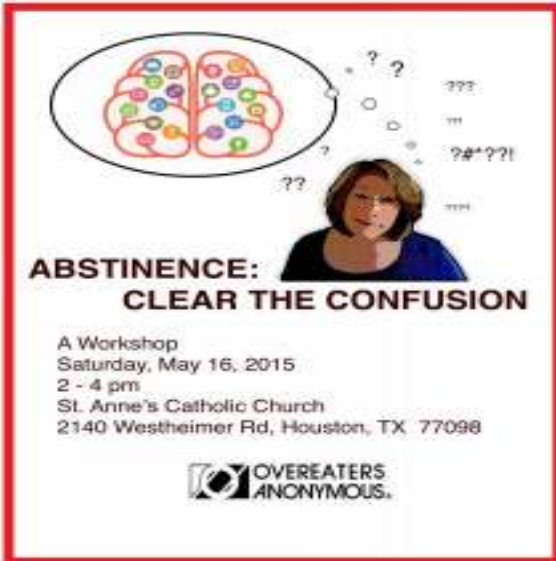



Mark Your Calendar

Keep Coming Back



**ABSTINENCE:
CLEAR THE CONFUSION**

A Workshop
Saturday, May 16, 2015
2 - 4 pm
St. Anne's Catholic Church
2140 Westheimer Rd, Houston, TX 77098

 **OVEREATERS
ANONYMOUS.**

I had not been feeling spiritually fit for whatever reasons, illness, stress, not being able to attend OA meetings or church... A couple of weeks ago, I had this thought, "my heart is hardened." I prayed for God to give me a tender heart, to make me once again open and willing, to humble me so that I could be restored. Yesterday, while reading from OA's 12 & 12, Step 2, I had to pass through the sadness that was my life before OA. It was very humbling. I received a release from pretense and prayers were answered! I once again became tender hearted and completely open to God. I felt much gratitude and joy towards my fellow members and my God. I have friends who understand me and a God who knows what I need and I am willing to receive all of it! What a difference a day makes! Sometimes I need to revisit where I came from to really appreciate where I am today. Praise God, He is working on my behalf, He has brought life back into my dry bones, my hope is restored, and my mind is at peace again. Thank you OA for requiring that I turn my will and my life over to God. I can't, God can, I will let Him!! Thanks to the 12 Steps I no longer just believe in God, I seek to know Him and His will for me and I don't give up, because I know the miracle will happen.

Traca



12 Steps in 5 Hours Workshop Saturday, May 30, 2015
10:00 a.m. – 4:00 ish p.m. **Where :** Faith United Presbyterian Church
12717 Marsh Lane Farmers Branch, TX contact Dorothy at d_buice@yahoo.com

STEPPING INTO RECOVERY

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



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 overeating and to carry this message of recovery 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

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



May Telephone Events

4-5 p.m. & 5-6 p.m EST, Virtual Services Committee
Dial 1-712-432-5200 and enter access code 4285115#
Stephanie D. 1-727-641-3437; email: vst4oa@hotmail.com

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 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

Galveston

Westminster Presbyterian Church Annex 7:15 pm

5127 Ave U

Contact: Patsy F 713-539-2353

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)

HOW Literature 12 p.m. 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.

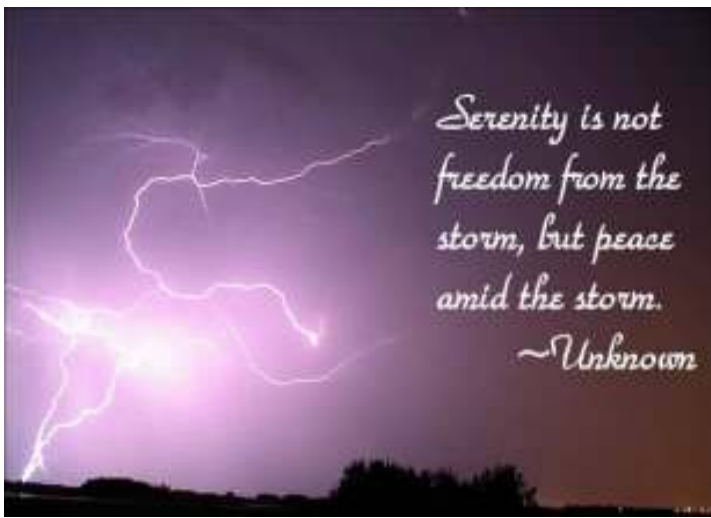
Contact: Marcia (281) 782-5363

Galveston

Westminster Presbyterian Church Annex 10:30 am

5127 Ave.U

Contact:CJ: 559-356-7097



Top 10 Things...

That brought me to Recovery

1. Life beat me into a state of being reasonable.
2. God gave me the "Gift Of Desperation."
3. I got a recovered sponsor.
4. My sponsor and I went through the first 164 pages of the Big Book together, and I worked the Steps according to those directions.
5. I send my sponsor a written Tenth Step every day.
6. I keep an attitude of gratitude regardless of what's happening around me.
7. I work with several sponsees.
8. I give service both within and outside of OA.
9. I attend three meetings a week.
10. I surrender my will and my life to my Higher Power as often as necessary each day.

— Nancy S. from Lifeline Aug.2014

Tool of Writing ... from

For Today Workbook

For Today, January 7, inspired the story

B-I-N-G-E (p. 3).

The question from *For Today Workbook* for January 7 asks:

"What aspect of my life will I humbly ask God to help me with today?" (*For Today Workbook*, p. 4).

For more thought-provoking questions on the daily readings in *For Today*, purchase the *For Today Workbook* at bookstore.aa.org. Softcover, #974/\$11. Also available instantly as a downloadable PDF, \$7.50.



FROM
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