

Serenity Times

Sept 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>



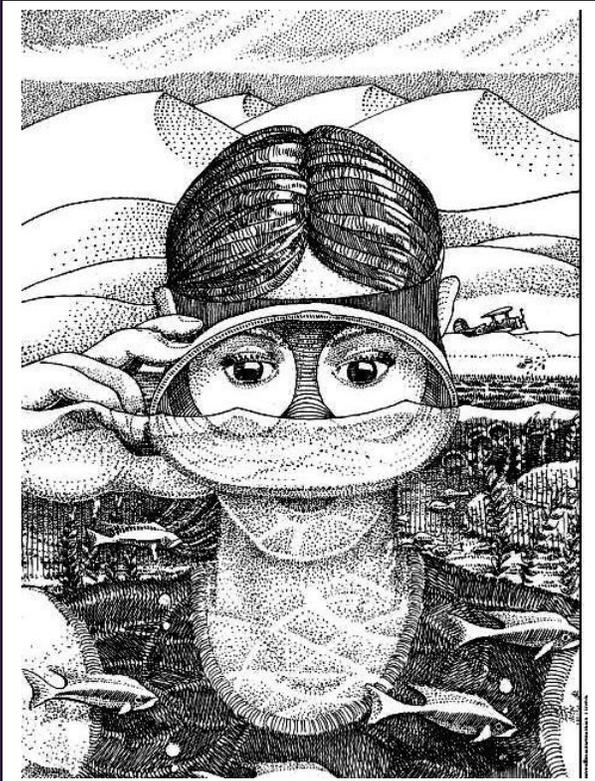
Area meetings are encouraged to donate a gift basket to the GBAI convention raffle. Please contact Linda H. for more information: 409-457-9517

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>



PROMISE 9

Our whole attitude and outlook on life will change.

Outlook-n. a careful looking or watching for any object or event
Websters Dictionary 1934

I finally got solid help in working the Twelve Steps in the "old fashioned" way originally practiced in the 1930s. Somewhere around Step Nine, I experienced something remarkable. My whole attitude and outlook upon life really did change—precisely as described in the Ninth Promise. That should not have surprised me because the Twelve Promises (which are read at nearly every meeting) are said to come true during the Ninth Step. I experienced those Promises exactly when the Big Book said I would and still I experience them today when I work the Twelve Steps. The changes described in the Promises are difficult for me to describe, because a spiritual epiphany was involved and those are typically difficult for anyone to describe in understandable terms

(cont. from pg. 1) Before my Ninth Step experience, I read the literature like I would read any book. There were characters, descriptions of events, and discussions of various ideas. Blah blah blah. It was only after my spiritual experience that I came to view the book as being remarkable in any way.

Every page had a new resonance in its language. Simple sentences suddenly seemed very profound. Tired old phrases like: "We will not regret the past nor wish to shut the door on it" (p.83) or "God is, or He isn't." (p.53) suddenly cast long shafts of light into my dark tomb of despair.

I try to make drawings that reflect my insights into the Twelve Steps. I made use of an imaginary woman to dramatize the moment when I first realized I was surrounded by Grace in otherwise hopeless-looking situation. In the illustration, the woman has landed a plane on a desert shore and is seen as she wades or swims into the nearby surf. Leaving the vast sand dunes behind her, she tentatively dips her face mask into the rippling water. The featureless surface of the waves is stripped away from view, revealing luminous aquatic plants and a teeming world of darting silvery fish. The world has not been changed at all in that moment, but her insights into the world are forever expanded.

My real life experience wasn't as dramatic as THAT. But you get the idea. After I worked the Twelve Steps of recovery EVERY DAY for as long as it took, I began to look at my home, work, neighborhood, and world very differently. I don't expect you to believe me just because I have written it here. I do hope you find your own special pathway into the world you already inhabit. Even if my world all goes away tomorrow, I am immensely grateful for having glimpsed its spiritual truths even once.

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



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

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