

## Mark Your Calendar



October 3-5 2014

**HMI 2014 OA Convention Galveston, TX**  
**"Happy, Joyous and Beachy"**  
More info at [oagalveston.org](http://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](http://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.

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2014 OA  
Convention  
Oct. 3-5, 2014

Speakers Fun Workshops  
Hospitality Suite  
Fellowship  
Clothing Boutique  
Entertainment

Happy, Joyous & Beachy

## B-I-N-G-E

In my locale, members from different OA groups read the daily page from For Today and then share their experience, strength, and hope online. What a beautiful way to have mini-meetings between our respective face-to-face meetings.

Writing has become a tool for our individual as well as collective recovery. Since some of us do not attend the same weekly meetings, it is a fantastic way to stay connected. I have been in program for several years and am making yet another pass through the Twelve Steps.

The For Today entry for January 7 reads, "she still has to overcome the idea that some things are not worthy of God's attention" (p. 7). It took several years in program before I finally heard someone describe the disease of compulsive overeating as it exists in me. I never weighed much more than I do now, and I never binged to the point of consuming the whole of anything or being unable to stop eating until I was sick. So how do I fit into this program?

When someone explained the word binge as B-I-N-G-E: Because I'm Not Good Enough, the light bulbs came on. I've always felt that everybody else and everything else are more important than I am. This page in For Today speaks of the same stinking thinking when it comes to my disease. Doesn't God have more important stuff to deal with than my weight? Don't other people in the world have far greater issues than I have? Of course! But I've come to realize in my recovery that, despite all the other suffering people and the bigger stuff going on in the world, my Higher Power believes I am equally important. I have already dealt with many self-esteem issues, but still have more to resolve. My prayer last year was that Higher Power would help me see myself through his eyes. I know God does not see me as negatively as I see myself and places far greater value on me than I do. Therein lies the problem of my emotional B.I.N.G.E.-ing, which can lead to compulsive overeating and food bingeing. My understanding of Higher Power is that it's not possible to keep secrets from him. Any time I decide to fess up before Higher Power means I can come to an honest awareness and acceptance within myself, which is a very good thing.

In our Twelve Steps, the word "admitted" appears three times. For me, it doesn't mean that I am revealing anything to my Higher Power, but rather I am becoming mature enough to admit to myself and possibly another person the exact nature of my wrongs. The next big step is to admit fully to myself (more than anyone else) that my life and compulsive overeating are worthy of God's attention. I believe that "ego" can mean I am either the greatest or the worst. Either way, I am "Easing God Out." I won't have the recovery I desire without getting in his car, playing in his ballpark, and connecting to him. I guess I still have some spiritual growing to do. I have often heard the saying, "I can't; God can, and I'll let him." Sounds like either I don't completely believe he can or I won't let him. How humbling a thought. Maybe I'm stuck between Steps Two and Three. Either way, I will pray that a spiritual tow truck or a spiritual bumper car comes along to get me moving where I need to be.

Again, to quote from For Today: "God alone knows how badly I need help in all aspects of my life" (p. 7). May I ask for that help today without hesitation.

## Fill Your Bucket

I kept hearing at meetings that I was to be the priority in my life and take care of myself first. This was very confusing because the thoughts that came up were of being selfish, self-indulgent, vain, a pampered pooch, and worst of all, an offense to God. The feelings that came up were of fear, abandonment, and a very real threat to my very existence! I began having memories of comments from Mom: "You sure have a big ego for a girl. No man would want a woman who puts herself first."

My religion taught me I was biologically the helper. As a woman, I was sacrifice, compliance, duty, and beauty. Being married, my job was to prop my husband up and meet his every need. I was the moon, not the sun. I was not to ask or demand. I was to forget myself and serve others: husband, children, employer, extended family, friends, community, strangers—the world! I was nowhere on the list. As I worked the Steps and went to meetings, I began to see that when I lived by these beliefs, I was exhausted, outraged, mean, impatient, self-righteous, condescending, nasty, manipulative, and playing the martyr. If I was responsible for others' happiness, then who was responsible for mine?

Today I realize distorted thinking made me believe putting myself first meant I was a pampered pooch. Distorted belief kept me in a victim state, sad and scared. I must make myself the No. 1 priority in my life and take care of myself first, meet my needs, fill my own bucket, then give from abundance. I wish me well; I wish you well. I receive; I give. I love me; I love you. I forgive me first; I forgive you. When I take care of myself first, I have the abundance to serve in appropriate ways.

I'm not angry, outraged, or fatigued. I am happy, useful, and whole.

Today, because of the Twelve Steps, I don't have people in my life who exhaust me, drain me, or put me down. I know boundaries. Until I believed that I was a precious child of God, deserving of all good things, I could not be happy. Today I believe.

— Courtney B., California USA

## Directly Connected

When I came into OA almost 20 ago, I was 100 pounds (45 kg) overweight and miserable in every aspect of my life. I couldn't stop eating, and I couldn't stop raging. No one was safe from my anger. I screamed at my husband and children, argued with my bosses, told off my neighbors, and demanded to speak with the management at stores and restaurants. Heaven help the waitress if my food wasn't just right! I felt like a failure in all my relationships.

I sobbed through my first OA meeting. When it was my turn to share, I said I didn't care about the 100 pounds (45 kg); I just wanted to be happy. I had lost all hope that I could stop overeating but was desperate to stop my emotional binges. I know now that food and anger were my ways of trying to take the edge off. I thought I wasn't capable of facing and experiencing my feelings, so I shut them off by getting "drunk" on tons of food and emotional outbursts. I really didn't know a better way to cope.

In OA I've learned I can't afford emotional binges any more than food binges, because my emotional and physical sobriety are connected. If I have an emotional binge, I put myself at risk for a physical binge. It works the other way around too. If I were to overeat compulsively, then I would lose my emotional sobriety. I've never been a happy overeater. I think this is a major difference between addicts and "normies." Normal people may be able to live in anger and resentment and come through reasonably intact. They may have a higher tolerance than I do. If I indulge in these things, I'm going to want something extra to

eat. My tolerance for this "dubious luxury" (Alcoholics Anonymous, 4<sup>th</sup> ed., p. 66) is actually quite low; I see myself as having an allergy to these behaviors. It's difficult to say which Steps are the most important for my emotional sobriety. Step One reminds me of my past, giving me an incentive to work my OA program. Step Two affirms that my Higher Power is manifested in kindness and compassion, which cannot exist in the same place as anger. Step Three reminds me that I'm not in charge of the world and don't get to have everything my way. Step Five assures me I'm not alone with whatever I'm feeling. I have a sponsor and others I can call when I am frustrated, and it is a gift to give my feelings this appropriate outlet. Step Ten is a touchstone, available to me whenever I am disturbed. Step Eleven is a place of peace and balance. When I tell my OA story, I always tell about the 100 pounds (45 kg) I don't carry anymore, for which I am so grateful. I am also sure to talk about the intense anger that is no longer a part of my life. This is part of how I practice Step Twelve. People who hear me share about the person I was before OA say they cannot imagine me ever behaving that way. And for that I have to say, "Thank you, OA."  
— Beverly M

## 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.

3<sup>rd</sup> 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 15<sup>th</sup> (on corner of Hwy 6 and Ave K)

Guest Speaker on 5<sup>th</sup> 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

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