

Serenity Times

April 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/>

KEEP RECOVERY WEIRD

Overeaters Anonymous Region III Convention and Assembly
September 9 - 11, 2016, Austin, Texas
Hosted by the Heart of Texas OA Intergroup

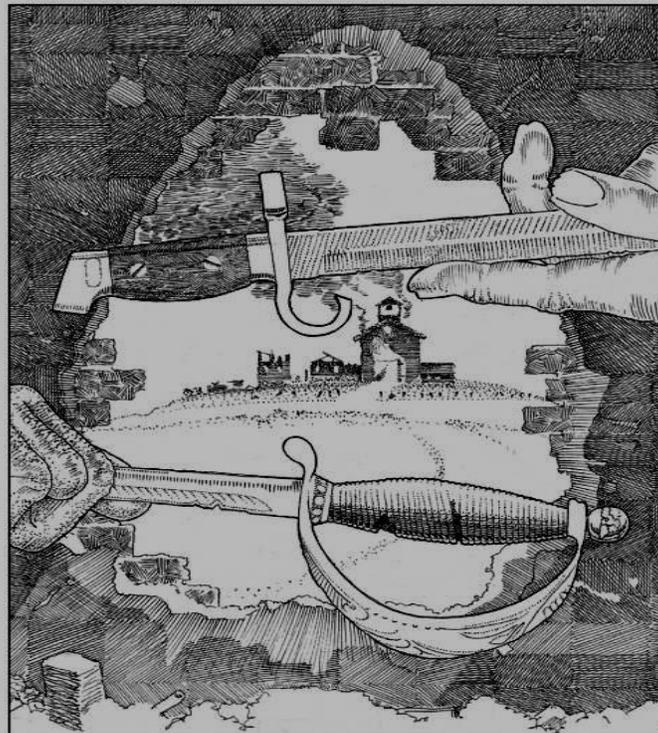
OA Region III Convention and Assembly

Sept. 9-11, 2016 Austin, TX

Wyndam Gardens Conference Center

Hosted by Heart of Texas OA Intergroup

<http://oa-cnmi.org/wp-content/uploads/2015/10/flyer-rev-7.pdf>



Promise 4 - We will know peace.

Peace n. A pact or agreement to end hostilities or to come together in amity. - WEBSTERS 1934

PROMISE 4 WE WILL KNOW PEACE

Peace: A pact or agreement to end hostilities or to come together in amity. Websters 1934

...My thoughts turned to creating a drawing for this type of "peace". In making drawings, I try to choose images that are exactly what they appear to be. None of them are intended to be a riddle for viewers to solve. What, then, would be a sensible way to show a pact to end hostilities? I knew that history offers one very dramatic example. Surrendering generals often formally handed their ceremonial swords over to their conquerors, thereby completely disarming themselves.

In my drawing, I needed to go even further and depict a total withdrawal from ALL forms of conflict—not just one side surrendering to another. Then the idea struck me. Utter and complete surrender would include grasping your unsheathed sword by the razor-sharp edge and then presenting the sword's handle for your opponent to grip. That, I thought, would be the ultimate and unconditional sign of surrender. Were your conqueror either sadistic or evil, they could yank the handle and viciously wound you even as you were offering your total surrender. A truly mutual surrender would include BOTH sides making that same abject gesture. Thus, I invented the rather unorthodox subject matter of my drawing.

And so I finally gave UP. I mean to say that I surrendered everything in an UP direction. I stopped fighting myself and everyone around me.

I finally found a phone number and called a local Twelve Step meeting. I went to the meeting and admitted my total defeat. I placed my troubles onto shoulders much broader than mine. I would no longer do battle with myself. Too many innocent people had suffered already. That explains the flaming and war-torn community seen in my drawing.

If you don't know it already, Twelve Step recovery occurs one day at a time—not weekly, monthly, or yearly. My inner conflicts are fully capable of flaring up again within each new day. (I believe this is why many people in Twelve Step programs make a point of saying "I am recoverING rather than recoverED.") If I react to any flare-up by fighting it, I will guarantee my own defeat. But if I can surrender flare-ups of anger, fear, and regrets to a greater Power than myself, I can once again come to know peace.

excerpt from Anonymous

<http://www.twelvedrawings.com/twelve-promises>

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

Galveston
Literature/Discussion 11 AM
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

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

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;
email: vst4oa@hotmail.com



Slogans to Recover By:

- ❖ Pain is inevitable; suffering is optional.
- ❖ Resentments are like taking poison and expecting the other guy to die.
- ❖ FEAR = False Evidence Appearing Real
- ❖ Character defects – if you spot it, you've got it.
- ❖ Act with an attitude of gratitude.
- ❖ Resentments are acid – they destroy the vessel in which they are stored.
- ❖ God may send the rowboat, but we must work the oars.

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:
serenitytimes@hotmail.com

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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