

Serenity Times

June 2016
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

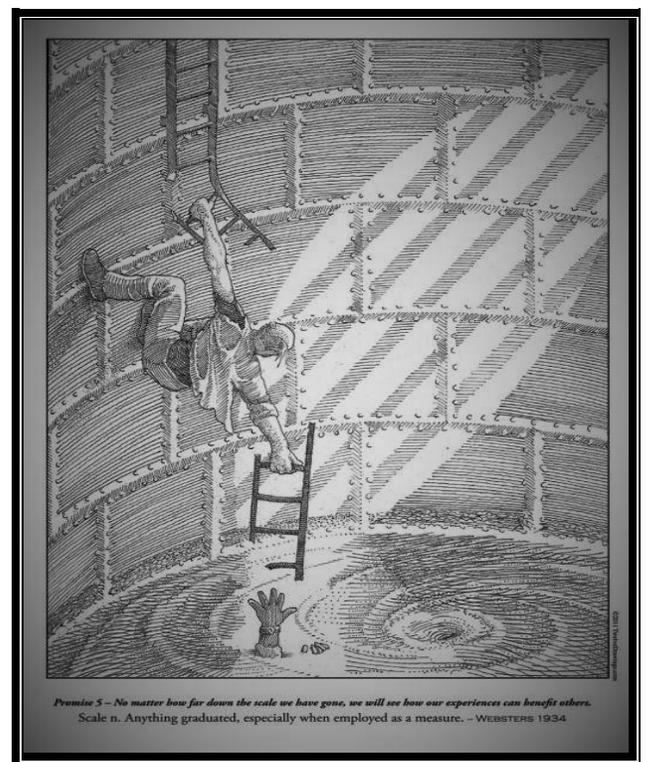
<http://www.oa-tricounty.org/wp-content/uploads/2016/03/The-Importance-of-Working-the-Steps-Flyer-20160214.pdf>

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*

PROMISE 6

THAT FEELING OF USELESSNESS AND SELF-PITY WILL DISAPPEAR

Disappear v. - To cease to come or be in sight
Websters Dictionary 1934

To create a drawing for the word "disappear", I considered depicting ships on the horizon but without the element of movement, that image would not work. After some pondering, I realized that snow on the ground provides a traces of whatever has passed by, even after the person or thing has disappeared.

I drew a city street that was empty: no cars, no people, no activity. But the tracks in the snow clearly showed that cars had passed through but were now gone.

But what about that business of "cease to come into sight"? For reasons that are still not clear to me, I drew footsteps passing along the sidewalk and terminating at an open manhole. I paused to consider what I had just drawn. "Whoever that person was," I thought, "they have certainly ceased coming into sight." I could see that there was a slapstick humor to the idea—cartoon characters and movie comedians fall into open manholes all the time. Wasn't that funny?

For some vague reason, I felt uneasy about the image. Recovery is about real people, not cartoon characters or comedians. I was drawing for my Higher Power and humor was not my intention here.

(cont. from p.1)

Then, an idea occurred to me. Who says the footprints lead INTO the manhole? Might the impressions be a record of someone who has climbed out of the sewer and walked safely away?

I looked again. I liked that idea. It did not make perfect and total sense, but it just FELT right. I sighed. I want my drawings to depict something real without a lot of symbolic meaning. But simply I liked this drawing no matter how it was interpreted:

1. My uselessness and self-pity will disappear as if into a manhole

OR

2. Once free of my feelings of uselessness and self-pity, I can climb out of that sewer and walk into the world as a free person.

This has become one of my favorite drawings. I suspect that is partly because it contains a touch of mystery for me, even today. Just because I have a "God of my understanding" does not mean that I completely understand God. A little mystery seems to be a good thing. *excerpt from*

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

NO MORE EXCUSES...

Did you know?

Do you live somewhere that does not have many OA meetings? Or, you have a busy schedule that makes it difficult to get to a face-to face meeting?

Fear not! If you have a telephone, you can attend a meeting in your jammies! So, break out of you isolation and do yourself and others service by attending an OA phone meeting. To date, there are almost 300 phone meetings per week! To find a meeting- go to <https://oa.org/find-a-meeting/?type=2>

Be sure to type in your time zone and you can filter by day and time, type of meeting, as well as find a contact person and any other info you need and then try it! You can just listen in at first till you get acquainted with the format. An invaluable tool available to us 24 hrs a day.

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

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

**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;

email: 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.

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