

Serenity Times

March 2016
www.oagalveston.org

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

Mark Your Calendar

April 8-10, 2016 Irving, Texas:

Dallas Metroplex Intergroup,
"Practicing the Principles in All Our Affairs"
spring convention; Westin Dallas Fort Worth
Airport, 4545 W. John Carpenter Freeway;
Maureen E. 214-826-5335

Friday, April 15 -Sunday, April 17, 2016

Spring 2016 OA Region III Convention and
Assembly

Abilene, Texas at the Hilton Garden Inn
<http://www.oaregion3.org/spring16/>

Balance



I haven't written for a while, so for my readers, I have been writing about the little sayings we sometimes see hanging on the walls of 12 Step meeting rooms. What I wanted to talk about this time is something that is implicit in all of them and also the 12 Steps of the program as a whole. What I am talking about is balance.

Balance is an ideal which is easy to express, easy to grasp, yet more and more difficult to achieve in a busy, grasping and dynamic life.

We have a three-fold program to fight a three-fold disease. AA talks about Unity, Recovery and Service as being the three legs of the triangle of the program. For us in OA they are just as important.

Balance spills over in all the areas of our life, without it we become unfocussed, fail to make priorities, we cease to work our programs to the best of our abilities. Without balance our house of recovery, our spiritual temple is a rickety shack built on shifting sand.

As COEs we sometimes have a hard time unlearning some of the faulty information we picked up while dieting. The physical part of the program while simple is not easy. Balance here is critical since following a food plan can easily become boring. A food plan can fail to feed the spirit. Exercise can help ease this disease, while at the same time it boosts our metabolism and help the pounds slowly slough off. Just walking in the park can lift our spirits and make us feel better about ourselves, can boost our battered egos. Continuing to go to meetings helps the mental and emotional side of the program. While we cannot think ourselves out of this disease, hearing others share about what works for them, gives us hope and helps us to find what will work for us.

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Balance in the spiritual part of the program is a two part dialogue with our higher power. It is prayer AND meditation.

Prayer (as a brother in these rooms told me) "is talking to God, meditation is shutting up and letting God answer you." The spiritual program when properly applied will give us the power to not quit, will aid us in slogging on when the scales aren't showing us what we want to see. The power of the spirit is such that you don't have to have a conventional belief in a God to get it. There is a whole chapter in the AA Big Book devoted to this is called "We Agnostics".

Balance means carving out time from work, family, and the other areas of our lives for the program. It also means dividing our time so that we have WHOLE LIVES. I have blabbed on and on so I will shut up now. Please find that balance and remember that we are all walking the same tightrope and we can reach the other side as long as we keep our balance and don't quit.

Thanks all,

Mike D. Tyler, TX



Virtual 12 step workshop. 2nd Sun. of the month 3-4 CDT
Dial 1-424-203-8405, enter access code 925619#
Or it is available in edited version 2 weeks later at <http://www.oa.org/oapodcasts/#workshops>
For more info: Stephanie D. 1-727-641-3437

Serenity Times Publication of the Galveston Bay Area Intergroup Meeting List 2015

MONDAY

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

New ! Galveston
Literature/Discussion 11AM
Rosenberg Library -Randall Rm
2310 Sealy Ave
Contact: Anita S (713) 540-5355

Santa Fe (52400)

Topic/Discussion 4:30 PM
Rosa May Catching Annex Bldg.
12045 15th (on corner of Hwy 6 and Ave K)
Contact: Linda 409-457-9517, Laura 281-507-4968/409-925-8353

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12), 10 AM
12635)
Clear Lake United Methodist Church
16335 El Camino Real Rm. 311
Contact: Kay 281-557-3881

THURSDAY

Galveston
Westminster Presbyterian Church Annex 7:15 PM
5127 Ave U
Contact: Anita S (713) 540-5355

SATURDAY

League City
Bay Area Club 9:00 AM
2111 Webster
Contact: Claire A. 832-453-5604

Clear Lake (12635)
For Today/Discussion, 10:30 AM
House of Prayer Lutheran Church
14045 Space Center Blvd. Rm 210
Contact: Marcia (281) 782-5363

or Additional OA Meeting Information go to www.oagalveston.org

*OA Responsibility Pledge:
Always to extend the hand and heart of my compulsion, for OA to all who share this, I am responsible.*



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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