

Serenity Times

August 2012
www.oagalveston.org

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

Upcoming Events

REGION III ASSEMBLY/CONVENTION

Date: September 28-30, 2012

Location: Sunset Station Hotel

Henderson (Near Las Vegas), Nevada

Download Flyer and Register Online at lvoa.org



October 12-14

Galveston, Texas

HMI, OA-HOW, & Galveston Bay Area, Intergroup hosts

The 2012 OA Annual Convention

Holiday Inn on the Beach, 5002 Seawall Blvd.

Call Sue H. 1-713-252-4432;

Email: ixzuhuykaak@yahoo.com; or

Web site: <http://www.oahouston.org/> for registration...

In Search of Serenity

Finding a Higher Power that will solve ALL your problems.

November 2nd - 4th *Glen Lake Camp @ Glen Rose

* Sponsored by Tri-County OA Intergroup

*Register by 10/1/12 *Cost: \$99/ person

Go to www.oa-tricounty.org/2012/07/02/fall-retreat-2/



September Marathon Telephone Meetings

- 3 5:45 am - 11 pm "One Day at a Time"
17 5:45 am - 11 pm "Welcoming Change"
26 5:45 am - 11 pm "Celebrating Abstinence"

1-712-432-5200 Access Code: 4285115#

Gail email: gabbygail55@hotmail.com

Just for Today

I will adjust myself to what is, and not try to adjust everything to my own desires.

At a 12 Step Meeting I heard someone say to work their 7th Step (Humbly asked Him to remove our shortcomings.) they wrote out the "fruits of the Spirit" and asked their HP/God to remove anything that was the opposite: "But the fruit of the Spirit [the work which His presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), gentleness (meekness, humility), self control (self restraint, continence)"- *Amplified Bible, Joyce Meyer*. For me, true humility is lacking... In the past in general I would say or think, "Excuse me, but if you don't like me the way I am, too bad! This is the way I am, and if you don't like it, you can just go away. I like who I am, (pride, because I didn't like who I was) and I'm not changing for anyone!" OA has taught me to be willing to grow along spiritual lines and so I am learning to say and think differently. For example, "How can I be different for you? Is there any way I can change that will help you? Is there anything I can do better for you? How can I serve you and meet your needs more effectively? WOW! Where is there a fight in that, what a concept, that other way kept me being angry and hateful all the time, and led me to the fridge. Thanks to OA I discovered my problem in many situations, and was able to put a name on it - a lack of humility. I am beginning to taste the fruit of humility and it taste good! God is granting me serenity to accept the things I cannot change (people) and the courage to change the things I can (me)! It is a one day at a time, one opportunity at a time, to show, and grow love, towards myself, my family, my friends, and others. I am studying and chewing on all these "fruits" and I am allowing them to work more and more in my life. I am learning to deal with life through the gifts of the Spirit that my God provides for me, instead of my old way of operating, which led me to stuffing my feelings. If I don't eat from the fruits of His Spirit, I, as a recovering compulsive overeater, will eat of my pantry and refrigerator! My God says, "Come and eat out of the good of the land." Isaiah 55:1-2. I am willing to do that. Thanks OA for helping me reconnect with God, who leads me beside still waters, (aahhh peace) and feeds me and fills me up with all the goodness that is in Him. He is my all in all. When I choose Him, food is just something I do to survive. Just for today, I choose to adjust my desires to be online and in line with Him. He IS love, joy, peace, patience, gentleness, self-control, and He loves and cares for me and does for me what I cannot do for myself. Traca H

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.

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Spiritual Path: TENDING the GARDEN



♥ It's funny. I sought a connection with a HP at an early age, but I never felt HP heard me. Little did I know my thinking was too clouded with compulsive thoughts and my body too poisoned with toxic substances to have intimacy with anyone, let alone my HP. ♥ When I first came into these rooms, the idea of asking HP for help seemed logical. Still, it wasn't until I had a few months of abstinence that I understood what having a relationship with HP meant.

