

# Serenity Times

June 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 in 2011**

**Buy some tickets for a free cruise!**  
**3 tickets for \$25 or 1 ticket for \$10.**

**Email: [marcia.fisher@sbcglobal.net](mailto:marcia.fisher@sbcglobal.net)**

For information about any workshop check online at  
[www.oahouston.org](http://www.oahouston.org) or [www.oagalveston.org](http://www.oagalveston.org)

## Recovery is Great!

Tomorrow will mark my first thirty days in the program and I feel great! I am already noticing huge differences in many aspects of my life ... things are changing. I am, for once, opening my heart to God and so many wonderful things are happening to me ... mentally, emotionally and physically.

In this short period of time I have learned I haven't been taking very good care of myself. In the past, pre-program I have always been in survival mode, tired, never at peace or having any direction. I was a little lost soul not knowing which way to turn. I never had a plan for anything! I know now that God has big plans for me. He led me to the rooms of OA and to its wonderful members. I have so much to be grateful for. Today, I feel totally joyous, happy and free!

Also a huge milestone happened to me at lunch today. I stopped halfway through my lunch today, set down my fork, and drank some water to wash down the food. I then took a deep breath, sat still and prayed thanking God for the program and the wonderful lunch I was able to enjoy. A couple of minutes passed and I immediately got up to get a "to go" box for the remainder of my meal and out the door I went! This was definitely a God thing! I wasn't in to "the food." I will relish this amazing moment forever!

Thank you Lord for answering my prayers and bringing OA and all the wonderful tools into my life, just when I needed them! I am so grateful. You're awesome!

Karla K.  
From Letters of HOPE, August 2007

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](mailto: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](mailto:tangedahl@juno.com)**

**...cunning, baffling and powerful.**

***Serenity Times, Publication of the Galveston / Bay Area Intergroup***  
**2010 Meeting List**

**MONDAY**

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

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, 7:00 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.