

Serenity Times

Dec. 2015

www.oagalveston.org

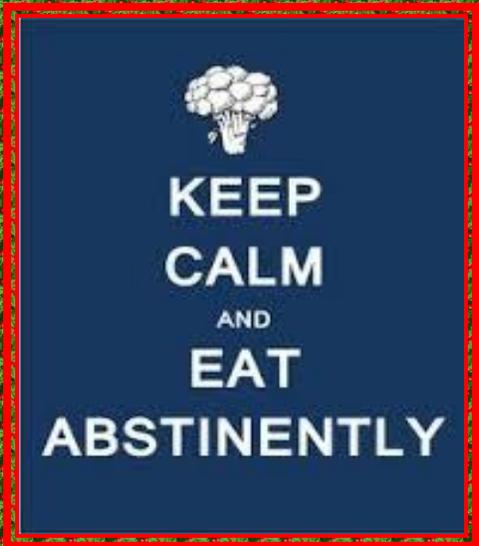
A Publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous
WSO 9342 Region III

Mark Your Calendar

Live and Let Live

GBAI/OA Presents
Holiday Help Workshop
Tips for an Abstinent Season
Sat. Dec 5, 2015
2:00-4:00 pm
Donation: \$5:00
Hope Church
770 Pineloch Dr.(and Hwy 3)
Houston, TX 77062
Contact: Maxie 713-204-7873

OA Houston Presents
Newcomer Workshop
January 23, 2016
2:00-3:30 pm
2140 Westheimer
Houston, TX 77098



KEEP
CALM
AND
EAT
ABSTINENTLY

I have been writing about the little sayings we sometimes see hanging on the walls of 12 Step meeting rooms. While these may sound trite, they contain a hidden cache of spiritual treasure. They are simple, but sublimely simple, for they have depth. Another of these is Live and Let Live. The key message of this phrase is tolerance. Humility is a big chunk of all the 12 step programs and the true test of humility is being non-judgmental. This is hard to do at times, it is a very human trait to build ourselves up by tearing down others. However, this ego-driven tendency can be deadly inside OA rooms.

Each one of us has had our first meeting. How we were received at that meeting largely determined how successful we were at battling our obsession with food. Were we welcomed with open arms or were we shunned? Did we feel a part of a group of fellow sufferers or were we isolated and alienated? Live and Let Live reminds us to withhold our judgement, to emphasize rather than criticize.

The newcomer comes in the door desperate and depressed. He wants relief from food obsession, but he or she must be able to swallow what he hears. Friendliness is the handmaid of hope. Community is the partner of progress. Acceptance becomes the road to recovery.

All of these things are simple but not easy. An ill chosen word, a frown worn instead of a smile can drive a newcomer out the door. Our sole purpose is to carry the message. A smile and a friendly greeting help carry the message more effectively than a scowl and a growl.

Mike D

Tyler, TX

OUR DISEASE DOESN'T TAKE A HOLIDAY

"I plan on continuing my daily recovery routine that I have in place, during the holidays. The disease doesn't take a holiday!" ~Marcia L.

"Do service. As much as possible, whatever comes your way." ~Emily E.

"Focus on the true meaning of the holiday rather than the food. Prepare! Call the host ahead of time and find out what food is being served. Even people without our disease have food restrictions. Volunteer to bring something that is good for us. Focus on the people rather than the food. Engage in 'real' conversation. Ask them about themselves, their life and their work ... and really listen." ~Judith K.

"Say the serenity prayer before each meal. Ask HP to guard your abstinence FOR TODAY!!! Use the time between meals to make one call to a fellow OA'er" ~Sarah

"I make sure I email my sponsor daily and call my sponsor often. I do an 11th step daily and really keep my food plan squeaky clean." ~Valia P.

"Make a plan of 'One Plate of Food.'" ~Andy P.

"This last Thanksgiving (or Christmas/holiday), I and a group of about 4 to 5 fellows texted gratitudes to each other throughout the day, especially when we were having difficult moments. It helped me to stay connected with fellows, to feel connected to meaning, and to stay focused on positive thoughts without really trying hard. It was a service to each other, and it was wonderful to hear others' real time gratitudes." ~Lorna D

*Excerpts from Greater NY Intergroup Metro Memo –
December 2014*

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



Telephone Events

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