90 TOOLS FOR ABSTINENCE 1) Stay away from that first compulsive bite, taking the 1st step daily. 2) Attend OA regularly and get involved. 3) Progress is made ONE DAY AT A TIME. 4) Use the 24 Hour plan. 5) Remember, your disease is incurable, progressive and potentially fatal. 6) Do first things first. 7) Don't become too tired. 8) Eat at regular hours - according to your food plan. 9) Use the telephone. (not just after the fact but during too). 10) Be active - don't just sit around. Idle time will kill you. 11) Use the Serenity Prayer. 12) Change old routines and patterns. 13) Don't become too hungry - stick to your food plan. 14) Avoid loneliness. 15) Practice control of your anger. 16) Air your resentments. 17) Be willing to help whenever needed. 18) Be good to yourself, you deserve it. 19) Easy does it. 20) Get out of the "IF ONLY" trap. 21) Remember HOW IT WAS. Your last binge, the feelings etc. 22) Be aware of your emotions. 23) Help another in his/her recovery, extend your hand, listen. 24) Try to turn your life and your will over to your High Power. 25) Avoid all mood-altering drugs, read labels on all medicines. 26) Turn loose of old ideas. 27) Avoid situations that may tempt you to binge. 28) Make lots of new OA friends. 29) Read the Big Book. 30) Try not to be dependent on another (sick relationships). 31) Be grateful and when not make a GRATITUDE list. 32) Get off the "Pity Pot"...the only thing you'll get is a ring around your bottom if you don't. 33) See knowledgeable help when troubled and or otherwise. 34) Face it! You are powerless over food, people, places and things. 35) Try the 12 and 12, not just 1 and 12 or 1, 12 and 13! 36) Let go and Let God. 37) Use the God bag and the answers: yes, no or wait I have something better in store for you. Don't forget to say thanks. 38) Find courage to change through the example of others who have. 39) Don't try to test your will power - give a compulsive overeater one shovel and one pail and in one hour he/she will need 100 wheel barrels. 40) Live TODAY, not YESTERDAY, not TOMORROW - projection is planning the results before anything even happens. 41) Avoid emotional involvements the first year - you end up putting the other person first and lose sight of "your" program. 42) Remember food is - cunning, baffling and powerful. 43) Rejoice in the manageability of your new life. 44) Be humble--Humility is not in thinking of yourself more, but in thinking more of yourself less often. Watch your ego. 45) Share your experience, strength and hope. 46) Cherish your recovery. 47) Dump your garbage regularly - GIGO = Garbage In Garbage Out. 48) Get plenty of "restful" sleep. 49) Stay abstinent for you - not someone else - otherwise it won't work. 50) Practice rigorous honesty with yourself and others. 51) Progress is made ONE DAY AT A TIME, not 10 years in one day! 55) Make no major decisions the first year. 56) Get a sponsor and use him/her. (not just selectively share). 57) Know that no matter what your problems, someone's had them before. Don't be afraid to share, as a problem shared is one 1/2 solved. 58) Strive for progress not perfection. 59) When in doubt ask questions. The only stupid question is the one not asked. You weren't afraid to speak before, so why start now. 60) Use prayer and meditation...not just pillow talk, get on those knees. Put your shoes under the bed just in case someone's looking. 61) Maintain a balance: spiritual, physical, emotional and mental. 62) Don't use other substances as a maintenance program. 63) Learn to take spot check inventories. 64) Watch out for the RED FLAGS ... things that give excuses for poor behavior and inevitable relapse. 65) Know that it's okay to be human ... just don't binge over it. 66) Be kind to yourself; it's about time, don't you think. 67) Don't take yourself so seriously- take the disease seriously! 68) Know that whatever it is that's causing pain - it shall pass. 69) Don't fall back into the diet mentality - stick to your food plan. 70) Don't give away more than you can afford too, your abstinence comes first and must be the number 1 priority. Protect it at all costs. 71) Take down those bricks from the wall around you; you'll be able to see the daylight better. Let people know who you are. 72) Get a home group and attend it regularly. 73) Know that the light at the end of the tunnel is not an oncoming train, but actually a ray of hope. Drop the negativity. 74) Know that you are not alone, that's why the "We" is in the steps. 75) Be willing to go to any lengths to stay and be abstinent. 76) Know that no matter how bleak and dark your past may be, your future is clean, bright and clear if you don't binge today. 77) Stay out of your own way. 78) Don't be in a hurry--remember "TIME = Things I Must Earn". 79) Watch the EGO. "EGO = Ease God Out". 80) Protect your abstinence at all costs. Keep the light on you. 81) Learn to listen, not just hear. Be open-minded and nonjudgmental. 82) Know that if your insides match your outsides, everyone looks good. 83) If the rest of the world looks bad, check yourself out first. 84) Gratitude is in the attitude. 85) When all else fails ... punt! Up the number of meetings!!! 86) Remember FEAR = FALSE EVIDENCE APPEARING REAL! 87) Remember FINE = Fouled up, Insecure/insane, Neurotic and Emotionally imbalanced...watch the FINE. 88) Handle what you can and leave the rest, don't overtax yourself. You can only accomplish so much in a given 24 hours. 89) Honesty and consistency are key factors in recovery. 90) Let the little kid in you out - learn how to laugh from the gut. *** Note: this list is not necessarily in order. They are but suggestions and items to put in your little TOOL BAG.

