

Serenity Times



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

October 2005
www.oagalveston.org

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. 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

Experience, strength, and hope

Life is about change sometimes. I am afraid of it and yet I crave it. I look around and see what others have or dream about things I want, and the life I lead never measures up. In this program, I have learned to not fear change. I can go into new situations and be myself and not worry about what others think. Only by starting to live a whole new life have I recovered from my food compulsions. Change can be great.

But at the same time, I often feel like I'm advancing too slowly in recovery and in life. I want that greener grass, and I want it NOW. I try to speed or shake things up. I run in a million directions, trying to make my life perfect or to reach a "new level" of recovery, all the while oblivious to the fact that I am doing nothing but distracting myself from the life God has given me here and now, today.

This program differs from the world around me in that it places no importance on prestige and ladder-climbing. I am never far from step one, no matter which step I'm working. Every day is its own day instead of a stepping stone to reach the next. Coming into this fellowship, I have learned the value of changing the way I look at the world. Perspective offers freedom I never had in my former isolation, a perspective only obtained by admitting how much I needed help from God and other people. In that, I have also found peace. I do not have to change things; God changes them. Right now, I am learning to balance doing the things God has given me to do with allowing God, not me, to change my life.

-anonymous GBAI OA member