

## Mark Your Calendar

### New Meetings at Up the Street Club in Webster

**Mondays:** Recovery from Relapse Meeting at 6:30 PM

**Thursdays:** OA Step Meeting at Noon

## Abstinent Workshop

OA Region Chair  
Abstinance Workshop  
**Saturday, March 29, 2014**  
1 - 4 pm



Presenter: Andrea M.  
House of Prayer Lutheran Church  
14045 Space Center Blvd., Houston  
For more info contact Marcia F. 281-782-5363

**April 28 – May 3** — [World Service Business Conference](#),  
Albuquerque, New Mexico USA

**August 8–10:** Arizona Serenity in the Desert  
Intergroup Region Three Convention and Assembly,  
Tempe Mission Palms Hotel, 60 East Fifth Street,  
- Tori email: [victoria@azwoods.com](mailto:victoria@azwoods.com); Web site: [oaphoenix.org](http://oaphoenix.org)

### Monthly Telephone Workshops, 3-4 p.m. EDT

**March 9:** provided by the Board of Trustees Virtual Services Committee, featuring Region Chair speakers. This month featuring "Tools," dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; email [vst4oa@hotmail.com](mailto:vst4oa@hotmail.com)

**March 16:** "Literature: Heart and Soul of OA," provided by the Board of Trustees Virtual Services Committee, featuring OA Trustee speakers. This month featuring *A Commitment to Abstinence* and *Maintaining a Healthy Weight*, dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; email: [vst4oa@hotmail.com](mailto:vst4oa@hotmail.com)

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.

**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](mailto:serenitytimes@hotmail.com)

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## Dancing on the Mountaintop

At my job, I sit in an isolated area: no cell phones, books or computers allowed. The only reading materials I have are *Lifeline* and a small journal. I am no longer attending OA meetings because my job Requires me to be on-call almost 24/7, but it does not stop me from coming back. I keep coming back to the simple principles and spiritual foundation that built my successful recovery program, one day at a time. I have experienced the grace of God and was "struck abstinent" from day one. I have maintained an 85-pound (39-kg) weight loss for almost five years. I know how it feels to dance on the mountaintop and how it feels when the mountain falls on me: the refusal, regret and remorse I had before program. I felt refusal because I was in denial about my compulsive eating. I felt regret when I passed out and started eating again. I felt remorse because of the insanity. OA changed all that. I stepped through the open door of my first OA meeting in 2005, and the members immediately put me to service by reading "How It Works" from the AA Big Book (Alcoholics Anonymous, 4<sup>th</sup> ed., p. 58). As I read the words "Rarely have we seen a person fail who has thoroughly followed our path," a renewed hope swelled in my heart and a light shone through the tears in my eyes. My voice stumbled and caught in my throat as I read those hallowed words. I am still awed by their force and power. I am grateful to God for the recovery, because it didn't end on that first day. I started going to every meeting I could. I was hungry and thirsty for the truth and ready to find the recovery I knew was in those rooms. Sometimes I went to two or three meetings in one day. I wasn't working at the time. I had almost been fired, but I quit before "they" could fire me. My understanding family, especially my husband, knew the program was working because I was slowly changing. Not only were my clothes getting looser, but I was changing spiritually, emotionally and mentally. I was building a spiritual foundation of recovery through the program: reading the OA "Twelve and Twelve," giving service and working the Steps. I became an intergroup representative, a sponsor, an intergroup secretary, intergroup chair and world-service representative. I tapped into my creative side that I had buried under a mountain of food, and I began drawing recovery cartoons with funny little anecdotes about my day. Being able to share recovery cartoons with fellow OA members is a gift from God to me. I am not afraid anymore. On a more serious note, I also write recovery poetry that I have shared with friends around the world. Finding OA was the best thing that ever happened to me. Even though I cannot go to meetings, I have the Fellowship online, in my OA literature and in my heart. I continue to work my program through daily quiet time with God and the literature. I am thrilled and amazed at the daily "God shots" my HP puts in my path. Twelfth Stepping is a way of life for me, and I pray it will always be. Even if I cannot go to a meeting, I can read *Lifeline*, *Voices of Recovery* and *For Today*, and I can come back to them every day. Working the Steps has made me who I am and has given me a way to dance on the mountaintop!

– Linda M., Torrance, California USA

## Daily Meditation

I got here (desperate, eating compulsively) by doing things on my own. I stay here (abstaining) by fostering relationships with my Higher Power and OA members.

--[Voices of Recovery](#) (p. 97)

## Excerpts from January 2014 Lifeline:

I got abstinent when I said from my heart, out loud in my apartment, "Okay, I give up. I'll do whatever I have to do to get sane and abstinent." I redoubled my meeting attendance and have been abstinent from binge eating since, thank God.

