

Mark Your Calendar

OA Houston Presents Newcomer Workshop

January 23, 2016
2:00-3:30 pm
2140 Westheimer
Houston, TX 77098
713-973-6633

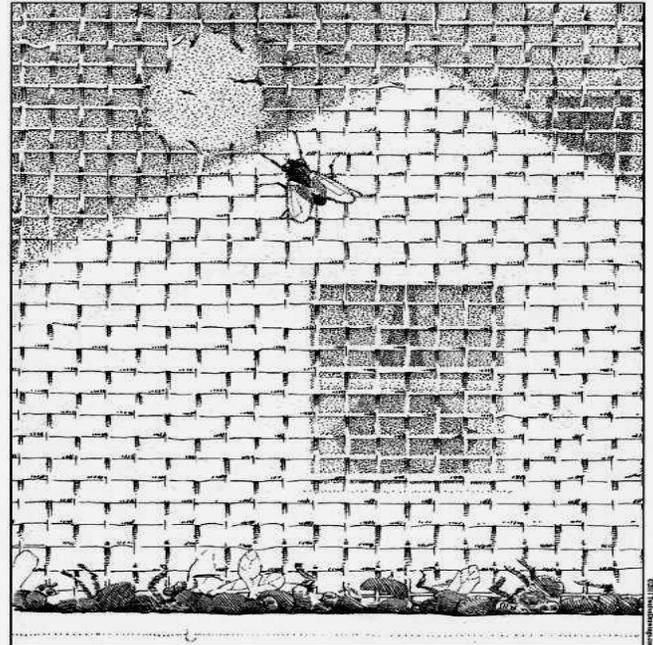
Our Promise to You

This year Serenity Times will feature monthly articles focusing on The Promises of 12 step recovery. The articles are taken from a website called *Twelve Drawings* at <http://www.twelvedrawings.com/>

The article illustrator/illustrator is an anonymous contributor who generously shares their insights and gives an explanation of the inspiration for their images and corresponding text, based on their personal recovery:

" I once found an old Webster's dictionary from 1934. It was published the same year that the Serenity Prayer was written by Reinhold Niebuhr. I was curious whether the words used in that familiar prayer had the same definitions in 1934 as they do today. Surprisingly, those old definitions shed a refreshing new light on many of the prayer's words. That inspired a set of twelve Drawings, illustrating the twelve principal words in the Serenity Prayer because that prayer is so closely associated with Twelve Step groups, I also looked up words found in key Twelve Step literature. One thing led to another and now there are four sets of "Twelve Drawings", including *The Serenity Prayer, The Steps, The Promises, and the Metaphors.*"

***We are going to know a new
freedom and a new
happiness...***



Promise 1 - We are going to know a new freedom and a new happiness.
Freedom n. Not being subject to an arbitrary external power. - WEBSTER'S 1934

You don't need to tell me. I know the drawings shows a fly on a window screen. I know. I drew it. But I know of no other way to tell you about my escape to freedom, unless you yourself have already experienced it for yourself. Let's forget about the fly for a moment and come back to it later.

I hope you have never lost a loved one to addiction. But I am willing to wager that you have. Whether a father, sister, cousin, pastor, actor, teacher, lover, or spouse, I bet they were someone very unique. Alcoholics and addicts are like that. The last of the genuine "real characters".

Maybe you knew someone who had a problem for a long time. Good old Uncle Charlie. Or that wonderful teacher. Or your parent. Or worse, your child. I bet you started to say something to them a thousand times, but when the moment came, you lost your nerve. Or maybe you started delivering your planned talk, but as the words reached your lips, they suddenly didn't make a damn bit of sense. Maybe you found yourself apologizing to them for bringing it up. Maybe you gave up, feeling like a miserable failure. I know I did.

(continued p.2)

Don't feel bad. I have read that the vast majority of alcoholics and addicts die without even realizing they have a problem. Plenty of people warn them, but the truth never gets through. They just keep on going and going until they reach the End. People who do make it into AA and other Twelve Step meetings are a small, small minority compared to those who go to the bitter end believing they have no problem.

How could they not see it? I do not know, even though I have been one of them. I too was trapped but insisted I was totally free. It didn't bother me one bit to be dying in that way. Every time I crashed into reality, I thought surely that reality was wrong. Every time I banged into someone, I thought they should have stayed out of my way. My life was full of emotional collisions. Crash. Boom. Bang. But I never could figure out why.

I was like a fly. Trapped inside a window screen. I could see the whole wide world right in front of me and energetically flew straight at it. But I kept crashing into something. It was something my mind could not comprehend. I was doing everything right....according to every instinct I had. So I ignored it and tried again. Crash. Boom. Bang.

Few of us realize that whatever this incomprehensible thing we are trapped by will never yield. We can fight against it, but we will not win by doing that. And so slowly or quickly, we die. By the dozen, the hundred, the thousand, the millions. (Did you notice the dead flies littering the bottom of the drawing?)

Dying for what? Because we continue to believe we are free when we are trapped. Our false belief drives us again and again to try what doesn't work. Addiction—like that simple wire window screen—will not yield to our most brilliant and energetic efforts. Many of us die in the bottom of that window, eyes filled with visions of freedom just outside our reach.

Why do some reach freedom when so many others don't? The 1930s Webster's dictionary says freedom is "Not being subject to an arbitrary external power." The window screen is an arbitrary external power. The fly didn't create it any more than addicts create addiction. But the screen does not care whether it keeps flies out—which is its intended purpose—or traps them inside. Like addiction, the inanimate screen doesn't care about anything.

My Twelve Step work involved abandoning the arbitrary power of addiction. Instead, I placed my trust in the loving power of a Higher Power. It took a while, but I finally found that one escape from an enormous and baffling window screen. That Higher Power was not arbitrary. It wanted me to be out of trouble. It cared whether I lived or died. My Higher Power wanted me to be free. Today, that Promise has come true for me.

Anonymous <http://www.twelvedrawings.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

New ! Galveston
Literature/Discussion 11AM
Rosenberg Library -Randall Rm
2310 Sealy Ave
Contact: Anita S (713) 540-5355

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: Anita S (713) 540-5355

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

League City
Bay Area Club 9:00 AM
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

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
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