

Serenity Times

Oct 2016
www.oagalveston.org

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

Mark Your Calendar

**Houston Metro Intergroup presents
Holiday Abstinence Workshop: Dealing with
Family,
Food and Frivolity**

Oct 30, 2016 4:00-6:00 pm
St. Anne' Catholic Church 2140 Westheimer Rd
Houston, TX
Call Sue: 832-655-3972

<http://oahouston.org/images/2016%20Holiday%20Abstinence%20Oct%2030%20Flyer%201.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>



Abstinence Leads to Serenity

Coming to OA was the beginning of my recovery from compulsive overeating. One benefit of recovery is serenity. For me, serenity means I am at peace with the way things are right now. You may say, "What a concept!" The gateway to serenity is abstinence. Abstinence is refraining from compulsive eating and compulsive eating behaviors. I used to think abstinence meant the same thing for everyone in OA, but I found out that is not true. Abstinence is a personal decision that I define for myself, with the help of my sponsor. My abstinence can change over time based on the awareness I receive in OA.



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

Once I am abstinent, I have peace and serenity even if I am not at my goal weight. I like the saying, "Focus on the weight and lose recovery; focus on recovery and lose the weight." Sure I would love to drop a hundred pounds, but I can't lose that much in a hurry like I would prefer. So I focus on "keep coming back" and doing my best to remain abstinent. I have relapsed umpteen times, but each time I crawl back to the meetings and re-commit to my abstinence, I find serenity once again. And it all comes one day at a time with the help of my higher power.

I always have a choice. Do I remain in recovery or go back to the disease of compulsive eating? Either I stay abstinent and enjoy my serenity or I go back to compulsive overeating and befriend guilt, shame and weight gain. The choice is mine.

Karla S Houston, TX

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

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 11AM
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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