

Serenity Times

Nov 2016
www.oagalveston.org

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

Mark Your Calendar

Surviving the Holidays With Abstinence What's in Your Tool Belt and How to Deal with Tricky People

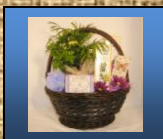
Presented by Houston HOW Intergroup
Sat., Nov. 12, 2016 2:00-4:00 pm
Chapelwood Methodist Church-1140 Greenbay St.
The Williams Room #203
Houston, TX

Nov. 18-20, 2016
GAI 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 GAI convention raffle. Please contact Linda H. for more information: 409-457-9517

Save the Date
Houston Area OA Unity Day Celebration
Fri. pm Feb. 17 / Sat. Feb 18 2017
St. Anne Catholic Church, Houston, TX
featuring Reg. 3 rep. Vicki W



PROMISE 9 FEAR OF PEOPLE AND ECONOMIC INSECURITY WILL LEAVE US

Fear n. - Painful emotion marked by alarm, extreme awe, or anticipation of danger
1934, Webster's Dictionary.

What is there to say about fear? Bill W. wrote on page 67 of the AA Big Book: "This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But didn't we, ourselves, set the ball rolling?"

He concludes the paragraph with this sentence: "Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble."

In two swift strokes, Bill suggests that fear 1) brings trouble upon us in ways we cannot see, and 2) can never be justified. That second part is based upon the comparison to stealing—something that can never be justified.

In 1934, Webster's Dictionary offered this definition:

Fear n. - Painful emotion marked by alarm, extreme awe, or anticipation of danger.

I had to agree with all of those extreme terms. But a second reading revealed something. Do you notice that it does not mention fear being caused by FACTS? This painful emotion is caused by other emotions (alarm and extreme awe) or by a thought (anticipation of danger).

Emotions and thoughts get triggered by various things. I have seen someone stand up to an elephant's charge without life Emotions and thoughts get triggered by various. But I have seen a courageous friend burst into flinching—probably saving his thrashing sobs of genuine terror because an abandoned cobweb brushed her cheek. Fear grows or shrinks to fill whatever space we let it have.

My drawing depicts nothing threatening. It shows a hand reacting in terror for unseen reasons. The charms on the bracelet suggest some possible causes....home....money....family....food....prestige. But regardless of its causes, fear can block out everything else in our lives if we let it.

The text says fears "will leave us." That is true for me. But it is also true that fears can and does return. I can successfully rid my life of fears today by working the Twelve Steps. But I see nothing in any of the literature that promises more than 24 hours of sobriety. Which means I will face tomorrow with the same vulnerability to....and successful tools for avoiding...Fear itself.

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 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

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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