

Serenity Times

August 2016
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>



Area meetings are encouraged to donate a gift basket to the GBAI convention raffle. Please contact Linda H. for more information: 409-457-9517

Essentials of Abstinence Workshop

Sat., Sept. 24, 2016
Tri County Intergroup
Arlington, TX

for info call: 817-924-2328 or 817-595-3044

<http://www.oa-tricounty.org/wp-content/uploads/2016/07/Essentials-of-Abstinence-20160717.pdf>

More on Balance...

Hi folks, I'm Mike D. a COE, and I thought I would take another stab at belaboring you, my poor readers, with my take on working the OA program. I have been writing on the little sayings you see hanging on the walls at 12-step meeting rooms, like "First Things First." Last time I talked about balance. I hate to beat a dead horse, but someone at a meeting reminded me of a couple of other items I neglected.

*Balance is important and there are a lot of areas that balance impinges upon. I hope to say a couple of things I overlooked, and hopefully comfortably transition into the next subject, but I just wanted to note that both O.A. and A.A. are simple programs that are sublimely simple- having interlocking elements much like the logs on a log cabin, or the dovetailed joints of a fine piece of furniture, where one element gives weight, strength and support to the next and to the whole structure. The A.A. *Twelve and Twelve* talks about avoiding "haste in tongue and pen" (91). If I will take a deep, breath and pause before I say something stupid or hurtful most of the time my H.P., whom I chose to call God, will put better and more helpful words into my mouth.*

(cont. from pg. 1)

The BB says "resentment is the number one offender"(64). If we are saying angry words we provoke more anger in return. Instead of pouring oil upon the waters we are throwing gasoline on the fire.

We make a bad situation worse. Learning to control these human, though childish, impulses helps us stay in recovery and not harm the ones we want to help and who may help us. This too is balance. So spiritual balance, as described on pages 85-88 of the BB, impacts how we treat others. It also impacts how we work the program as success in OA means being in it for the long haul—of doing it "One Day at A Time"—being able to snap back from life's hard knocks and roll with the punches.

To do that you need more than a pinch of balance. God bless you all and I will shut up again for now. Hope that makes some sense. Thanks.

Mike D. Bullard, TX

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

Upcoming New OA Literature

Delegates voted to grant the Conference Seal of Approval for two (2) new pieces of literature--the first is the "Twelve Traditions Pocket Guide"; the second one is titled "Twelve Step Workshop and Study Guide". Both will be available to the fellowship as soon as they are printed.



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.

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

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