

Serenity Times

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

July 2005

Mark your calendars!

GBAI/HMI Annual

Fall Convention

November 4-6th, 2005 - The Victorian Inn
and Condos in Galveston

Houston Metro Intergroup

Newcomers Information Day

July 23, 2-4pm at the Oasis Club

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, 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. Material may be submitted for publication at OvereatersAnonymousGBAI@hotmail.com. Material cannot be returned, and the editor reserves the right to edit for space and style. Material published in this newsletter may be reprinted by other groups, provided proper credit is given the source.

In Our Own Words

Experience, Strength, and Hope

The Struggle

After several years in OA, I have been blessed with a new perspective on

many things in my life and the world around me. One of the cool shifts in my thinking as a result from taking the 12 steps over and over has been the compulsion-calming realization that my food and weight are only a struggle for me when *I* struggle with them. That sounds so simple and seems to be a natural occurrence for my friends and family who do not have this "thing" which you and I share and which brought us to my beloved OA. But simple or not, grasping and employing this concept has made a life altering difference in me and, consequently, in my everyday life and recovery.

To think that now, post psychic change via the 12 steps, I can make a conscious and deliberate decision to turn inward to calm my fears, worries, boredom, low self esteem, loneliness or any unnamed feeling that has always come over me like a wave and drove me time and again to drown myself and those uncomfortable feelings with excess food. Certainly each day and each temptation is a choice, not simply a no-strings-attached gift or permanent change that can never go backwards.

Yet, unlike the days prior to going through the process of these wonderful steps outlined in our AA and OA literature, I am no longer a slave to those uncomfortable and sometimes un-named moments, some of them quite lengthy stretches where I must eat or else risk coming completely apart. Instead, I have been given an alternative - a way to cope that does not even require a clear identification of what is "the matter." This simple choice to use what I've been taught in OA in an effort to quiet the inner non-physical hunger yields a peace with my food and ends the struggle. Until the next time!

MONDAY

Galveston
Discussion 7:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Alma 409-938-0069

TUESDAY

Alvin
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 (Big Book/12&12) 12-1:00 pm
Clear Lake United Methodist
16335 El Camino Real
(Between El Dorado and Bay Area)
Contact: Cindy 281-450-9308

Clear Lake

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

WEDNESDAY

Clear Lake
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**

Santa Fe

OA/HOW 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

THURSDAY

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

Webster

6:30 pm
Up the Street Club
Suite 105, Big Book Study
Contact: Kay 281-557-3881

Pearland

6:30pm
St. Stephens Lutheran Church
3521 Orange Street/Old Alvin Rd.
Contact: Cheryl 832-444-1848

Pasadena

7pm
Bay shore Medical Center
4000 Spencer Highway
Classroom 3 & 4, second Thursday of month meets in Class-
room 1
Contact: Lisa 713-943-3862

FRIDAY

Webster

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

League City

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

SATURDAY

Pearland
Literature 9:30 am
St. Stephen Lutheran Church
3521 E. Orange St./Old Alvin Rd.
Contact: Nancy 281-224-4084 or Betty 281-482-
1234

Clear Lake

Discussion 10:30 am
House of Prayer Lutheran
14045 Space Center Blvd.
Contact: Marcia 281-488-7684

SUNDAY

Webster WOMEN'S MEETING
For Today/Discussion 6:00pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Janis 281-337-5769
***Check out GBAI's new website at
<http://www.oagalveston.org>.**

***Region III Fundraiser Luggage Tags on sale
for \$3. Contact Doris: (281) 486-7080.**