

Upcoming Events:

The Annual OA Conference in Galveston
(Presented by HMI and GBAI)

"Lose the Mask and Find Yourself"

Holiday Inn on the Seawall

Friday – Sunday, October 28 – 30, 2011

Needed: people to work on the program committee.
For information about any workshop check online at
www.oahouston.org or www.oagalveston.org

OA-HOW Retreat

Holy Name Retreat Center
430 Bunker Hill Rd.

Friday – Sunday, August 19-21, 2011

\$190 (\$175 for Seniors, 65 and up)

Scholarships Available

For information, call Lona 832-790-6662

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

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

Morning Prayer

Dear God,
As I begin this brand new day,
I pray for you to guide my way.
Keep me abstinent, safe, and sane,
Living in joy in spite of pain.
Slow me down from life's rat race,
And set me to your calmer pace.
Remove temptation from my sight;
Inspire me to do what's right.
Help me trust your plans for me,
Accepting a future I cannot see.
Make me constantly aware
Of your presence—ever there.
Then, bathed in your light from above,
May all I do reflect your love.

— Kathy D., Malden, Massachusetts USA

Unexpected Gifts

I began going to OA meetings six months ago, hoping to find relief from the emotional and psychological anguish my bingeing caused. Little did I know OA would bring me so many unexpected gifts! After the first few meetings, I was just thankful to find the relief I had been seeking from 10 years of struggling with food. But as I continue in the program, the grace spilling over into so many other areas of my life amazes me! I am less irritable with my spouse. My procrastination over accomplishments, including daily tasks, has lessened. I leave every meeting filled with gratitude for the honesty of other members who share their own intimate stories of hardship and hope. I am able to accept invitations from friends with genuine excitement. My incapacitating social anxiety has diminished remarkably. I feel aligned again with a power greater than myself. It's comforting to know I will always have this support and I never have to be alone in this disease again as long as I am willing. I am so grateful for OA's unexpected gifts, which are giving me my life back.

— Bethany, Alaska USA

For today: I have complete faith that, as I turn over what I want, God will give me what I need.

Serenity Times, Publication of the Galveston / Bay Area Intergroup 2011 Meeting List

MONDAY

Galveston (12615)
Discussion, 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Jolene 409-789-0824
(Call before coming)

Deer Park (51567)
Open Meeting, Literature 12 pm
In His Presence Fellowship Church
1202 East P Street (Fellowship Hall)
Deer Park TX 77536
Contact: Bekki S. 409-454-5720

****Channelview**
OA/HOW Big Book Study, 7 pm
Old River Terrace United Methodist Church
16102 I-10 East Freeway
Channelview TX 77530
Conference in Office building
Contact: Cathy 281-838-7939

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 7 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

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

****Santa Fe (48068)**
OA/HOW, 8 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

Intergroup Business Meeting
January, April, July, October
Third Wednesday, 5:30 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

**** Baytown (49349)**
OA/HOW 7 pm
Grace United Presbyterian Church
304 N. Pruett
Contact Ruth 832-838-0901 or
buffum51@yahoo.com

THURSDAY

League City (49391)
11:30 am
Bay Area Club
2111 Webster Street
Contact: Gina at 409-939-6383
(Call before coming)

Webster (30093)
6:30 pm
Up the Street Club
Suite 105, Big Book Study
Contact: Chuck B. 281-332-3238

FRIDAY

League City (48893)
OA HOW, 7:30 pm
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Carolyn 281-534-0819

SATURDAY

Clear Lake (12635)
For Today/Discussion, 10:30 am
House of Prayer Lutheran
14045 Space Center Blvd.
Contact: Marcia 281-488-7684

SUNDAY

Webster (34237)
OA 12 & 12, 6 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Eleanor B. 713-851-4012

****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.**

- A new Spanish telephone meeting, Tuesdays 9 pm (New York time) Call 712-432-3900, participant code is 629561#. Check OA website for information.