

# Serenity Times

May 2016  
[www.oagalveston.org](http://www.oagalveston.org)

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

## Mark Your Calendar

**June 4, 2016 1:00-4:00 pm**

Tricounty Intergroup presents

"The Importance of Working the Steps"

South Hills Christian Church

Fort Worth, TX

Contact: Carolyn D-817-924-2328

Rachel 817-595-3044

<http://www.oa-tricounty.org/wp-content/uploads/2016/03/The-Importance-of-Working-the-Steps-Flyer-20160214.pdf>

**KEEP RECOVERY WEIRD**

OA Region III Convention and Assembly

Sept. 9-11, 2016 Austin, TX

Wyndam Gardens Conference Center

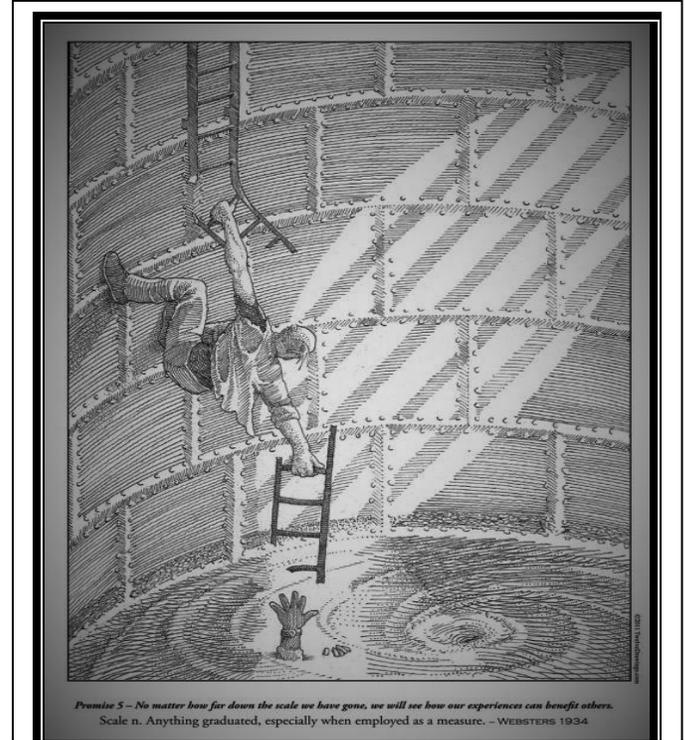
Hosted by Heart of Texas OA Intergroup

<http://oa-cnmi.org/wp-content/uploads/2015/10/flyer-rev-7.pdf>

Nov. 18-20, 2016

GBAI Intergroup Convention

Galveston, TX



**PROMISE 5 NO MATTER HOW FAR  
DOWN THE SCALE WE HAVE  
GONE, WE WILL SEE HOW OUR  
EXPERIENCES CAN BENEFIT OTHERS**

. Scale:n. anything graduated, especially when  
employed as a measure      Websters 1934

First, I was a sponsee. I often felt I was drowning. Literally. My dreams and thoughts were filled with large bodies of water or rising water. My sponsor didn't exactly rescue me. It's more accurate to say he kept calmly repeating, "Just work the Steps." When I listened, that kept my head above the imagined water.

Later, I became a sponsor. I was often dismayed to realize my sponsees were drowning before my eyes. My words and actions seemed ineffective in the face of the crisis I saw looming inside them. I could never save them using any thought or word or deed that sprang to my mind.

It took a long time for me to realize why my sponsor was so helpful to me. It wasn't because he had the answer I needed. To the contrary, he would sometimes look at my situation and say, "Damn, that looks like an awful situation to be in." This man—someone I hardly knew—was not there to fix my situation. But he was willing to remain with me throughout my struggles.

As a sponsor myself, I found that simply being present was the most helpful thing I could do for my sponsees. I could listen to their situation, point out any applicable literature, and share my own experience. They seldom said, "Wow, that fixed it!". They would instead say, "Thanks for being there." That is an act I cannot define beyond answering some phone calls and meeting to talk about recovery. Whatever it is, it seems very important to recovery.

The promise that started with the words "No matter how far down the scale we have gone..." was a welcomed one. I knew I had gone far down the scale and was relieved to hear that my awful experience might have some redeeming value. Most people would never ever want to go as far down as I went. Never. Not ever.

And yet when a sponsee described an immeasurable moral abyss that they had fallen into, I found myself leaning toward them rather than leaning back. I would just let them talk, knowing it is very hard for them to admit how low they had sunk.

I can be there with them; "Being there". Able to listen with surprising ease because this low place is very familiar ground for me. I cannot really measure how far down the scale they have gone. It is a scale that has no units of measure. But I go there with them—"Being there"—until they touch the bottom. In this way, the Promise has come true for me many times. No matter how far down the scale I have gone, I see how my experience benefits others.

So who is that guy on the ladder in my drawing? The one with the torn shirt and drooping hair, trying so hard to win an apparently unwinnable battle for the man who is sinking? That *everyman* is every sponsor I have ever had. He is doing more for me than I deserve—perhaps paying back his debt to a sponsor before him. He is not able to reach me, but he is able to "Be there" with me even at that depth of despair.

*excerpt from Anonymous*

<http://www.twelvedrawings.com/twelve-promises>

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](mailto:serenitytimes@hotmail.com)

## Serenity Times Publication of the Galveston Bay Area Intergroup Meeting List 2016

### 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

**Galveston**  
Literature/Discussion 11 AM  
Rosenberg Library -Randall Rm  
2310 Sealy Ave  
Contact: Anita S (713) 540-5355( Call before attending)

### 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  
12635)  
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

### 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 Church  
14045 Space Center Blvd. Rm 210  
Contact: Marcia (281) 782-5363

**for Additional OA Meeting Information go to**  
[www.oagalveston.org](http://www.oagalveston.org)

**Virtual 12 step workshop. 2<sup>nd</sup> 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;**  
**email: [vst4oa@hotmail.com](mailto:vst4oa@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 overeating and to carry this message of recovery to those who still suffer.

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