

# Serenity Times

July 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

**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>

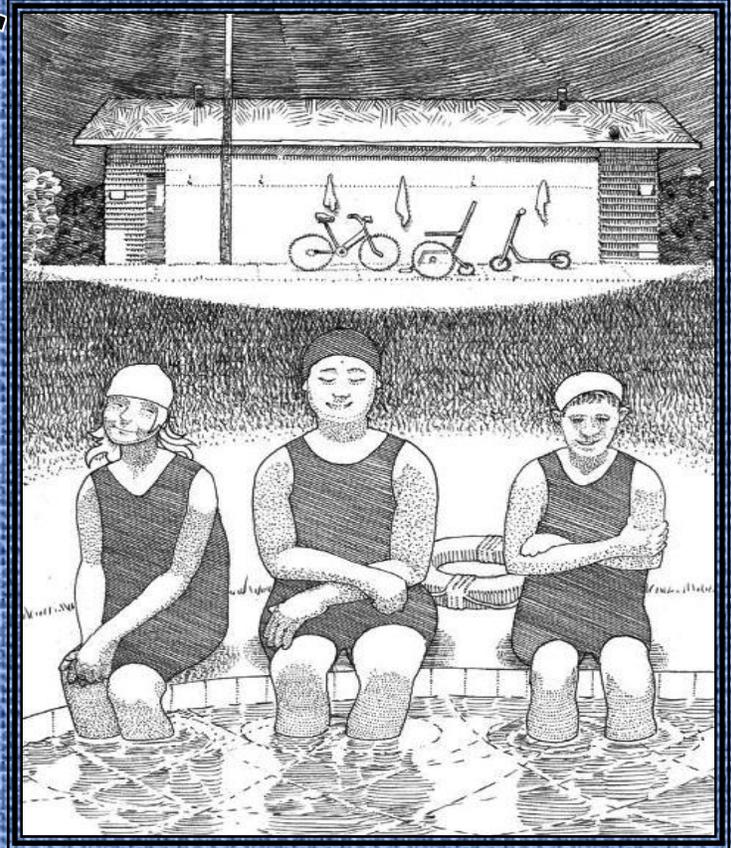
**Nov. 18-20, 2016**  
**GBAI Intergroup Convention**  
**Galveston, TX**

**RECOVERING YOUR  
TRUE SELF**



Presented By

Houston Metro and Galveston/Bay Area Intergroups  
Hilton Galveston Island Resort 5400 Seawall Blvd.  
Galveston, Texas 77551  
Reservations: (409) 744-5000 Toll Free (877)-425-4753  
<http://oahouston.org/images/2016%20Galveston%20OA%20Convention.pdf>



### PROMISE 7

**We will lose interest in selfish things and gain interest in our fellows.**

Interest -n- a right, title, share, or participation in a thing.  
Websters Dictionary 1934

The only formal requirement for joining a Twelve Step meeting is "the desire to stop..." (acting out on a behavioral addiction) "...and to help others to recover." Once you start attending a meeting, your personal level of interest may vary. Some people linger after the meeting is over, while others depart without delay. During the meeting itself, everyone shares an equal interest in the fellowship. Webster's Dictionary defines "interest" this way:

"Interest n. - a right, title, share, or participation in a thing."

In my experience, that definition is correct. The Twelve Step newcomer enjoys the same rights as the old-timers. The fact that long-sober (abstinent) people don't demand a higher status may puzzle the newcomers at first. These old-timers are not saints—they have learned that healthy interest among ANY members is helpful to all. Isolated and self-absorbed behavior seems to fuel addiction, and so recovering addicts instinctively encourage each other to become less isolated. Addicts who do not gain interest in their fellows can slip back into isolation where their addiction lies waiting.

(cont. from p 1)

When I decided to draw this Promise, I felt a little lost. All of the depictions I envisioned seemed silly. As I often do, I prayed about it. Once again, a vision slowly formed. It was exactly what you see in the drawing. Several kids perched on the edge of a swimming pool. They are not swimming. They don't even appear to be talking. They are just BEING there. Their differences are quite visible. They probably come from different families. They appear to be different ages. They arrived by different means. Yet there they sit together, instead of being alone.

Maybe recovery is complicated. But at moments like this, it seems fairly simple. We attend meetings. We work the Steps. We use sponsorship. We find that when we do these things, the Twelve Promises are realized.

I cannot say much more about my drawing than this: The way those kids look in that drawing matches the way I feel in a busy Twelve Step meeting. I am not in my old home, all alone. I am in a new home, surrounded by people who know me and care. Even if it is just one or two people, they are enough. Our Higher Power does the rest.

*drawing and revised excerpt from Anonymous*

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



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 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)

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