

Serenity Times

July 2015
www.oagalveston.org

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

Mark Your Calendar



STEPPING INTO RECOVERY OA CONVENTION

2015 Galveston OA
Convention
October 2-4, 2015
Presented By
Houston Metro and
Galveston/Bay Area
Intergroups
Hilton Galveston Island
Resort
5400 Seawall Blvd.
Galveston, Texas 77551
Reservations: (409) 744-
5000
Toll Free (877)-425-4753

Recovering O.A.-H.O.W. Retreat
August 14-16, 2015
Weekend for Men and Women in O.A.H.O.W.
<https://passionist.org/holyname>



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 organization. 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

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There are lots of very cool 'sayings' or phrases associated with 12-step programs I really like..

One that doesn't work for me personally is 'fake it till you make it'. Just doesn't inspire me to start my day doing it right. One that really does get me excited is, 'do I want to be right--or do I want to be happy?' I'm asking myself this question now more than ever.

Being abstinent is a great blessing and it's good to actually count the accumulated days. After all, we get to announce our success at meetings, get a hug, some applause, and feel very loved. How great is that?

What I prefer instead, is to count the happy days. I don't tell anyone just how many, and never mention the blue days in-between. I have very few of those now. It just blows me away there are so many days I'm glad to be alive. I remember wanting to die many-many times.

Like a substance abuse addict, I was always too busy looking for my next food-fix to think about having a good day. There just were none to be found. Now I know being happy is a choice. I absolutely know it's my God-given birthright to be happy. Being in this OA program, now my body is starting to agree.

Happiness is not when everything turns out exactly how we want or plan. Happiness today can just be the absence of misery. Wish I could package this all up and give it everyone. Oh wait!! The founders of OA have already done that. Your serenity package is ready for pick-up.

Ed D's blog Pinellas, FL



In June, when my youngest turned 31, it dawned on me that on my belly button birthday this month I would be celebrating spending half my life in recovery, having walked into the 12 step doors when I was pregnant with her. However, just because I was a “card-carrying” (or maybe I should say “Big Book toting”) member of OA for all that time does not mean I spent all those years truly working the program and practicing abstinence when it came to food. While I have been thankfully released from a bulimia addiction shortly after I entered OA, I really only experienced a neutrality with food during the first few years when I was abstinent from the refined white substances and actively working the steps and tools of the program. Over time, complacency set in and I gave myself permission to eat more like a “normal eater”-and slowly, but gradually- put on a few pounds per year, telling myself it was due to a slower metabolism, now being a middle-age woman.

Looking back now, the only tool I practiced regularly was attending a meeting a week for a majority of the years in program. This year I realized my night eating had gone from a little snack to a prolonged graze nightly and though I asked HP to help make me willing to stop, pride was keeping me from being willing to go to any lengths, as I had been doing when I started the OA program. Besides, I was almost a “normal eater”-at least, after all these years-my disease kept telling me. But deep down, I knew the truth.

The answer to my prayer came six months ago when I saw the changes and growth that a fellow member was undergoing. Inspired to go to any lengths again, I started following an abstinent food plan, attending several meetings a week, calling others, going through the steps again with a sponsor and doing more service. Making these changes was not always easy or convenient but my HP gave me the strength and the will. I finally feel like I can honestly check that box on the sign-in sheet offering to sponsor others and I have been blessed with the release of the extra pounds and the cravings as a result.

As I celebrate this birthday, I am extra thankful for this new beginning. OA has not only saved my life, it has given it true purpose. I would not trade the sincere fellowship and the rich blessings I have received since I first walked through the 12 step doors. I never hope to “graduate” from OA because I cannot imagine my life without this gift I have been given- a gift that simply cannot be bought or packed in a box with a pretty bow. Thanks, HP!!!!

Eleanor B. Dickinson, TX



June Telephone Events

Virtual 12 step workshop. 2nd Sun. of the month. 3-4 CD
Dial 1-424-203-8405, enter access code 925619#
Stephanie D. 1-727-641-3437; email: vst4oa@hotmail.com



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

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 PM

Up The Street Club

508 West NASA Pkwy

Contact: Rebecca M. 832-287-4114

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 4:30 p.m.

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

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: Patsy F 713-539-2353

Webster (30093)

Big Book Meeting 6:30 p.m. Up the Street Club

508 W. NASA Parkway, Rm #2

Contact: Chuck B. 281-770-7539

FRIDAY

Webster (53219)

HOW Literature 12 p.m. Up the Street Club

508 West NASA Pkwy Rm #4

Contact: Bekki S. 409-454-5720

SATURDAY

Clear Lake (12635)

For Today/Discussion, 10:30 am

House of Prayer Lutheran

14045 Space Center Blvd. Rm 210

Contact: Marcia (281) 782-5363

Galveston

Westminster Presbyterian Church Annex 10:30 am

5127 Ave.U

Contact: CJ: 559-356-7097

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