



# Serenity Times

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

September 2005  
www.oagalveston.

## Mark your calendars!

### **GBAI/HMI Annual Fall Convention**

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

Overeaters Anonymous 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. Material may be submitted for publication at [OvereatersAnonymousGBAI@hotmail.com](mailto: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

*Fellow compulsive overeaters share their experience strength and hope...*

### Sharing the Message = Sanity

*Why is carrying the message of hope to newcomers and other compulsive overeaters so important to my own recovery?*

When I share the program with a newcomer or someone I sponsor, I get to hear my own voice reiterating how vital the steps are in changing my attitude and subsequently my behavior. I usually feel great when I get off the phone or walk away from a meeting where I was sharing the program. Helping others somehow helps me. I'm not exactly sure how it works, but I know it does. I'm also reminded of the opposite of this principle: isolating myself from others denies me the help that I need and denies others of my experience, strength, and hope.

It's when I'm doing service that I feel I have a purpose – and that purpose is to spread hope to other compulsive overeaters. I'm not thinking about food, or what I'll have at my next meal, or if I overate at my previous meal – I'm just doing. I'm "in the zone." My continued abstinence depends on my reaching out and helping others.

*-Anonymous*

**If you're not doing enough for OA,  
you're not doing enough for yourself.**

## **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 (Step Study) 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  
Classroom 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](http://www.oagalveston.org).

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