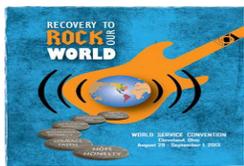
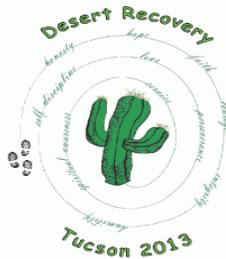


Mark These Dates

**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**

**- 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**

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

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

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

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 WSBC

Love Step Two

I grew up in a family that attended church every week. I went to religious schools and felt that my family and teachers shoved religion down my throat and did not tolerate questions and doubts. Yet at home, my family did not take faith seriously. I grew up thinking people who believed were stupid and weak.

I walked into my first OA meeting at age 15 on March 22, 1977, intending to lose 20 pounds (9 kg). I remember hearing Step Three about a God "as we understood Him." Never before had anyone told me I could develop my concept of God. Those words opened my mind for the first time.

While I was working on Step Two, I asked program people to describe their Higher Powers, and I soaked in the many perspectives. I also began to make an honest search. I discovered faith in a loving being who wanted very much what was best for me. My Higher Power reached me at the level of my needs. At the time, disco was at its height, and I would go to the clubs with my friends, feeling fat and ugly. In the pounding music and swirling lights I could sense my Higher Power's presence, as if he loved me so much he was coming to find me where I was. I began to feel loved and worthy from the inside out, and my intense self-hate began to disappear.

On January 17, 1980, after almost three years of struggle, I got abstinent and then lost 30 pounds (14 kg). My spiritual journey continued, but after a few years I wanted to search beyond program literature. I began to explore the faith of my childhood with fresh eyes and an open mind. I discovered that my traditional religion reflected much of what I found in program. I returned to Christianity, although not to the denomination of my youth.

Instead I found a more loving and gentle place that welcomed questions, doubts and other viewpoints. Today my Christian faith and my program work hand-in-hand, and I am grateful for my continuing spiritual journey. I have many friends with different beliefs, and I think my Higher Power is like a stunning crystal, reflecting light and color in different and beautiful ways, depending on how we receive it.

I do not understand everything about my Higher Power nor do I claim to have all the answers. All I know is that when I became honest, open minded and willing, something loving and kind reached down and removed a deadly addiction that no amount of my willpower or effort could erase. I love Step Two.

— Jane S., Towson, Maryland USA

Internal Generator

We have trees that fell in the storm. What a blessing our 80-foot tree didn't land on us! We are still without power, heat, and running and flushing water. We do not have a generator. But I do have my abstinence, sanity and serenity. Everyone asks how I live in my house without a generator. The truth is I do have a generator, an internal generator!

I rely on God, for he is my generator, the main power source for my life. With his power alone, I am grounded. In these stressful situations, my fibromyalgia is lurking just as my compulsive overeating disease is always doing pushups in the parking lot, waiting for an opportunity like this to catch me off guard.

But my guard is very strong today. God protects me when I hold his hand and when I feed my spiritual life with the right nutrients every day. This strengthens my connection with him. I look forward every morning to plugging myself into the greatest generator that guarantees me the power I need to survive each day and live a rich life.

Cont. on next page

Yes, my Raynaud's disease doesn't do well in this weather; yes, my hands and feet are numb from the cold, and my herniated disk is painful. With all these things happening, how is it possible to be at peace, sane and abstinent? How is it possible for me not to lose it as I would have before recovery? I am anchored by the grace of God!

My heart is overfilled with warmth, and my spirit is alive with joy and acceptance, receiving God's unconditional love. He warms my internal life, where I don't get irritated as I do with my external being. I focus on this internal warm light where the light of the spirit resides. There I have more comfort than a husband, child, friend or wood-burning stove could ever give me. It's eternal and is always there for me. It has no limitations and is endless and beautiful. It's God's unconditional love. Wow!

