

# Serenity Times

OCTOBER 2011  
[www.oagalveston.org](http://www.oagalveston.org)

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

## 2011 OA Convention

OCTOBER 28TH – 30<sup>TH</sup>



**Lose the Mask. Find Yourself.**

Presented by:

Galveston Bay Area Intergroup,  
Houston Metro Intergroup &  
OA-HOW Intergroup

**HOLIDAY INN On The Beach**  
**5002 SEAWALL BLVD.**  
**GALVESTON, TX 77550**  
**(409) 740-5300**

For more information contact:

Elaine P. 713-408-9053  
Jacqueline B. 832-788-4697

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](mailto:serenitytimes@hotmail.com)



**Clothing Boutique**



Bring your clean, gently used clothing to our boutique at the OA Convention when you check in. (Please bring on hangers, if you can.) Your clothing donations will help support the Galveston and Houston OA governing bodies. Come shop with us at the Convention. The excitement will be HIGH, but prices will be Low! Call Marilyn M. 713-299-7212 or Kim R. 713-805-9323 if you have questions.

## My First OA Convention!

In 2009, I was told I had a brain tumor; it turned out to be in the bone marrow of my skull. It looked suspicious so it was removed and found to be non-cancerous. In 2010, I was told I had Kidney Cancer and Fatty-Liver Disease. I had my left kidney removed, but I could not quit eating to reverse the fatty-liver disease. By January 2011, I was reconciled to the "fact" that my life was going to continue to be one health problem after another.

Then a miracle happened...OA found me! My Higher Power led me to a Church in March of 2011, two weeks later an OA meeting started there in the fellowship hall. OA has opened my eyes to so many things and continues to send me revelations about my HP and myself. My HP and OA have given me hope for a future. I am being transformed into a brand new person inside and out, one day at a time, and life is good even when it's not. OA is Spiritual, Physical, and Emotional and I am living proof of that. Spiritually, I have a relationship, depend on, and have a better understanding of who my HP is. Physically, I am 32 pounds lighter! Emotionally, Instead of stuffing myself with food, I am learning to let myself feel everything!! I am so grateful for OA!

Now the "fact" is, in 2011 I am getting healthy in all areas of my life, especially my thinking and I am so excited about attending my first OA Convention! I hope you are there, because I know that you have something to share that will help me live my best life ever, also I hope there is someone there I can help, I want to give back what was so lovingly given to me.

--Traca H

I have hope now. Alone, I can't do it, (I've tried) but with OA and my HP, I can do all things!

**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](mailto:serenitytimes@hotmail.com)

## **Serenity Times, Publication of the Galveston / Bay Area Intergroup 2011 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

\*\*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.