

Serenity Times

Nov 2015

www.oagalveston.org

A Publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous
WSO 3342 Region III

Mark Your Calendar

Big Book Comes Alive in OA Tricounty Retreat

November 6th- 8th in Glen Rose, TX.
Last year's speaker with 36 years of
experience will be back by popular
demand!

<https://oadallas.files.wordpress.com/2015/04/2015-tri-county-oa-retreat-flyer-1.pdf>

Think about Thanks

Thanksgiving can be extremely stressful because it is usually filled with shuttling to and from family member's homes, cooking, juggling conversations and-yes-celebrating with food. Thanksgiving can be extremely daunting for those who have both more positive or more negative relationships with their families. Anxiety and depression can peak during this period, and it can lead us to hurt ourselves!

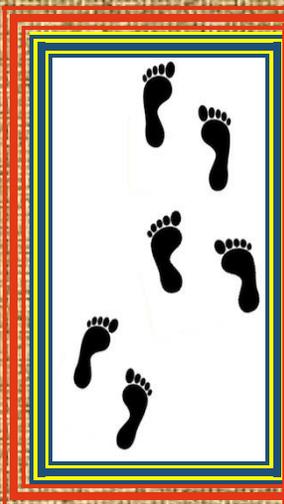
Think about Thanks! Are you thankful for your friends, family, ability to take care of yourself, your body...etc? Thank your body and thank your program (and your HP) for getting you through what may have been a difficult day, month, or year! Like any other holiday, make sure to take some time for yourself. With the rush of Thanksgiving and upcoming Black Friday shopping, it is so important to have time for yourself. Meditation and quiet time may be best to take time off from the chaos of the season.

The holidays can be a difficult time, but rather than getting swept away by the potential stress and exhaustion that this season might bring, create your own kind of holiday season that YOU can truly enjoy!

Rachel Onefater Healthy Life Oct 27, 2015

(with editor revisions)

<https://www.recoverywarriors.com>



Thanks to all who made the GBAI Galveston Convention such a fun and successful event-especially our keynote speaker, Beverly R.! Through your service we can continue to share the message of recovery and enjoy the fellowship, strength and hope our OA program has to offer! Your attendance was also a gift of service.



A butterfly lights beside us like a sunbeam
And for a brief moment its glory
and beauty belong to our world
But then it flies again
And though we wish it could have stayed...
We feel lucky to have seen it at all.

You will be missed, Jolene M.
Our beloved OA sister
1952-2015

*Studies show that people who regularly
practice giving thanks are happier.*



Telephone Events

Eating OUR FOOD for the Holidays

Are you having trouble with the overabundance of holiday treats? Think of the treats, etc, as “their food, not ours”. “Their food” is food that normal eaters can eat without repercussion; it does not trigger the physical craving that we have to keep eating or the mental obsession to justify just one bite. “Our food” is the food each of us eats that is on our food plan and what we eat to maintain our abstinence. If it makes us sound special because we have our own food, well, so be it. We are special. We have eating disorders and we cannot manage our food without help.

So, for the rest of the holiday season, I am looking at it as “their food, not our (or my) food”. I hope you all have a peaceful, serene holiday. Keep your OA phone list, meeting list nearby and make use of phone and online meetings, especially if you are going out of town! Together we get better! Bev J December 17,

2013 by Central Colorado OA

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.

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If you would like to have a monthly copy of Serenity Times emailed to you, please send your email address to: serenitytimes@hotmail.com

Virtual 12 step workshop. 2nd Sun. of the month 3-4 CDT
Dial 1-424-203-8405, enter access code 925619#
Or it is available in edited version 2 weeks later at
<http://www.oa.org/oapodcasts/#workshops>
For more info: Stephanie D. 1-727-641-3437;



Serenity Times, Publication of the Galveston Bay Area Intergroup Meeting List 2015

MONDAY
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 PM
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)
Big Book Meeting 6:30 PM
Up the Street Club
508 W. NASA Parkway, Rm #2
Contact: Chuck B. 281-770-7539

SATURDAY
New! League City
9:00 AM, Bay Area Club
2111 Webster
Contact: Claire A. 832-453-5604
Clear Lake (12635)
For Today/Discussion, 10:30 AM
House of Prayer Lutheran
14045 Space Center Blvd. Rm 210
Contact: Marcia (281) 782-5363
Galveston
Westminster Presbyterian Church Annex 10:30 AM
5127 Ave.U
Contact: CJ: 559-356-7097

For Additional OA Meeting Information go to
www.oagalveston.org