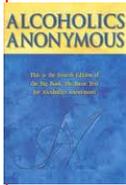


Save the Date

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



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

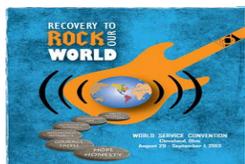
OA/OA-HOW Workshop

Saturday, June 29, 2013 - 1-3pm

"The Many Faces of OA"

St. Anne Catholic Church - St. Christopher Room
2140 Westheimer, Houston, TX

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

2013 OA Convention
"Beyond Our Wildest Dreams"
October 11-13, 2013
The Holiday Inn Resort on the Beach
- Galveston, TX

- 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

My Higher Power blessed me with entry into the OA recovery program in November 1987, when I was at my worst with this disease. I weighed almost 260 pounds (118 kg) and wanted to die. I could not stop eating.

My OA friends taught me to put down the food by using the tools. I found a sponsor, wrote down my daily plan of eating, did a lot of service and wrote in the OA "Twelve-Step Workbook." OA literature helped me (and continues to help me) tremendously by saying everything I needed to hear. I grabbed every suggestion that was made.

OA and working the tools and Steps changed my life. I admitted I was powerless, that I had a disease. I heard through the people in the rooms that I wasn't a worthless or bad person, that I could stop the insanity of stuffing myself with food I didn't want. I learned it was okay to change my concept of a Higher Power from the vengeful one of my childhood to the loving, forgiving, ever-present one who is waiting for me to practice the Third and Eleventh Steps daily.

OA changed my life by loving me during my First through Fourth Steps, as I identified and worked through my character defects. The Fifth through Ninth Steps helped lift the hate and criticism I had for myself. I felt happy, joyous and free.

OA changed my life by giving me a blueprint for handling difficulties, stresses, resentments, anger and joy. I received the gift of balance, one day at a time. OA taught me that it's okay to not always be perfect at every aspect of my recovery. I learned that when I choose not to be honest with myself and my fellows, I am the one who is hurt, my program suffers, and I gain weight.

OA has changed my life by giving me the opportunity to do service for groups and newcomers. As the "leader getter" at my first meeting, I broke the isolation. My self-esteem grew as I used the phone and learned how to talk to others. By being the literature chair for my intergroup, I learned to be organized and to use my computer for keeping track of inventory. I sharpened my spelling skills and became a Lifeline rep. By helping with newcomers' meetings at my home group, I was able to see the first wonderful glimmer of hope that crosses the faces of some people in the meeting. I felt really appreciated as their voices conveyed pleasure when they realized someone cared enough to see if they were okay or if they had questions.

OA gave me back my life. I was an angry, selfish, unhappy, fat person. Without OA I would be dead. I had nowhere else to go.

— Reprinted from *Lifeline* magazine

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 eating and to carry the message of recovery *through the Twelve Steps of OA* to those who still suffer.
—Revision approved by 2013 Delegates of WSOB

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

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Been Slipping & Sliding?

A Reading and Writing Tool

For members who want to stop “slipping and sliding,” download [Been Slipping and Sliding?](#), which contains 30 questions for use in daily writing and/or discussion with a sponsor. The questions are also recommended for those in relapse who want to recommit to their OA program.

Focusing On Tools of Recovery

I discovered I needed an **Action Plan** while preparing this Newsletter. I search for things that I think will help everyone, especially me! 😊 OA provides me with so much helpful information, besides working the 12 Steps; sometimes it's hard to choose what I need to focus on. This month has been very stressful, leaving me feeling out of balance, especially in the areas of personal relations with family, friends, church, 12 Step programs, home organization, exercise routine, and medical health issues. I found some of those exact words at the oa.org website under the Tools of Recovery - Action Plan. Here are the words that jumped out at me:

...Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions...

An **action plan** is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

I plan to get with my Sponsor this month to help me reason things out and to implement an **Action Plan** that will help me keep my emotional, spiritual and physical recovery by both daily & long-term attainable actions! I know from previous experiences that God & OA can do for me what I cannot do for myself. Thank you, God for leading me to OA and this tool of recovery, and restoring me inch by inch, day by day, to living my best life; the one God, intended me to live.

Traca H

A Plan of Eating

As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where and why we eat.

There are no specific requirements for a plan of eating; OA does not endorse or recommend any specific plan of eating, nor does it exclude the personal use of one. (See the pamphlets [Dignity of Choice](#) and [A Plan of Eating](#) for more information.) For specific dietary or nutritional guidance, OA suggests consulting a qualified health care professional, such as a physician or dietitian. Each of us develops a personal plan of eating based on an honest appraisal of his or her past experience. Many of us find it essential to take guidance from our sponsors to develop a plan of eating that reflects an honest desire to achieve and maintain abstinence.

Although individual plans of eating are as varied as our members, most OA members agree that some plan—no matter how flexible or structured—is necessary.

This tool helps us deal with the physical aspects of our disease and achieve physical recovery. From this vantage point, we can more effectively follow OA's Twelve-Step program of recovery and move beyond the food to a happier, healthier and more spiritual life.

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

Action Plan

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