

# Serenity Times



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

December 2005  
www.oagalveston.org

## Mark your calendars!

**OA Newcomers Workshop**  
**Saturday, February 4, 2006**  
**2:00 P.M. - 4:00 P.M.**

Temple Beth Tikvah Building  
12411 Park Shadows Trail, Houston, TX  
Visit [www.oagalveston.org](http://www.oagalveston.org) for directions.

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](mailto: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.*

## Is Your Fire Burning?

A member of the OA program of recovery, who previously had been attending meetings regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found her sponsee alone, sitting before a blazing fire.

Guessing the reason for her sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace, and waited. The sponsor made herself comfortable but said nothing. In the grave silence she contemplated the play of flames around the burning logs.

After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember, and placed it to one side of the hearth all alone. Then she sat back in her chair, still silent. The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon, it was cold and dead as a doornail. Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire.

Immediately, it began to glow once more with the light and warmth of the burning coals around it. As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll meet you at the meeting in the morning." - reprint from an OA website

Remember— you're never alone this holiday season. Attend a meeting in the town you're visiting, program OA phone numbers into your cell phone, use them, take some literature if you're traveling, say a prayer...

***use your tools!***