--Bob K., Pittsburgh, Pennsylvania USA

Now, through working the program, I am creating new, positive consequences for my relationships and myself. If I revert back to some of my old compulsive behaviors, I know how to clean them up. It's a plan for living that works.

--Natalie G.

I am released from the need to worry about tomorrow or live in guilt over poor past choices. Today is my focus. I choose not to eat foods that trigger compulsive eating behavior. This has returned emotional stability and a physical release of 90 pounds (41Kg).

--Rhonda P., Modesto, California USA

Slowly discovering I've been insane has saved me. Among fellow compulsives, I've gained a new life by participating in a fellowship; using tools to reach out to members; and having the Twelve Steps to apply to my behavior and Twelve Traditions to apply to relationships. A simple program of recovery from compulsive eating has brought me a more satisfying and serene life.

--Anonymous, Manchester, New Hampshire USA

Today I look back on 10 years of recovery. I love that I do not have to compulsively overeat and that food has become something I enjoy without it being the focus of each wonderful day.

--Sara R., Scotland

My gratitude for this program reaches far and wide, not only to the friend who took me to my first meeting, but also to those who share their stories. I am so grateful to the two speakers at my first meeting who had the courage to share just long enough for me to see myself in their stories and to then focus on the solution so I could absorb the message of hope; a hope that if I kept coming back, I could one day live happy, joyous and free.

--Melisa M., Tucson, Arizona USA

I finally gave up. I just didn't care anymore. I still functioned on the surface. I enjoyed my job, and my family was flourishing. In many areas, things seemed to be going well. Underneath, I knew I was killing myself with the food... Thank you, God, and thank you, OA.

--Norma L., Union, New Jersey USA

When I was in active food addiction, I felt stuck, like my life was going in ever decreasing circles while all my friends' lives were moving forward. I knew I was not realizing my potential in any area of my life. Today I feel like anything is possible and I am the person I was meant to be before food took over. Thank you, OA and the wonderful people in the Fellowship.

--Anonymous

### Tradition 1 - Our common welfare should come first; personal recovery depends upon OA unity.

**SENSE OF BELONGING:** There was a time before recovery when I felt like a nothing. I didn't belong anywhere. People I loved wouldn't listen to me and, instead, tried to fix me. I was terrified to ask for help because I didn't want to owe anybody anything or want anyone to control me with advice. It was a terrible place to be. Thanks to OA and Tradition 1, I have changed my attitude toward life. I have a sense of belonging, am able to hear others and be heard, and can respectfully disagree.

I believe what I have heard: I have never done anything so good for so long as I have with my commitment to OA. For years I have kept coming back and never seriously considered quitting. I hear my stories from your mouths and find solutions to my problems by watching how you tackle yours. I care about what happens to you, and you show me that same attention. I am accepted and don't have to impress anyone. What a gift. The OA "12 & 12" says, "the unity of OA is a matter of life and death to us" ( The 12 Steps and 12 Traditions of OA, p.110). The practice of listening and sharing in OA meetings has saved my life. Nowhere else I

know is it possible to share honestly without being interrupted and then learn from others' sharing, all for free. Even good friends tend to want to jump in and fix each other. We let each other be in OA. The other side of this coin is that I've learned to share with boundaries. There are time limits and strong suggestions to share the message in a meeting and share the mess with your sponsor. I was a person who would not open up for fear others would be bored, or worse. OA gives me a place where I feel safe to open up, and it is a privilege to listen to listen to others on this same path. This Tradition gives me an opportunity to practice important people skills. In the spirit of unity, we listen to all points of view in OA meetings. "Feedback, cross talk and advice giving are discouraged her" (Suggested Meeting Format). This forces me to listen with respect. My program may look different from some, and I may disagree with what others say or do, but I am compelled to respect them for working the program. In the past, points of view different from mine threatened me. If someone had a strong opinion, I was either cowed or felt I had to fight to convince them mine was better. Today, thanks to OA, I can sit back, relax, take it easy and not struggle. Other people's opinions are food for thought. OA is like a garden, and the people of OA are a vast array of flowers. The sweet peas and the stinkweed grow side by side. The Traditions keep OA thriving and are a wonderful model for our personal lives.

--Edited and reprinted from Serenity Press newsletter, Arizona Serenity in the Desert Intergroup, June 2009

## 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 p.m.

508 W NASA Pkwy. (Up the Street Club)

Contact Rebecca 832-297-4114, Donna 409-935-5663

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 (53219)

Step Study 12 p.m. Up the Street Club

508 West NASA Pkwy Rm #2

Contact: Vonda (512) 565-4000

Webster (30093)

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

508 W. NASA Parkway, Rm #2

Contact: Chuck B. 281-770-7539

### 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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