

This WEEKEND!



Mark Your Calendar

Recovery from Relapse resumes Monday October 6
Up the Street Club every Monday at 6:30 p.m.
508 West NASA Pkwy

more info at

Supersize Your Recovery

2014 SE Arizona Intergroup Fall Retreat

October 10-12 at Holy Trinity Monastery in St. David AZ.

oaregion3

Central Colorado Intergroup invites you to establish your recovery: On Higher Ground - 2014 Colorado Convention
October 17-19 in Gorgeous Frisco, Colorado.

"Tools for Life" OA – OKC 2014 Fall Retreat, Oct. 31 – Nov. 2
St Crispin's Episcopal Conference Center
36302 State Highway 9, Wewoka, OK

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!

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

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.

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

Wisdom for Living

This is a summation and expansion of something someone said in a 12 Step Meeting I attended a few years back. It has kind of stuck in my head so I wanted to record and share.

Going through life you're going to be:

- Misunderstood
- Unappreciated
- Thought of and spoken of uncharitably
- Disrespected
- Disregarded
- Made the object of ridicule
- Left Out
- Disliked

Through it all I cannot escape and eat, drink, drug, spend or fantasize my way out of it all. I need to take life on life's terms and accept the way things are. I have to realize that life is not always going to be fair and that it is often not a matter of it being fair or not fair / kind nor cruel. but rather indifferent to my wants, wishes and desires no matter how justifiable they may be.

The best I can often do in certain situations is to quote the Serenity Prayer and realize that in the impermanence of all things, this too shall pass.

What at first struck me as being a downer is in fact a very powerful tool in getting through life without (metaphorically) killing myself, or someone else (sometimes not so metaphorically through our stressors and wrong minded remedies for our stressors).
--Robert S.



The Promises are happening each day for me. I am being changed from a lump of coal, to a diamond as I surrender myself to my new Director, God. I am learning to respond to life instead of reacting to it. I am embracing life with humility, an open mind, excitement, and willingness, in short, a whole new attitude and freedom!!
I am forever grateful for the help and wisdom I have received & continue to receive from God, the OA Fellowship and from following the 12 Steps.

No Silver Platter

My second sponsor used to tell me how the promises were coming true in her life, and I wondered when they would for me. While sitting in a workshop several years ago on the same topic, I realized many of the promises had already come true for me. They don't come to us wrapped in nice little packages like the gifts they are, but rather they come into our life quietly, many times when we don't even realize it. The promises are such beautiful gifts, and to obtain them, all we have to do is work the Twelve Steps, which means just taking care of ourselves. If someone said, "Close your eyes, hold your breath and count to 10, and I'll give you a million dollars," who wouldn't do it? I'll share how some of the promises have come true for me, and hopefully you will see how they are true for you as well.

"We are going to know a new freedom and a new happiness." (Alcoholics Anonymous, 4thed., p. 83) I am no longer controlled by the food, and I am happier than I can ever remember being. Although I have gone through some of the worst things in my life, I have done it abstinely." We will not regret the past nor wish to shut the door on it" (Alcoholics Anonymous, 4thed., p. 83): My past keeps me green, which keeps me abstinent. My past gives others hope when they see where I came from and where I am today." We will comprehend the word serenity and we will know peace" (Alcoholics Anonymous, 4thed., pp. 83-84): I desired serenity more than a normal body size, but it was more elusive. I don't always have it, but I know how to get it for the first time in my life. Once you taste of serenity, you never want to lose it again. "No matter how far down the scale we have gone, we will see how our experience can benefit others" (Alcoholics Anonymous, 4thed., p. 84): Once you reach bottom, the only way to go is up and out. Doing this is what helps others get up and out as well. "That feeling of uselessness and self-pity will disappear" (Alcoholics Anonymous, 4thed., p. 84): Because of health problems, this one has not come easily to me. If not for my program, I'm sure I would be as suicidal as I was when I came into the rooms. When I help others, I get out of myself. I was on the pity pot one day when I received an OA call and was able to help someone. By the time I hung up, I was on my usual OA high. "We will lose interest in selfish things and gain interest in our fellows" (Alcoholics Anonymous, 4thed., p. 84): Before program, nothing ever came between me and my food. However, last night I turned down a dinner invitation to a nice restaurant so I could tell my story and maybe help another. "Self-seeking will slip away" (Alcoholics Anonymous, 4thed., p. 84): Today I want to give rather than receive. I do it freely, not expecting anything in return like I did in the past. "Our whole attitude and outlook upon life will change" (Alcoholics Anonymous, 4thed., p. 84): In the past I wanted to pass the "Joneses." Today the most important things in my life are my abstinence and relationship with my HP. Before OA I had no interest in God, my HP; now I cultivate and cherish this relationship. "Fear of people and of economic insecurity will leave us" (Alcoholics Anonymous, 4thed., p. 84): I was able to quit a good job and start my own business because of what this program has given me. I could never have done that before, especially with two daughters in college and a wedding planned. I no longer fear people as I did in the past. Before OA I never would have agreed to lead a workshop or be a speaker. I am also able to stand up to my father for the first time in my life and not fear the consequences

"We will intuitively know how to handle situations which used to baffle us" (Alcoholics Anonymous, 4thed., p. 84): I have to pray and connect with my HP and other program

people for this intuition, but I get it most of the time. This releases so much fear in my life. "We will suddenly realize that God is doing for us what we could not do for ourselves" (Alcoholics Anonymous, 4thed., p. 84): I get this one in neon lights, and all I have to do is let him. As the Big Book says these promises "will always materialize if we work for them" (Alcoholics Anonymous, 4thed., p. 84). If you haven't received any yet, maybe it's time to look at how hard you are working your program. Nothing is given to us on a silver platter.
-Anonymous

Promises Result From Footwork

As I look over my list of my plans versus God's results, I see God is doing for me what I could never do for myself. I didn't dream big enough, I wasn't able to see my potential, and my imagination didn't expand far enough to imagine all these wonderful things in my future—until I got into program and started to turn my will and my life over to God.
Excerpt from August 2014 Lifeline

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 6 p.m.

Rosa May Catching Annex Bldg.

12045 15th (on corner of Hwy 6 and Ave K)

Guest Speaker on 5th 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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