

Mark Your Calendar!

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

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

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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.

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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.

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April 4-13, 2014

Drawing for Free Cruise

More info @ <http://oaregion7.org/event/region-7-cruise/>

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

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Many strokes overthrow the tallest oaks.
—John Lyly

If I slip, I will try again. Practice makes perfect, and I expect to practice abstinence until I “get it.” What is the alternative?

It’s an encouraging sign to be able to give myself a chance to go back and do things differently, without judgment or self-condemnation. For example, did I really hear – and act upon – program suggestions and slogans such as “half measures availed us nothing”; “willing to go to any lengths”; “keep it simple”; “one day at a time”? Whether I am struggling with abstinence or personality defects, those are words on which I can rely.

FOR TODAY: I will not waste time blaming myself, but instead, try again.

For Today pg. 13

Step Ten, Perseverance Get Up, Get Willing

When life is going well, it’s difficult to put as much energy into my program as it is when I am miserable and desperate. Somehow I have trouble mustering the willingness to work this program. Heck, I had to be near 300 pounds (136 kg), just existing with no reason to go on living, before I was ready to work this program the first time. Sometimes that seems far away. That’s when I pray to my Higher Power for the willingness to work the program. When I am willing to give up and turn it over to him, things go much better. Duh! Why don’t I just stay with it all the time, since it’s much more pleasant than fighting the food and failing? All I know is, it takes what it takes. One of the lessons I’ll probably be learning the rest of my life is that the only way to work this program (and live my life) is one day at a time, every day. I must do the same things that worked over and over. Why can’t I be done yet? Isn’t there a sexier, faster or easier way?

That is when the voice of program sanity speaks up. “How well did you manage your life before OA? How did that work for you?” Obviously it didn’t work, or I never would have come to OA. My best managing got me on suicide’s doorstep, so why do I think I can do any better now by myself?

Again the voice of program sanity speaks up. “Little strokes fell giant oaks”. The program doesn’t ask that much, but it does ask for a little action every day and trust in HP.” I used to think that was ridiculous! But then I started recovering. Things I had been unsuccessful at changing before OA began to slowly fall like a chain of dominoes in slow motion. I sure as hell wasn’t doing it, but wonderful changes happened. The life I live today isn’t “perfect,” but it is better than my wildest dreams before coming to OA. The only thing I can take responsibility for is working this program, one little step at a time, one little act at a time, one day at a time, every day.

Someday I’ll learn those lessons. Think small. Act small. Give up. And do them every day.

— K.G., Goshen, Indiana USA

Small Decisions

Life always took me by surprise. If someone had told me when I started in my field that I would be a successful professional, I would not have believed them. Success came from a small decision to get some training. Turning-point decisions like this one turned my life around. It's the same in OA. Success in my program is made up of small decisions. When I put these decisions together, they form miracles. Decisions to come to meetings, work the Steps, follow directions and ask for help are small decisions with profound results. Decisions to adopt a nutritious food plan and work with others so I can stay on it are also life-changing decisions with their own miracles at work.

I can also make insignificant decisions that rob me of all the miracles I am blessed with, such as a decision to do it my way, to isolate, to allow my own toxic thinking to get to me. Relapse always happened to me by small decisions like skipping a meeting, then skipping all the meetings. For today, I am making a decision to turn my life over to God's care and to seek and hear God's will. I am making a decision to make the effort even though I don't like what I hear. Small decisions can bring me misery, or they can bring me miracles. Together, we do enable miracles for one another. I'm very grateful to everyone who makes a decision to show up.

— Edited and reprinted from Today newsletter, Central Jersey Intergroup, September/October 2011

Wow Stage

I attended my first OA meeting about a month ago. I believe divine intervention led me there. For outside reasons, a co-worker had asked me to read the AA Big Book. As I made my way through the chapters, a light bulb went on in my head. I realized my relationship with food was the same as the relationship with alcohol described in the book. This led me to seek out OA. By the time I made it to my first meeting, I had done some Internet research, so I knew not to expect scales or diet plans. At the meeting, the members welcomed me and gave me a Newcomer Packet. I sat in silence while the meeting progressed, and I followed the reading. After an hour, I learned I had much in common with the other members, but I didn't get direction for what I had to do. Where were the rules, directions and structure? As members got ready to wrap up the meeting, I summoned the courage to ask, "Wait a minute! What am I supposed to be doing?" Another member just smiled and said, "Keep coming back."

I did keep coming back. I read my newcomer packet, attended other OA meetings and found a great sponsor. I was fortunate to attend OA Unity Day, where I met lots of warm, accepting members. I explained my newcomer status to another member who said, "Oh you're so lucky; you're still in the 'wow' stage. Everything you hear makes you say, 'Wow.'" I realized she was right. I am in the wow stage where I am so grateful to learn that other people have the same problem I do. Even more exciting is that people who are recovering from this addiction are willing to share with me how they are doing it. I don't have all my problems figured out, but I feel safe and accepted at the meetings, so I intend to keep coming back. I still am learning how to work my program using the OA Twelve Steps and tools. When my sponsor says, "You know, it's not really about the weight loss," part of me still screams inside, "Are you crazy? Of course it's about the weight loss!" But another part of me knows what she is talking about. This program is about sanity, spiritual awakening and fellowship. I am grateful for the opportunity to take it one day at a time.

— Edited and reprinted from Calling newsletter, South Central Pennsylvania Intergroup, March 2005

The highest point a man can attain is not Knowledge, or Virtue or Goodness or Victory, but something even greater more heroic and more despairing: Sacred Awe!
Nikos Kazantzakis.

One of the greatest blessings a compulsive overeater can hope for is the capacity for awe: to be filled with a sense of mingled wonder, gratitude and reverence for that awesome Power that is in each of us that heals us of suffering no human skill or medicine could touch, and turns around the most wretched of lives.

For those who are so blessed, the first priority of each day is to give thanks.

For today: I alone was responsible for dieting and losing weight —and then reversing the process. I alone am NOT responsible for being abstinent, thin and free of the symptoms of my disease. This is the great central, awe inspiring fact of my life today.

--For Today pg.342

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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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