

Serenity Times



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

November 2005
www.oagalveston.org

Mark your calendars!

Thanks to everyone for making this year's OA Convention in Galveston such a great success!

**HMI Hope for the Holidays Workshop
2-4pm, Saturday, Nov. 19, 2005
Oasis Club**

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.

Experience, strength, and hope:

Wolf Parable

An elder Apache was teaching his grandchildren about life.

He said to them, "A fight is going on inside me; it is a terrible fight and it is between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego. The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, friendship, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you, and inside every other person too."

They thought about it for a minute and then one child asked his grandfather, "Which wolf will win?"

The old Grandpa simply replied, "The one you feed."

Which wolf are you feeding today? The wolf of fear and anxiety or the wolf of peace and love? When we feed the wolf of fear, we discover that the wolf's hunger is insatiable. There will ALWAYS be something to fear, regret or resent if we aren't doing the work it takes to release those feelings. We must either accept, forgive, or confront and then we must move forward. Only then will our wolf be one of peace. And, the wolf of peace can sustain itself without excess food. She is eternally fed by the love of God. You have the POWER to choose which wolf you feed.