

Serenity Times

March 2017
www.oagalveston.org

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

Mark Your Calendar

Get Involved in the 2018 OA Convention Now!

March Planning Meeting
Saturday, March 11, 2017

1:30 pm

Oasis Club

5645 Hillcroft

Houston, TX

Carpooling from Clear Lake area available.
We are always in need of people to work on committees, so invite your OA members and sponsorees to join us.

Contact Marcia F. if you plan on attending:
281-782-5363

<http://oahouston.org/index.php/component/jevents/eventdetail/5/28/2017-houston-galvestion-oa-convention-planning-meeting?Itemid=101>



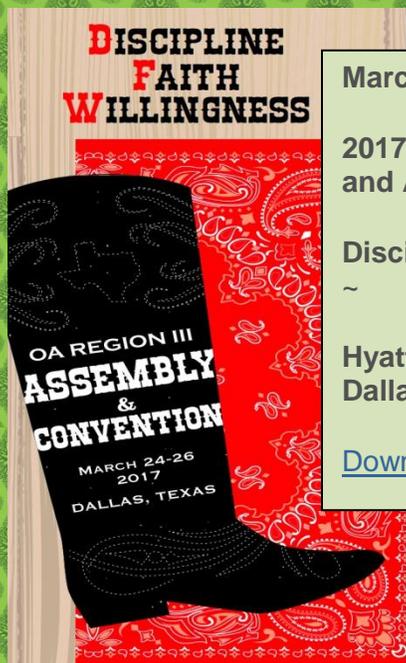
OA Tool: Writing-

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Here is a suggested topic and questions for this month to journal about :

Practice Makes Progress

- ❖ What part of program took practice for you to learn?
- ❖ Was it a Step, Tradition, or Tool?
- ❖ Was it willingness, recovery thinking, or adopting a plan of eating?
- ❖ How did you learn?
- ❖ Did “acting as if” help?
- ❖ How did you break down a difficult aspect of program into attainable actions?



March 24-26, 2017 -

2017 Region III Convention
and Assembly,

Discipline/Faith/Willingness
~

Hyatt Regency DFW,
Dallas, TX.

[Download flyer](#)

Living in the Moment

Living in the Moment

Yesterday is over and done with. Tomorrow may never come. Today is where I live. In OA we are encouraged to "live one day at a time." I take it one step further and live in the present moment. This is a hard thing to do at times. Why? Because I have to sit still with myself in a place called Reality. Sometimes that's not a comfortable place to be.

As compulsive overeaters, we don't have a problem with food. We have a problem with life and food is how we deal with it. I don't want to run to food every time I feel stressed or get in emotional pain. I want to run to God to get help with feeling my feelings. There is no peace and serenity in running away from myself. The best thing I can do is accept Reality and make the necessary changes required to be a better person than I was yesterday.

And by the way, this present moment is where God resides. He was there for me yesterday and He will be there for me tomorrow. So I can relax and sit still in this moment and embrace His presence. I refuse to run away anymore.

Karla S. Houston, TX

Galveston Bay Area Intergroup Meeting List 2017

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

Location Change
Santa Fe (52400)
Topic/Discussion 4:30 PM
Dayspring Church
2215 FM 646 Rd N
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
Location Change
Literature/Speaker
Moody Methodist Christian Life Center
Rm. 108 6:30 PM
2803 53rd St.
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

OA Public Information Poster Contest

We're looking for great ideas.

Submit an entry into [OA's first Public Information Poster Competition](#). Deadline for entries is **March 31, 2017**, 11:59 p.m. MDT. Then, watch for details how you can vote April 15–May 15, 2017 for the winner.

The winning design will be professionally printed and sold at bookstore.oa.org. The winning designer or service body will be awarded twenty complimentary copies of OA's New PI Poster.

For complete details, [click here](#).



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