

Mark These Dates!

THE PRIZE

2013 OA Convention
"Beyond Our Wildest Dreams"
October 11-13, 2013
Holiday Inn Resort on the Beach
Galveston, TX



Dates from Region III

Las Vegas Overeaters Anonymous
Fall Retreat, October 25-27
Lexington Hotel
850 South Bluff Street
St. George, Utah
(435) 628-4235



&



Threefold Recovery Workshop
Presented by BIG COUNTRY INTERGROUP
OF OVEREATERS ANONYMOUS
Saturday, November 2, 9:30 AM until 4 PM
First Church of the Nazarene
2849 Beltway South, Abilene, Texas

New Study: OA in Deer Park will begin the book study of the new Overeaters Anonymous Book ---Edition 2 of "ABSTINENCE".

New Meeting Reminder: Recovery From Relapse at Up the Street Club in Webster on Mondays @ 6:30 PM

November 16

International Day Experiencing Abstinence (IDEA)
Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

December 12

Twelfth-Step-Within Day

Celebrated each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

The extent to which I share with other compulsive overeaters my joy in recovery multiplies it in direct proportion. Sponsorship is revealing for both parties.

Higher Power, what direction do I take next with my new sponsees? They are so different from one another, but they are both newcomers to surrender, to coming to this meeting. One sponsee comes from another Twelve-Step meeting, and the other is a retread. Both arrive willing to work and understanding the need for sponsorship. We have survived the first meeting and seem to want to go forward.

What do I do next? First remove the "I" and remove what I think. I need HP to guide me, and then I must listen, listen, listen and ask questions. How are you feeling, how is the food? One cannot think one's way to surrender or find an "answer" to surrender. This is a program of action. What action can I take today toward Step One? Surrender the will and food. The will is first. Let go, and let God.

First we must make room for HP to fill, and empty, our emotional closets of willfulness to do it our way. Practice listening and being led by others. If we do not begin to surrender our will, we cannot make room for HP to work in our lives. It would be like trying to listen to beautiful music through severe static.

I want to ask my sponsees to lay down their grip on their "good girl" mentalities: to allow who they are to blossom; to set aside what the men in their lives think of them; to step outside the roles they have made safe for themselves; to move into the light of the spirit; and to be loved, admired and cherished by HP for who they really are, not who they think they should be. Join us, the flawed, the imperfect, the too thin, the too fat, the too outspoken, and the too relaxed. Open up to the healing that the Twelve Steps have to offer.

How does one get there? No plans, no schemes, no manipulation of another, no matter how good the end. Drift. Let HP take the lead. Let go; let God!

Where does this lead? To the gifts of self-acceptance and intuition, our pipeline to HP, the prize.

— Kathy G., Emeryville, California USA

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 eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

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I Had to Eat

There was no other way; **I had to eat**. I enjoyed nothing as much. **I had to eat**; it made me fat and gave me an excuse for not being liked by men. And I was oh-so-hungry all the time. **I had to eat**; I'd already messed up, and it was 10 a.m. or Tuesday or three months before the event for which I needed to be thin. Besides, I was bored. **I had to eat**; wouldn't anyone in my financial situation? I needed to sleep and escape what was bothering me. **I had to eat**; I was a compulsive overeater obsessed with food. At least I didn't drink! What? I was not alone? There was a program for people like myself, who were recovering one day at a time? I could recover too? I didn't have to overeat anymore? I could become free by being open-minded, honest and willing? **I no longer have to eat**, but I do have to be grateful. My stomach is not filled with garbage, and my heart is filled with gratitude.

— Lifeline, *July 1985*

Being Ready

I love sponsorship, both having a sponsor and being a sponsor. When I first came into OA, I always held people at arm's length and did not share with ease. But I always told everything to my best friend. I simply transferred to telling my sponsor everything, and this worked well. I continued that pattern for many years. As I have grown and matured in the program, I am more open to sharing with many people, so I have more good friends. I have had excellent sponsoring over the years, and my sponsors have guided my work through the Steps, inventory and character defects. I need someone who is gentle and loving with me, although sometimes I think what I need is a "tough" sponsor. One time, both a friend and I had the same sponsor, and my friend said, "Doesn't she kick your rear sometimes? She sure gives me 'what-for' pretty regularly." That surprised me because my sponsor was always gentle and loving with me, and my friend seemed to think the "chewing out" was the best thing our sponsor did. So I asked our sponsor about this. She said I beat up myself too much, and she had to be gentle. My friend needed her rear end kicked. Today my sponsoring is different for different people; that is how it works best.

