

Mark Your Calendar



Happy Joyous & Free Let it Be Me
Region 3 Convention & Assembly
3:00 pm 8/8-12:00 pm 8/10
For more info go to: oaphoenix.org

October 3-5 HMI 2014 OA Convention
Galveston, TX
"Happy, Joyous and Beachy"
More info at oagalveston.org
Contact Marcia F: 281-782-5363



Overeaters Anonymous Region III Presents
Sailing into Recovery
7-Night Cruise on Royal Caribbean's
Navigator of the Seas March 22 -29, 2015
Leaving from Galveston
www.oaregion3.org/r3-welcome/2015-cruise

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 eating and to carry the message of recovery through the Twelve Steps of OA 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: serenitytimes@hotmail.com

Dear Old Me

"Old me, I love you. I don't like everything you did, but I like what you are trying to become and what you are this very day" (Lifeline Sampler, p.61).

I've been watching you. I've seen your suffering, and you needn't worry because I love you still. Do not be afraid of feeling emotions. They are but a passing storm; you'll only get a little wet.

I'm here to tell you that you are worthy of giving love and being loved. That some people have betrayed you is not a judgment on you. Your light is what makes you, and your higher self will not judge you.

Eat and enjoy food, but use it for joy, not sorrow. Food is not your true problem as you had thought. It's your addiction to despair and isolation that ails you. Be not afraid of becoming the person you want to be, and be not afraid of whom that person might be.

Simply be honest and respectful of yourself, and your suffering will come to an end.

Love,

Your future self. P.S., You did well!

— Darren, California USA

Say When

I consider myself a newbie in OA. I've been in and out of program since my early 20s and am approaching my 50th birthday. I have surrendered more than 100 pounds (45 kg) in OA and have been at or within a 5-pound (2-kg) range of my goal weight for more than a decade. As I've heard, it's about the food until it's not about the food. "Not about the food" is a big, new continent I continue to explore. Learning what "enough" looks and feels like is one of the things I am most grateful to OA for. In the past year after much longing, prayer, shopping and research about adopting a dog to add to our current one-dog home, I felt led by HP not to adopt another dog. Program teaches me to consider all sides of things today. In this instance, I considered how much time my husband and I spend away from home, how we spend our free time and what financial resources we have for dog care.

Another HP decision came a few months ago when I decided not to buy a newer car even though I wanted one, had the financial resources and could justify the need. I realized how great my current car is, put together an action plan for its maintenance in the coming years and, with HP's help, was able to put down my obsessive thoughts about replacing my current car. I have also learned to be content with my current job, title and status in my work-for-a-paycheck life and have learned to live within my financial means with that paycheck. My husband and I have a modest camper for our vacations. It lacks some amenities, and we thought about upgrading it this year. When we decided not to upgrade, I found a new appreciation for the amenities our current camper has.

I was the person who believed happiness could only be found with a certain number for an annual salary—always a number higher than my current salary—or that happy could only be located 7 pounds (3 kg) below my current weight. "Happy" was an elusive, slippery destination for me, and I spent much energy trying to grab it by the neck and pin it to the ground. I never realized my greedy efforts in this area were driving me farther and farther from my happy destination.

I find today that my eating, spending and living patterns follow and flow together like dominoes. Most of the time they are simple, basic and perhaps a bit dull to outsiders.

Do I still struggle? You bet! I struggle with taking my co-worker's and my husband's inventory almost every day. I struggle with wanting simplicity in my closet and wardrobe even though I sometimes shop for recreation. I feel frustrated by my slow growth in this area of my life. I know from experience that the best remedy for this is to keep talking about it and asking HP for help in deciphering the next right action.

It has been said that the hallmark of addiction is not knowing when enough is enough. In the old days before OA, I missed the runway of enough every single time. Today I see the runway of enough, and I practice the concept of enough. For today, I know that with HP I am enough—and I have enough.

— Susan H., Altamonte Springs, Florida USA

NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send your email address to: serenitytimes@hotmail.com

Learning About Me

After more than eight years in OA, I can say

I have learned a lot about the nature of my illness. I had never heard of a “binge food” or “trigger food.” In OA I earned the difference between the two items. I had never made a list of foods I cannot eat without craving more of that substance. I never dreamed I would give up my favorite binge food of all time. I used to eat this dessert for breakfast before I knew I had a problem with food. I have learned that I’m a compulsive overeater and food addict, and there is no relief other than maintaining my abstinence.

I was completely hopeless before OA, convinced I would always be obese. I tried many different diets and weight-loss organizations. These are expensive and give “guarantees” you will lose weight. Well, that never happened. I never learned anything about appropriate foods or portion sizes since those programs gave you packaged foods to eat. I never knew I could devise a food plan with the help of my sponsor. I can use that plan and be happy with it all my life while maintaining my abstinence. Yes, I know now I will never graduate from Overeaters Anonymous, and I will always need the support of my fellow problem eaters.

