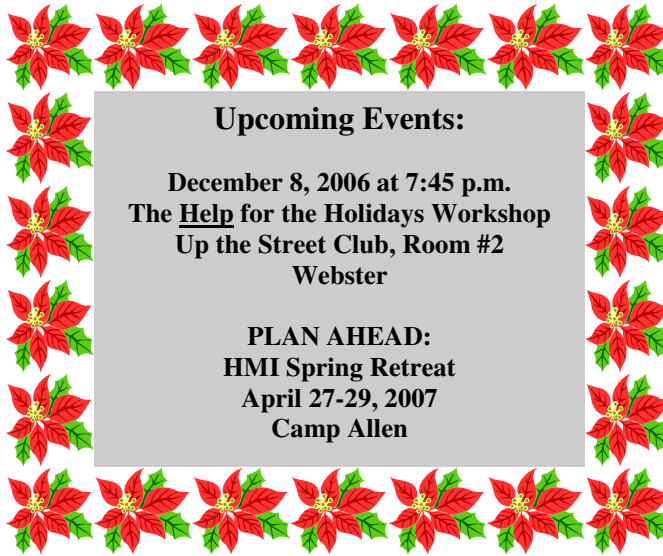


Serenity Times

December 2006

www.oagalveston.org

A Publication of the Galveston / Bay Area Intergroup of Overeaters Anonymous



Upcoming Events:

December 8, 2006 at 7:45 p.m.
The Help for the Holidays Workshop
Up the Street Club, Room #2
Webster

PLAN AHEAD:
HMI Spring Retreat
April 27-29, 2007
Camp Allen

afraid of what the outcome will be. Feeling powerless and frustrated, I used the holiday as an excuse to overeat.

I've been in the program a little over six years and am maintaining a 341 lb weight loss. My program is strong, but for those few days I didn't work it, nor did I trust my Higher Power. What I experienced was a major slip for me, and it brought back a flood of bad memories.

When I was growing up I remember turning to food for comfort whenever I was afraid. Since I felt inadequate, the fear of failure was ever present. I came into OA weighing 521 lbs. I was unemployed, divorced, and very desperate. I felt I had failed at everything in life, especially as a son, husband, and father. I did not want to live anymore but was too scared to do anything about it. It didn't take me long to realize that this program was exactly what I needed, so I surrendered myself to it.

My Higher Power and the loving, caring people in this program helped me to start facing the mountain of fear I had built up inside me without having to turn to food for sustenance. With every meeting I went to, every tool I used, every step I worked, and every prayer I prayed, I was gaining strength and courage. The miracle of my recovery was beginning.

Food is cunning, baffling, and powerful. I turned to it over this past Thanksgiving holiday in order to cope with the fear I was feeling. It didn't help, of course, it never does—it just made a bad situation worse.

I have finally managed to turn that special relationship over to my Higher Power and will accept the outcome, whatever it is. I feel a great deal of relief and my abstinence has returned. Writing this article has helped too.

One thing that keeps getting stronger as my recovery progresses is the knowledge that no matter how much I may be hurting or how bad things may seem at times, as long as I maintain contact with my Higher Power and the beautiful program. I will be okay no matter what comes along. This has been proven to me time and time again throughout my recovery. (*Racine, Wisconsin* -From *Abstinence Magazine*)

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.

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.

TIME-TESTED RECOVERY

At three o'clock in the morning in the Saturday after Thanksgiving I could not get to sleep. I felt horrible because of the bingeing I had done for the previous two days, and I was scared. For some time I have been struggling emotionally with a special relationship in my life that is not going the way I had hoped. This relationship has been on my mind constantly, and I've been

Do the next right thing!

MONDAY

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

TUESDAY

Alvin (45605)
Literature 6:30 pm
Diagnostic & Urgent Care Facility
301 Medic Lane (at Business Hwy. 35)
meeting in cafeteria
Contact: Betty B. 281-482-1234 or
Nancy R. 281-224-4084

**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

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 281-554-283

THURSDAY

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

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (6:30 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

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

FRIDAY

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

Webster (07234)
Literature 6:30 pm (Step Study/12&12)
Up the Street Club
508 NASA Road 1
Contact: Doris 281-486-7080

League City (48893)
7:30 pm Friday
12&12 Study
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Dinah 281-339-2727

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 6:00 pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Kay H. 281-557-3881

**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.