When should a person start sponsoring? My answer is that a person should start sponsoring when someone asks. In some meetings I attend, the format asks for sponsors to raise their hands. Two members raise their hands, but 15 or 20 people are in the room. This irritates me, because I believe people are ready to sponsor far sooner than they think they are. I prefer meetings where the format directs people to find a person who has what you want and ask that person to sponsor you, without asking the group for sponsors. If someone asks you, then you are ready to guide that person up to your level of experience. You can say, "I can only help you to this level," but do not say no. I love sponsoring, and it has added a great deal to my life and program. Sponsoring others is almost as helpful in my recovery as having a sponsor. I get to see people who have far bigger problems than my self-centered mind creates, and watching people recover is exciting. Sponsoring others keeps me humble. It is God working in people's lives that helps them recover, not me. I push the people I sponsor to do service and sponsor. I have to give it away to keep it. I urge you to give sponsoring a try, even if you have only been in program a couple of months. You have an understanding of program that is more than the new person has. Simply tell them what you have done so far.

— M. Oregon USA

Is It Odd or God?

Coincidence is when God chooses not to sign His name.

I woke up to an OA outreach call this morning. It was a great way to start my day in recovery! Thank you, . . . well, you know who you are! And today in two OA books I read, the For Today reading for November 30 and a story in Seeking the Spiritual Path (Miracle in Minneapolis, p. 68), I found the same theme as the slogan. Coincidence? Maybe. But if I am free to believe in any Higher Power that I want, I choose to believe that God speaks to me through dozens of little coincidences each day. Before OA I didn't pay any attention to them. Since getting into recovery, I am much more attentive to little messages from my Higher Power, and I see miracles everywhere. Was it just a coincidence 22 years ago that one of the people I had just moved in with was an active OA member and invited me to my first meeting? Was it just a coincidence that I woke up to an OA outreach call this morning? Was it just a coincidence that my new OA sponsor happens to be in another program for a problem my wife and I share? I could go on for a long time. As one of my OA friends says about coincidences, "Is it odd? Or is it God?"

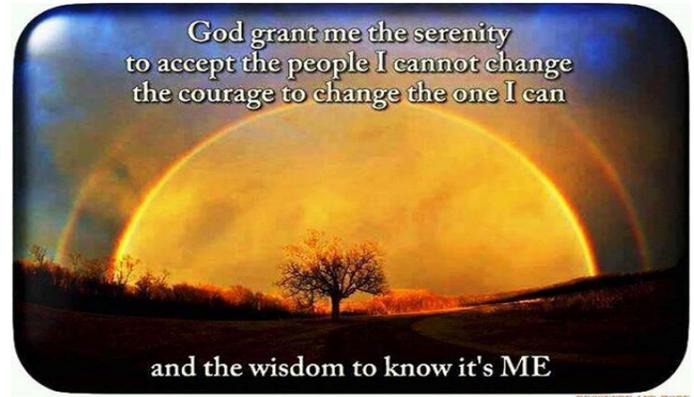
— K.G.

Gentle Sponsoring

Early in my recovery, someone encouraged me to become a sponsor as I worked through the Steps because even my limited experience would help someone. After a while I was ready to sponsor and waited. No one came to me. I felt both relieved and frustrated because I was afraid of not sponsoring "perfectly," whatever that means; yet I knew I had experience, strength and hope to offer.

It occurred to me to apply the Third Step to this situation. I prayed to release my sponsorship desire to God's will, and when God was ready for me to sponsor, the willing sponsee would be ready. In a divine coincidence, within 90 minutes after I offered that prayer (really!), someone asked me to sponsor her. I felt honored and excited to accept. I encouraged my sponsee to use her tools of writing, prayer and telephone. When she slipped, either by overeating or by an emotional or spiritual misdeed, I encouraged her to talk about it. We talked about how to change the behavior and how to "act as if." As she worked through the Steps, she inspired me and became a refreshing reminder to continue my Step work and remain abstinent.

— Anonymous, Maryland USA



Serenity Times, Publication of the Galveston Bay Area Intergroup Meeting List 2013

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

Webster

Recovery From Relapse, 6:30 p.m.

508 W Nasa Pkwy. (Up the Street Club)

Contact Rebecca 832-297-4114, Donna 409-935-5663

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 (52400)

Topic/Discussion 6 p.m.

Rosa May Catching Annex Bldg.

12045 15th (on corner of Hwy 6 and Ave K)

Guest Speaker on 5th week of a month

Contact: Linda 409-457-9517, Laura 281-507-4968/409-925-8353

WEDNESDAY

Clear Lake (13244)

Literature (Big Book/12&12), 10 am

Clear Lake United Methodist Church

16335 El Camino Real Rm. 311

Contact: 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

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