

Serenity Times

August 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
*A few rooms still available but
filling up fast*

The Family Drug Supplier

My husband was suffering and I had to look at how I was his "drug supplier", his "binge food" supplier. I was working my 12 step program and abstaining from my overeating and my compulsive eating behaviors but I was the family "drug supplier".... peanuts, chips, ice-cream, cookies, etc. I continued to buy those things. I could abstain from them.... I had my program. But in my twisted thinking.... FOOD IS LOVE... A WAY TO MAN'S HEART IS THROUGH HIS STOMACH... buy him what he loves. Twisted thinking! Then I would invite him to my 12 step program to lose weight and he would say "No thanks, you go, I'll just stay home and watch T.V."

When I finally "woke up", I stopped buying all the junk food.... I told him he could go buy it. (Tough Love kicked in). Every time he came home with the junk food or went to the convenience store to buy his favorite binge foods..... he began the process of FEELING the Powerlessness. He's not stupid.... he could feel the burn of powerlessness in this area of his life.

My husband now celebrates a 55 lb. weight loss and loves to go to all the OA and OA HOW meetings. We each have our own program to work. We are both abstaining and feel the freedom from the insanity of fighting food. I am no longer "killing my husband with food". But I still must be careful.... he still follows my lead with food. If I give in to any junk food like eating chips in a restaurant..... he follows my lead. It is important for the health of this family for me to be and stay healthy. This is just how this family works, the "gatherer" brings home the food. Sometimes he is stronger than me.... I am so glad we are a couple in recovery!

Anonymous

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>

2015 OA Region III Assembly and
Convention
Sept. 25-27
Albuquerque, NM
Contact: www.OA-CNMI.Org
Reg3abq2015@gmail.com
Ph: 505-292-9440

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. 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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Tradition 3. The only requirement for OA membership is a desire to stop eating compulsively.



When Cravings Attack

Craving Connection

I am a compulsive eater and a food addict. The first type of craving I had to address was the physical craving for my addictive substances. Refined carbohydrates make up most of those substances. I abstained from simple sugars early in my recovery but held on to grains. Not until I was willing to release grains, including whole grains, did my physical craving finally vanish.

The second type of craving was emotional. When I long for a connection with myself, I have something going on that I have not allowed my conscious mind to focus on. As long as I refuse to feel what I feel, those emotions have the power to harm and even kill me. They transform themselves into cravings, which can overwhelm me and send me back into the food. I've had to learn to sit still, feel my feelings, and allow them to be the energy in motion that they are rather than trying to avoid them. When I look at that issue, the craving leaves.

The third type of craving is a yearning for something other than food. Sometimes I need connection with another person. I need someone to bounce ideas off of or some reassurance that I am valued and loved by another human being. There are also times when the hankering is for connection with my Higher Power. Somehow the channel has become blocked, and I've lost conscious contact. When I want one of these connections, it often feels like a craving for more food.

Do I need to feel my feelings, call a friend, or pray and meditate? When I figure that out and take the appropriate action, my hunger somehow magically disappears. For me, craving equals a need for connection.

Nancy North Carolina Lifeline Sept/Oct. 2013



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 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

Clear Lake United Methodist Church

16335 El Camino Real Rm. 311

Contact: Kay 281-557-3881

Santa Fe (48068)

HOW Literature/Discussion 7 PM

Thelma Weber Community Center

14304 Beriton

Contact: Ramona (409) 771-9221

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 PM

Up the Street Club

508 W. NASA Parkway, Rm #2

Contact: Chuck B. 281-770-7539

FRIDAY

Webster (53219)

HOW Literature 12 PM

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



Aug. Telephone Events

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/oaodcasts/#workshops>
For more info: Stephanie D. 1-727-641-3437; email:
vst4oa@hotmail.com