I am so blessed. Today I have serenity, not chaos. I am that soul with a smile who resides in the midst of a storm because God is within me, pounding my heart with joy. I am connected to a generator that gives me a source of power that guides my daily steps. Where do I choose to focus? The only attraction is what resides in me and resides in you: the light of the spirit. How beautiful is that?
— Anonymous

Life Source

After spending time seeking God's will for the day, I came inside to catch this on Good Morning America 6/27/2013:

Vitamin Drip Infusions Gain Favor in Hollywood
...celebrities that have reportedly jumped on the liquid vitamin bandwagon include Simon Cowell, Cindy Crawford and Madonna. It's not just stars...Music executive Carmen Key gets her 45-minute session once a week at a clinic in Los Angeles. Everything from vitamins C and B to minerals like zinc and chromium are pumped straight into her arm: "Instead of feeling energized, you feel alive," Key said. Eating a salad, taking a nap and traditional vitamins don't compare, Key said. "That would probably do four percent of what this does," she said. The session is pricey and can run \$175 to \$275. Critics call it extreme and wonder whether it actually offers anything nutritious that food or traditional vitamins can't. They went on to say how you urinate this out after so many hours....

Before OA I felt like the walking dead, because I was dependent on food to meet every need and it was slowly but surely destroying me, sucking the life out of me. When I humbled myself and admitted I was powerless, asked God to help, and believed He would; He miraculously took away my obsession. I felt alive for the first time in years! When I heard the words "instead of feeling energized, you feel alive", I thought that is how I feel every day since I began my 12 Step Journey! And I don't have to pay for it, there are endless wonderful side-effects, it's not temporary, it's not the placebo-effect at work, it is my Higher Power, whom I call God, doing for me what I could not do for myself. He is my everlasting LIFE SOURCE! I am divinely plugged into Him! He is infusing me every day with everything I need to live an abundant life. I am so glad, I don't have to stick a needle in my arm to feel alive!

Because I took "certain steps" I discovered how to reconnect with Him. Healthy foods, taking vitamins and naps are not enough, to be sure. The God of my understanding has written in His Word that man cannot live by bread alone but by every Word of God. To feel alive I had to seek spiritual recovery first; now He is providing my emotional and physical needs daily, as I seek His will and purpose for my life. The 12 Steps are based on Biblical Principles, so I study the Bible, 12 Step literature daily, and attend at least two 12 Step meetings a week.

I thank God for my addiction today, because through it, I found OA and LIFE. I AM, ALIVE from the inside-out! And it just keeps getting better and better!
--Traca H

Best Present Ever

I never had a weight issue until I delivered my second child. I had many stressors right after I delivered my daughter, including deaths in the family, issues within my marriage, a job loss and a diagnosis of ADHD in my son. I also began to deal with the abuse I suffered as a child. I didn't lose my pregnancy weight and gained more. I was overeating, although I didn't know that term.

I wasn't aware of what I was doing, as crazy as that sounds. I just ate to —cover up pain and fill my heart's gaping hole. I knew I wasn't happy, especially as my weight continued to rise. I had tried other "diet plans" but nothing worked. What was I doing wrong?

I figured out I was overeating and was a sugar and caffeine addict. I had heard of OA somewhere along the line and looked it up on the computer. I was ready to go to a meeting when my husband said, "You don't need that. You just need to eat healthier and exercise more." I thought maybe he was right. I decided I was weak and undisciplined. I went through another year of overeating, beating myself up every day for not being strong enough and for being out of control. What was wrong with me?

Then in September I was visiting my parents, and my stepmother mentioned she had heard about OA and was going to a meeting. I told her I had heard about it and had almost gone a year ago. She was shocked and excited at the same time.

At my first meeting on September 5, 2012, I decided OA was the answer for me. At last I recognized the problem: I have a disease. I am an addict. Diets and self-pity won't help me. Only my Higher Power, the strength of others in this program and the Steps will help me day-by-day, sometimes minute-by-minute. I am so grateful.

I celebrated 90 days of abstinence on December 6, and getting the power and support I've always needed is the best present I've given myself in my life. Thank you, OA.
— Dana P., Sterling, Virginia USA

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

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