

# Serenity Times

June 2012  
[www.oagalveston.org](http://www.oagalveston.org)

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

## Abstinence: "Don't Leave Home Without It"

### OA & OA-How Vacation Workshop

Saturday, June 23, 2012 ~ 1-3PM

St. Anne's (St. Christopher Room)

2140 Westheimer Rd. / Houston, Texas / 77098

This workshop will feature a panel of OA & OA-HOW members who have had success with vacationing/traveling and remaining Abstinent. The panelists will share their tips and tricks and will answer questions from the audience.

Topics may include how to stay Abstinent during:



Travel abroad/out of the country  
Camping/hiking  
Day trips, road trips  
Visits home for the weekend  
Vacations with family



For more information contact Tish @ 936-275-7956 or  
Sue @ 713-252-4432

Sponsored by: HOUSTON METRO INTERGROUP (HMI) and  
OA-HOW HOUSTON INTERGROUP INC.

## Helpful OA Acronyms

- ♥ **N.U.T.S.** Not Using The Steps. ♥ **G.O.D.** Good Orderly Direction. ♥ **E.G.O.** Edging God Out.
- ♥ **P.R.O.G.R.A.M.** People Relying On God Relaying A Message. ♥ **F.A.I.T.H.** Facing An Inner Truth Heals. ♥ **B.L.O.A.T.E.D.** (Don't get too Bored, Lonely, Overwhelmed, Angry, Tired, Excited, or Depressed).

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: [serenitytimes@hotmail.com](mailto:serenitytimes@hotmail.com)



## LIVING TRADITIONS Tradition 5

*Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.*

*Meeting Gems ~ I am doing quite well in my program. I contact my sponsor regularly. I stick to my plan of eating 99.5 percent of the time. I have lost 23 percent of my body weight. My food obsessions, although they linger, have experienced a great reduction. I am so pleased and thankful to have surrendered to this process, which has allowed me to have success.*

*With success beneath my belt, it's sometimes hard to find the motivation to attend my regular meeting. The disease whispers, "You don't need that meeting; look how well you're doing," "Go next week. There's so much to do at home," or "Those meetings are all the same, anyhow. If you've been to one, you've been to them all." Then I remember the Fifth Tradition. Darn it! The purpose of my regular meeting isn't to help me. It's to help others, and I owe the still-suffering that debt of gratitude for my success, because on the day I rolled into my first meeting, members shared with me the promises of this program—promises that are coming true in my life. As you might suspect, at each meeting I force myself to attend for other people, I always get some sort of gem for myself. I hear someone say something brilliant I want to remember, or I hear someone speak of a relapse that came with pride and boastfulness following a period of success. A beloved friend gives me a hug. I receive an opportunity to serve a fellow, and so on. So I go. I attend the meetings for others, according to the urgings of the Fifth Tradition. But as with every other aspect of this program, when I seek to serve others, I also benefit.*

*— M., Arizona USA*

## Interesting & Helpful OA Web Links

★OA Guidelines—Information on everything from how to handle disruptive behavior in a meeting to how intergroup treasurers can manage finances.

[www.oa.org/membersgroups/oa-guidelines/](http://www.oa.org/membersgroups/oa-guidelines/)

★Program Inspiration—A recovery-boosting page that features the OA Promise, program-related prayers and an audio file of OA members' stories.

[www.oa.org/membersgroups/program-inspiration/](http://www.oa.org/membersgroups/program-inspiration/)

**NOTE:** If you would like to have a monthly copy of Serenity Times emailed to you, please send your email address to: [serenitytimes@hotmail.com](mailto:serenitytimes@hotmail.com)

