharing what is going on has produced as much growth in me as any solution application. So, one more time, I share my thoughts with you, my OA family, as I move through yet another recovery challenge - to get this body in rest back into motion!

—GBAI member

*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.*

MONDAY

Galveston (12615)  
Discussion 6:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Alma 409-938-0069

TUESDAY

Alvin (45605)  
Literature 6:30 pm  
Diagnostic & Urgent Care Facility  
301 Medic Lane (at Business Hwy. 35)  
meeting in cafeteria  
Contact: Betty B. 281-482-1234 or  
Nancy R. 281-224-4084

\*\*Clear Lake LUNCH MEETING  
Literature (Step Study) 12-1:00 pm  
Clear Lake United Methodist  
Meets in Youth Cafe  
16335 El Camino Real  
(Between El Dorado and Bay Area)  
Contact: Cindy 281-450-9308

Clear Lake  
OA/HOW Discussion 6:45 pm (46923)  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 281-614-1981

WEDNESDAY

Clear Lake (13244)  
Literature (Big Book/12&12) 10 am  
Clear Lake United Methodist Church  
16335 El Camino Real Rm. 220  
Contact: Jean 281-488-2402 or Kay 281-557-3881

Baytown (49349)  
7:00 PM  
Westminster Presbyterian Church  
7600 Bayway Drive  
Contact: Diane at 281-466-7355

\*\*Santa Fe  
OA/HOW 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-283

THURSDAY

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

Angleton (47802)  
Frank Stevens Center for Health & Wellness  
140 Hospital Dr. (6:30 pm)  
Contact: Claire 979-297-9726 or Margie  
979-848-1030

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

FRIDAY

Webster (07234)  
Literature 6:30 pm (Step Study/12&12)  
Up the Street Club  
508 Nasa Road 1  
Contact: Doris 281-486-7080

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

SATURDAY

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

SUNDAY

Webster (34237)  
WOMEN'S MEETING  
For Today/Discussion 6:00pm  
Bay Area Community of Christ Church  
Travis at Austin Streets  
Contact: Kay H. 281-557-3881

\*\*This meeting is not affiliated with GBAI  
and is included on our list as a courtesy.

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