

# Serenity Times

August 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

Galveston Bay Area Intergroup & Houston Metro Intergroup  
present  
**OA ANNUAL CONVENTION**  
October 22-24, 2010 at Galveston TX  
For information contact:  
Helen Delome 281-844-6154

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)

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)**

## You might be a compulsive eater if . . .



Every time you overeat, you promise yourself that you'll never do it again. But sure enough . . .

You are thinking about lunch before you even finish breakfast . . .

You know how much you weighed at every milestone moment in your life . . .

You're always the first one done eating . . .

You give directions based on "all you can eat" restaurants: "Go to the Furr's cafeteria and turn right, then 2 streets after the Golden Panda Buffet take a left. It'll be on your right side between Pancho's and Cici's" . . .

You ogle the grocery ads in the paper as if they were a playboy centerfold . . .

You eat alone so you can shovel it in without public disgust . . .

You can't remember your own phone number but know all the pizza delivery places' phone numbers by heart . . .

You think one gallon of ice cream (or a dozen box of donuts) is a single serving . . .

You drink a diet soda with your binge to counteract the calories . . .

You think that if food is half price, it has half the calories, and if it's free, then it has no calories . . .

From Letters of Hope, Selected from the Entertainment night at the 1010 DMI Convention, Courtesy of Steve G.

**Don't take that first compulsive bite.**

***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, 7:00 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, 8:00 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  
January, April, July, October  
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.