# Perfect Fit

One Sunday morning I bailed out of church services and puttered around in the back of the church. A friend was going outside to smoke. I wanted to join her, not to smoke (I quit over five years ago with HP's help), but just for the camaraderie and the enjoyment of the outdoors, which grants me sanity. I'd left my coat in the service, so another friend, an average-sized woman, lent me hers. I slipped it on without much thought and stepped outside. The coat was tan wool (unstretchable), and it fit! Outside, my friend said the coat looked nice on me. Later it occurred to me how humiliating that episode would have been in earlier times. The coat would not have come close to fitting my big girth. I played the scene in my head: the burning embarrassment and panicked excuse as to why I wouldn't borrow her coat. I would have flushed red and slunk away. But it hadn't been that way—the coat had fit! It reminds me that last year I purchased my first wool pea coat. It was the biggest size available, but it had still come off the regular-sized clothing rack. Wahoo! I'm also grateful for less food spillage on my clothes. When I was larger, I wore everything I ate. With less girth and bosom, it's easier to lean over my plate. I am more concerned with my clothes. Sometimes I'm still sloppy, but I pre-treat stains as soon as possible before washing. I try to dress becomingly, and it feels good—a gift from OA and HP. Although I'm still not my ideal weight, finding things that fit and feel good is easier. I'm short and must slim down for my shape and height to be proportional, but I'm not fretting. OA has taught me to accept myself as I am today and be patient. The consolation is I never bang my head on low-hanging light fixtures, which I always point out to tall people! Okay, I am smiling now. Thanks for being here.

— Janice B.

# Gains and Losses

Anxious, I have awaited my 30th day of abstinence so I would know how great I've been doing! Right? Wrong! I was devastated this morning. I got on that horrible contraption in our bathroom and weighed myself only to find, to my horror, I had only lost eight pounds (4 kg). How could that be? What did I do wrong? Maybe my scales were broken? No! How could I tell my sponsor? How could I tell my OA group? I wanted to lose at least 12 to 15 pounds (5 to 7 kg) per month. At this rate it will take me a year to reach my goal weight! But why do I feel so thin? Why do I feel so light and good? As the hurt, anger and frustration left my mind, heart and soul, a feeling of peace and serenity entered, and I came to these realizations: I have lost that heavy, dense, black cloud in my mind. I have lost the horrible, heavy burdens from my shoulders. (I have carried them day after day, needlessly, unable to do anything with them.) I have lost the heavy feeling in my heart. I have lost the feelings of sadness, gloom, self-hate, doubt and darkness. I have lost over 7 inches (18 cm). My bra no longer leaves big, red marks. My "big" clothes fit again. My body is willing to move. I've lost only eight pounds (4 kg)? Well, I have gained a way of living that brings me closer to my Higher Power. I now have a life that gives me peace, joy, happiness, serenity and friends. What more could God give me in only 30 short days? I thank my Higher Power, my sponsor and my OA group. I am grateful.

--Judy Mesa, Arizona USA



Because a concrete concept of abstinence is so illusive and often puzzling, not only to the newcomer, but also to the still-suffering compulsive eater, many have written about it. One of the most in-depth pieces of literature we have on abstinence is our OA book titled *Abstinence*\*. The preface states, "This book is a collection of stories and essays on the topic of abstinence. All [more than 90 articles] were written by members of the Overeaters Anonymous Fellowship and were published between 1989 and 1993 in *lifeline*, OA's monthly magazine." The first story, written by OA's founder, describes how the concept of abstinence came to OA in 1962 (*Abstinence*, p. 2). Newcomers and members struggling with abstinence and relapse may find encouragement, help and direction in this book. — Joe L., General Service Trustee, Treasurer \* *Abstinence*, Second Edition, with updated stories will be available in late 2012 or early 2013.



## Serenity Times, Publication of the Galveston Bay Area Intergroup 2012 Meeting List:

### 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

### 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, Kay 281-577-3881

### Intergroup Business Meeting

Jan., April, July, Oct.

3<sup>rd</sup> Wednesday, 5:30 p.m.

Bay Area Community of Christ Church

Travis @ Austin Street

Contact: Kay H. 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:

Contact: Marcia 281-488-768

For more meetings in this area go to  
[oahouston.org](http://oahouston.org)