

Serenity Times

SEPTEMBER 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/

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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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

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

Counting Blessings

For 4 years after my mom died, I was just sitting around the house.... new home, new neighborhood, new city, retired from teaching middle school. I did not want to ever work again in a public school. I needed some friends, but I did not want people around me that could not talk on a deep spiritual level. I needed people that I could say things to like: I isolate, people are mean, I don't "feel" sometimes, I eat too much and can't lose the weight, I have hamsters in my head all the time (worry).... I needed people who would not jump down my throat to "fix" me by giving me a bunch of advice. God spoke to me through my sister who said, "Go to Al-Anon and your life will start making sense to you." I went, trusting that good would come out of it. I knew 12 step meetings worked because God told me 20 years ago to go to OA. I went back to 12 step meetings, I work the programs, serve others, meet new friends, sponsor people and share my program, and a big one for me - I actually answer the phone all the time without letting it go to "message". Blessings back to me have been: I have some very close friends, I love my meetings, go out to lunch with friends, have people who talk with me on a deep level and understand, have lost 47 pounds, I listen more than talk, and on and on... And when I give all the Glory to God and share with Him how grateful I am for my weight loss and my serenity, He increases my responsibilities because He sees I am ready. I appreciate His faithfulness to me to help me. I keep Him first place in my life and life keeps getting better. Today we had 5 new people come to our 12 step meetings. Only God could arrange that. God loves 12 step meetings! After all, He created them. --Bekki S.

New Meeting

"Different Strokes"

Please join us in Santa Fe, Tuesday evenings, from 6 to 7 pm, as we share our experience, strength, and hope! Our meeting place is the Rosa May Catching Annex Bldg, 12045 15th Street. Enter the portable building located on the corner of Hwy. 6 and Avenue "K". We will have guest speakers on the 5th week of a month (Oct. 30, Jan. 28...) otherwise Topic/Discussion meetings. If you have any questions please call Linda H. 409-457-9517 or Laura K. at 281-507-4968. Hope to see you there!

Experience Strength and Hope

For the past 10 years I have attended OA on a regular basis and have maintained a 25 pound weight loss. During that whole time I have resisted using the word "abstinence" as if it were a dirty word. I have used other words for abstinence such as "food plan", "plan of eating", or "eating pattern." I assumed that if I called it "abstinence" that I would not be able to stick to the plan then beat myself up for failing – again. All that changed when I attended an OA retreat on March 18th, 2005. The speaker explained that abstinence is more than just a food plan. Abstinence is a state of mind – an attitude that I assume. It is three-fold in nature: physical, emotional and spiritual. She gave all of us at the retreat an abstinence prayer bookmark, which changed my life from that day on. I have just celebrated 9 months of clean abstinence and read my prayer out loud each morning at my meditation time. I have quit resisting the concept of "abstinence" and claim it for my recovery in OA! Thank you, God! For those of you who did not receive the prayer, I will reprint it here for you to use. Good luck on claiming your abstinence!

- 2006 Serenity Times Marcia F

Bookmark

Abstinence Prayer

God, today is a new day for me and with you I can handle anything. I ask for your protection in case sometime during the day my desire to eat compulsively becomes stronger than my desire to abstain. I ask for your protection today from anyone or anything that would interfere with my abstinence. I know I am powerless over food and that my life can become unmanageable again. I do believe that you will relieve my compulsion and restore my sanity. Please help me to know your will for me today and give me the willingness to carry it out. I turn my will and my life over to you. Please guide me through another day of abstinence. God, I need YOU.

Promises

1. We will know a new freedom and happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word "serenity".
4. We will know peace.
5. We will see how our experiences would benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations that use to baffle us.
12. We will realize that God is doing for us what we could not do for ourselves.

-Woody W., Derived from the AA "Big Book", pp. 83-84.



Clothing Boutique

2012 OA Convention
October 12-14

Bring your clean, gently-used clothing to our boutique at the October convention when you check in. (Please bring on hangers, if you can.) Your clothing donations will help support the Galveston, Houston OA and OA HOW governing bodies. Then...come shop with us. See what treasures you can find that were donated by your fellow OAers from around the area. The excitement will be HIGH, but prices will be low, low, low!

Contact Marilyn @ 713-299-7212 mrmoncrief@comcast.net or Kim @ 713-805-9323 reeves_k@hotmail.com if you have questions or to volunteer to help at the boutique.

Acceptance

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation--some fact of my life--unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

from p. 449 of *Alcoholics Anonymous*, the Big Book of AA

Serenity Times, Publication of the Galveston Bay Area Intergroup 2012 Meeting List

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
Topic/Discussion 6 p.m.
Rosa May Catching Annex Bldg.
12045 15th (Portable Bldg. 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. 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

More Lists @ serenitytimes.org