

Mark Your Calendar

Newly Started Meeting
Recovery from Relapse Monday October 6
[Up the Street Club every Monday at 6:30 p.m.](#)
508 West NASA Pkwy

Review? Renew? Brand New? Not a Clue?
This OA Workshop is for YOU!
2 Guest Speakers w/Long Term Abstinence
Saturday, November 8 from 1 to 4 pm,
South Library, 2101 Lake Robbins Dr., Woodlands, TX
Information: Gerry 936-520-6676

November 15 IDEA Day
International Day Experiencing Abstinence
To encourage OA members worldwide to begin or reaffirm their
abstinence from compulsive overeating.

December 12
Twelfth Step Within Day
To encourage OA service boards, meetings and individual
members to reach out to those within the Fellowship who are
still suffering from compulsive eating behaviors.



Region III Presents Sailing into Recovery
7-Night Cruise on Royal Caribbean's Navigator of the Seas
March 22-29, 2015 Welcome aboard OA'ers worldwide!

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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Necessary Action

Worry, stress, and fear are all useful emotions. Like anything, if I use them to excess or neglect them, they twist into something bad. It is only when I abuse anything that it becomes dysfunctional.

Emotions are indicators. They give me useful information about my external and internal environments. If I am worried about my weight and using my emotions properly, then I am motivated to take the actions to lose weight. If I am afraid of losing my job, I can use that fear to motivate me to prepare my resume, look for a better job, cut expenses, and save money.

My sponsor always tells me feelings are not facts. I sometimes need to stop and question my fear. Is this fear realistic? The Steps help me work out the fear. Obsessing about anything is engaging in this disease, whether it is obsessing about food, weight, worry, or fear. I need to check in with my sponsor because I often don't see the reality of the situation. I see only my reality, which is subjective and often distorted. It gets less distorted as I work the program, but I still need to use someone else's mirror. When I don't perform the necessary action required as an extension of my emotion, I suffer. So I need to get out of the problem and into the solution. When I have worked the solution to the best of my ability, I need to let the emotion go. If I don't, it will damage me.

One of the most important things I have learned about this program is that it is a program of action. Working the Steps is the diagnostic test for my emotions, as well as my mind and body, and helps me figure out the action needed to make the repair—to get out of the problem and into the solution.

I used to hate my emotions. They couldn't be trusted. I would stuff them down until I was robotic. But then my emotions would betray me. They would come flooding out at inappropriate times, at inappropriate levels, and at the wrong people. The more I get in touch with my feelings and use them appropriately, the more I can trust them.

This program always comes down to the same thing: the Steps. It is the action of working the Steps that makes me well. All the Tools are great to help keep me around the program. But I am not in the program if I'm not doing the action of working the Steps.

Anonymous

Emotional Bingeing

My meeting recently read an entry on "the difference between compulsive emotional behavior and emotional abstinence" (Voices of Recovery, p. 65). As I sat through the meeting, I realized I wasn't clear on what these behaviors are for me. I made a commitment to go home and ponder this idea. As I read other entries, lots of examples came to me that better defined this in my daily life. (Illustration on next page)



Emotional Bingeing- - - - - Emotional Abstinence

Controlling behaviors & judgmental - - - - - Accepting others & myself detachment

Circular thinking and obsessing- - - - - Letting go, letting God, & seeking serenity

Participating in gossip- - - - - Avoiding enmeshment or triangulation

Giving false flattery and people pleasing - - - - - Feeling, expressing, & talking about my feelings

Isolating or sharing too much with too many - - - - - Calling my sponsor & sharing honestly

Indulging in fantasies or falsehoods- - - - - Maintaining truth & honesty

Being a drama queen & creating chaos - - - - - Doing my footwork & taking directed action

Acting like a tyrant or victim- - - - - Knowing when to be a follower or leader

Reacting- - - - - Being proactive

Building walls or isolating- - - - - Maintaining healthy boundaries

Being arrogant, haughty, & prideful- - - - - Being humble, vulnerable & feeling worthy

Being unapproachable - - - - - Being approachable

Being conniving and careless- - - - - Being serene & caring

— Anonymous

Top 10 - Things that have helped me maintain abstinence in difficult situations.

1. Asking God, my Higher Power, for help. He is ways there for me!
2. Writing down and committing my food to my sponsor every day. This takes away all the guesswork and noise in my head about my food. Decisions about my food are already made, and if anything changes, all I have to do is make a call.
3. Using my cell phone to get support. My sponsor always says that, wherever she goes, she has "all of us in her back pocket." I love that about my cell phone; my support group is only a click away.
4. Planning. Not just my food plan but also my "exit plan." If I'm going to be with people who are difficult for me to be around or if I'm going to an event with a lot of food and alcohol involved, I often drive my own car so that I can leave whenever I need to. If I plan to attend an event that may be difficult, then I schedule a call with another OA member for the trips to and from the event. It's best for me to bookend difficult situations with recovery.
5. Being true to myself. I say no when I don't feel comfortable with something and do what I need to do to keep my food clean, no matter where I am or who I am with.
6. Staying balanced. I follow my action plan by getting to two or more meetings each week, working with my sponsor and my sponsees on the Steps, and planning for each day to start with prayer and meditation with God.
7. Exercising. For me, this means walking 30 minutes four to five times per week. This clears my head and helps me to feel good about myself. When I feel good about myself, I'm more likely to be true to myself.

8. Asking for help. When faced with difficult situations, I know I need to reach out to others in the program whose recovery I respect and ask how they got through a certain event or life experience while maintaining their abstinence. Then I listen as they share their experience, strength, and hope because it might be just what I need to get through it myself.

9. Reading literature. I sometimes open the Big Book or For Today to a random page and read it. Over and over again, I have found that this exercise gives me something to read that I need at that moment. Also, I carry the pamphlet, Before You Take That First Compulsive Bite, Remember, wherever I go. It is my favorite of all OA's pamphlets and has helped me to get centered in my recovery on many occasions.

10. Remembering that I can do anything for one day. No matter what is going on in my life, I can keep my food clean for today and let the rest go to God. When I stay in today, life is a lot easier for me.

— Jessica M., Shillington, Pennsylvania USA

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
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

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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