(Spiritual Path continued from page 1)

Healthy relationships take work. Like a beautiful garden, you must have the right tools for cultivation and the willingness to tend the plants. My relationship with a HP was a barren lot when I came to OA. Before recovery, I littered the area with broken promises, resentment and pleas for miracle cures. ♥ My first sponsor was a master gardener. She gave me 2 training manuals (BB & OA "12 & 12"). She asked me to read certain chapters and answer questions from the OA 12Step Workbook, I plunged into the assignments. ♥ But I thought this plan was too easy to work for my disastrous lot. Still, I went to garden club gatherings (OA meetings) and heard others tell stories about their incredible gardens. They even brought pictures of before and after. Indeed, they were walking testimonies. ♥ My toolbox was the next thing I repaired. It consisted of a few rusty nails (my grudges), a hammer (my anger) and some nasty pesticide (trigger foods). I loved my toolbox because it served me for a time. I'm thankful my sponsor never asked me to empty it out. She just filled it with new tools: a shiny red phone (outreach calls), a stack of colorful *Lifeline* magazines (literature), a privacy sign (anonymity), a watering schedule (food plan), my sponsor's phone number (sponsorship), a carpenter's pencil (writing), and a pledge to help others with their gardens (service). ♥ These new, improved tools took up a great deal of space in my toolbox. It wasn't long before I no longer needed the rusty nails and other cruddy tools. With HP's grace, I humbly thanked them for their help and put them in the garbage bin. ♥ As for the garden itself, I needed all the help I could get. Working the Steps provided me with the willingness to transform my shoddy patch of dirt. I looked around the lot and exclaimed, "I can't. HP can. I think I'll let HP." That was the gist of Steps 1-3. I picked up my rake and took inventory of the mess I'd made (Step 4). I shared the heap with my sponsor, and together we carried the load out of my area and into HP's recycling center (Steps 5-7) I dug deep and pulled out the weeds (Steps 8-9). Daily I prune my thriving plants and clear out any litter that blows into my garden (Step 10). Using Step 11 daily, I provide organic fertilizer for my blossoms. ♥ And what about Step 12? I'm grateful to share my "before" photos with newcomers at our weekly meetings. After seeing photos of my disastrous dirt patch, one ne member, eyes wide, couldn't believe I have such a healthy, thriving garden. I smiled and said it was possible for that member too. ♥ Keep coming back until the miracle happens for you.

--Elizabeth B, Santa Ana, California USA

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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

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, 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

M O H E I - S T - P O S - T - O F - O H O