— Glenda T., Cuyahoga Falls, Ohio USA

Stepping Out Step 7- Humbly ask Him to remove our shortcomings.

With Humility Toward the end of June last year, I came through the OA doors with some skepticism and resistance, but it melted as I started working the Steps. I identified early on with the words “Welcome to Overeaters Anonymous. Welcome home.”

I’m currently working on Step Seven, humbly asking my Higher Power to remove my shortcomings. So much comes into the journey. So much is important. And it all seems to be connected. There are four attitudes or qualities that make a big difference when I can tune into them: gratitude, willingness, acceptance and humility. For me, Step Seven involves exploring humility, the quality of being humble, and learning to surrender to a Higher Power. Humility doesn’t come easily for me and often is **absent**, but when it’s present, it’s a source of spiritual strength. It seems to be accessible when I feel gratitude, willingness and acceptance.

When I’m feeling humble, I don’t feel unlovable, unworthy, ugly or not good enough. I don’t feel self-centered, self-absorbed, selfish or superior. My ego isn’t running the show. In other words, I’m no longer the star in my own drama. It’s not all about me. With humility I can say, “I need help. Please help me.” I can reach out to people and to my Higher Power. When I’m being humble, I can listen to other people and hear what they say. There is connection. I don’t take myself so seriously, thank goodness!

With humility, I don’t try to carry the load by myself. I don’t feel like I need to control things. I can admit my mistakes and admit to being wrong. What a relief. I let go of judgment and criticism about others and myself.

When I’m humble, I don’t think I know what’s best for someone else. With humility, I can let go of resistance and release the struggle: “Let go; let God.”

When I find humility, I have more patience with people, situations and myself. I have room for curiosity and learning. I have space in my heart for love and compassion.

— Janis C., Canada

SLOGANS: “Let go and let God” is certainly becoming one of my favorites. It’s what I’ve been trying to do recently.

This morning, right after breakfast, I was on my hands and knees trying to shift a heavy couch out of the way in order to retrieve a ball that had rolled under there. My 5 month old puppy was right there alongside of me, pushing and shoving at my hand and yippity-yapping in impatience. I (gently) pushed her to one side and gently, if a tad exasperatedly!, told her, “If you want me to help you, you have to get out of my way”. Once the words were out of my mouth I sat back on my heels and laughed aloud and said “ok....gotcha God” At lunch I was reading from my “Sponsor In My Pocket” book. In there I read “If we are spiritually alert, we will know it when it happens. A stray thought occurs; we overhear a bit of conversation, a passage in something we are reading suddenly stands out – and we know we have connected.”

The thought / meditation, in relation to this writing, is “If I do not hear my Higher Power talking to me, it is because I am not listening”.

I don’t know if God was telling me this morning that I’m in his way over something or if he simply wanted me to make the connection in the reading and thus strengthen my connection with him. What I DO know for sure is that MY thought after the reading was “God.....if I AM in your way over something, show me what it is so I can move out of your way”. It’s 4pm now and I haven’t yet become aware of where or how I might be in his way. But I’M LISTENING!

—Trisha, Bronx Intergroup of OA

Still Learning

I joined OA in April 1995 and am so

grateful for this program. By working the Steps and using the tools, I call myself a recovering overeater. However, I am still learning about recovery, the tools, life and myself. Just because I have 10 years in OA, this does not make me an expert.

Earlier this year, I shared with an OA friend my frustration at being unable to sleep at times. Although she was new in program, she had a great idea for me. She suggested I try to pray and meditate when sleepless. Since I had nothing to lose, I tried it. Now prayer and meditation are part of my routine, in an imperfect fashion. Rather than lying in bed, stewing about insomnia or obsessing about what I need to do, I pray and meditate.

During this meditation, I learned I could do with a bit more gratitude and reading of program literature. So, I have begun writing a daily gratitude list and reading more literature. Lifeline magazine is a huge blessing to my recovery because I can have small nuggets of recovery even though I may not have hours to read and study literature at any given point.

These past 10 years, I have lived life on life’s terms, had imperfect abstinence and experienced relapse. But overall my life has been filled with recovery and experiences beyond my wildest dreams. Thank you, OA!

— Nancy B

Serenity Times Publication of the Galveston Bay Area Intergroup Meeting List 2014

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

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 6 p.m.

Rosa May Catching Annex Bldg.

12045 15th (on corner of Hwy 6 and Ave K)

Guest Speaker on 5th week of a month

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

Webster (30093)

Discussion Meeting 6:30 p.m. Up the Street Club

508 W. NASA Parkway, Rm #2

Contact: Chuck B. 281-770-7539

FRIDAY

Webster (53219)

Literature 12 p.m. Up the Street Club

508 West NASA Pkwy Rm #2

Contact: Bekki S. 409-454-5720

SATURDAY

Clear Lake (12635)

For Today/Discussion, 10:30 am

House of Prayer Lutheran

14045 Space Center Blvd.

Contact: Marcia 281-488-7684