

# Serenity Times

November 2007

www.oagalveston.org

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

## Upcoming Events:

### “Hope for the Holidays” Workshop

November 17, 2007

1-4 p.m.

Chapelwood Methodist Church  
11140 Greenbay, Houston, TX

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### “Into Action”

### OA Angleton Weekend Beach House

January 11-14, 2008

Sign up soon because attendance will be limited

\$50 made out to Claire Miller

Mailed to Karen Ayers

152 Houston Street  
Angleton TX 77515

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For information about any workshop check online at  
www.oahouston.org or www.oagalveston.org

## Abstinence, Holidays, and Relapse Prevention

1. Eat before going to parties.
2. Take your car.
3. When going to parties, take an abstinent treat & vegetable.
4. Pray before all holiday get-togethers.
5. Keep it simple, no Martha Stewart here!
6. Watch out for unrealistic expectations! Regardless if it's Christmas or not, "a duck is a duck."
7. Remember, alcohol increases sugar urges and most often leads to RELAPSE.
8. Serve and give more.
9. Remember, no one really cares about what you eat and don't eat!
10. Have a budget and stick to it. Don't charge!
11. Buy gift cards.
12. Call people.
13. Go to more meetings.
14. Exercise!!!!
15. Commit to a pre-planned food plan.

Blessings, Annette M.



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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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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: tangedahl@juno.com

**Just don't take that first bite!**

**MONDAY**

Galveston (12615)  
Discussion 5:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Leanna: 713-410-3770

**TUESDAY**

Angleton (47802)  
Frank Stevens Center for Health & Wellness  
140 Hospital Dr. (7:00 pm)  
Contact: Claire 979-297-9726  
or Margie 979-848-1030

**\*\*Clear Lake LUNCH MEETING**  
Literature (Step Study) 12-1:00 pm  
Clear Lake United Methodist  
Meets in Youth Cafe  
16335 El Camino Real  
(Between El Dorado and Bay Area)  
Contact: Cindy 281-450-9308

Clear Lake  
OA HOW Discussion 6:45 pm (46923)  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 281-614-1981

Galveston  
OA HOW Discussion 7:30 pm  
Westminster Presbyterian Church  
5127 Avenue U

**WEDNESDAY**

Clear Lake (13244)  
Literature (Big Book/12&12) 10 am  
Clear Lake United Methodist Church  
16335 El Camino Real Rm. 220  
Contact: Jean 281-488-2402 or Kay 281-557-3881

Baytown (49349)  
OA HOW 7:00 pm  
Grace United Presbyterian Church  
304 N. Pruett  
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

**\*\*Santa Fe**  
OA/HOW 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-2836

**Intergroup Business Meeting**

Every Third Wednesday 6:30 pm  
Up the Street Club  
Contact: Kay H. 281-557-3881

**THURSDAY**

League City (49391)  
11:30 AM  
Bay Area Club  
2111 Webster Street  
Contact: Gina at 409-939-6383

Angleton  
6:30 pm  
Angleton Danbury Hospital  
Hospital Drive

Webster (30093)  
6:30 pm  
Up the Street Club  
Suite 105, Big Book Study  
Contact: Chuck B. 281-332-3238

**FRIDAY**

Baytown  
OA HOW 7:30 pm Friday  
San Jacinto Methodist Hospital  
Alexander Campus  
1700 James Bowie  
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

League City (48893)  
7:30 pm Friday  
12&12 Study  
Bay Area Club, Room F  
2111 Webster Ave @ FM 270  
Contact: Rebecca 281-471-4114

**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)  
**WOMEN'S MEETING**  
*For Today*/Discussion 6:30 pm  
Up the Street Club  
Contact: Kay H. 281-557-3881

Houston  
Discussion OA-HOW 8:00 p.m.  
Mt. Olivet Lutheran Church  
13113 Scarsdale (2 blocks past Beamer on left)

**\*\*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 Meeting, please contact Kay H. at 281-557-3881.**