

Serenity Times

June 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 2017 OA Convention Now!

July Planning Meeting
Saturday, July 8, 2017 1:30 pm
Up the Street Club 508 W. NASA Pkwy
We are always in need of people to work on committees, so invite your OA members and sponsorees to join us.
Contact Marcia F. 281-782-5363
There will be no June planning meeting .

GBAI/Houston Area Intergroup Annual Convention

Friday, Oct.27-Sun., Oct.29, 2017
South Shore Harbour Resort and Conference Center

http://oahouston.org/images/Flyers/Houston_OA_Convention_Oct_27-29_2017.pdf

Summer Outings, Vacation & Travel Workshop

Saturday, June 10, 2017, 2:00pm - 4:00pm
St. Anne Catholic Church 2140 Westheimer Rd Houston
<http://www.oahouston.org/>

OA San Antonio & Heart of Texas (Austin) Intergroups 16th Annual Slumber Falls Retreat June 9-11, 2017

<http://oahouston.org/index.php/component/jevent/s/eventdetail/1006/29/oa-san-antonio-heart-of-texas-austin-intergroups-16th-annual-slumber-falls-retreat?Itemid=101>

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

Travel Treat

Traveling to the OA Region One Assembly was a perfect opportunity for me to practice navigating an airport without compulsively wanting to eat. I am really glad I had my plan of eating in place. Arriving at the airport two hours early sometimes leaves me with time on my hands the smells of airport foods can arouse compulsiveness out of the blue! But this time it was not a problem. I had my meditation book and a copy of pages 83-88 from the Big Book, and I had extra time to browse the bookstore, which is always fun.

Boarding the plane and getting settled went well. When we had a delay of one hour and forty-five minutes sitting on the runway. Lunchtime came, and I was glad I had brought my own healthy meal with veggies and fruit (no more greasy airplane food for me). I was grateful to have a plan of eating and Higher Power with me; I could sit back and enjoy a leisurely lunch.

At last we were airborne. Arriving in Seattle two hours late, I discovered my bus had already ended service for the night; there was not another until morning. In the past, this situation would have given me license to eat everything in sight. Again Higher Power came to the rescue. I had my plan of eating with me, and time to ask God for help with this dilemma.

I made many phone calls and talked to a kind soul who suggested another transit option that would get me close to my destination later that evening. After some gratitude prayers, I figured it would be best to find something to eat so I wouldn't arrive at 10 p.m. starving. Of course the airport had all that "quick food," which used to be appealing, but I had my plan of eating. I was able to find something abstinent and sit quietly to wait until I could catch that ride. God really does take care of things if I just let him.

cont. from pg 1

In the past, I would have scoured the airport for all the foods it offered. Going on a trip or vacation used to be an excuse to eat all my forbidden foods. I would diet right up until I went and then "treat" myself after being so good with my diet. Today I know that is not the way to treat myself. Today, using the plan of eating tool, I treat myself with respect, taking care to put healthy food into my body.

Thank you, OA and Higher Power, for showing me a new way of living and traveling.

Lifeline May/June 2016



THE RECOVERY PARADOXES

We SURRENDER to WIN.

We FORGIVE to be FORGIVEN.

We GIVE it AWAY to KEEP it.

From WEAKNESS (adversity) comes STRENGTH.

We SUFFER to get WELL.

From DARKNESS comes LIGHT.

From DEPENDENCE comes INDEPENDENCE.

We DIE to LIVE.

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

Santa Fe (52400)

OA Literature 4:30 PM

Dayspring Church 2215 FM 646 Rd N

Contact: Linda 409-457-9517, Laura 281-507-4968/409-925-8353

**Webster (46923)

OA HOW Discussion 6 PM

PAM Rehabilitation Center 110 E Medical Cntr. Blvd Rm 1013

Contact: Ron S 832-455-9022

WEDNESDAY

Clear Lake (13244)

OA Literature (Big Book/12&12) 10 AM

Clear Lake United Methodist Church

16335 El Camino Real Rm. 311

Contact: Kay 281-557-3881

**Santa Fe (48068)

OA HOW Literature/Discussion 6 PM

Thelma Webber Community Cntr. 14304 Beriton (East mtg rm)

Contact: Ramona 409-771-9221

THURSDAY

Galveston (53843)

OA Literature/Speaker 6:30 pm

Moody Methodist Christian Life Center 2803 53rd St. Rm 108

Contact: Anita S (713) 540-5355

FRIDAY

**Webster (53219)

OA/HOW Literature/Speaker 12:00 noon

Up the Street Club 508 NASA Pkwy Rm 4

Contact: Bekki S 409-454-5720

***League City (48893)

OA/HOW 7:30

Bay Area Club 2111 Webster Ave@FM 270 Rm F

Contact : Ramona 409-771-9221

SATURDAY

Clear Lake (12635)

OA For Today/Discussion, 10:30 AM

House of Prayer Lutheran Church

14045 Space Center Blvd. Rm 210

Contact: Marcia (281) 782-5363

****This meeting is not officially affiliated with GBAI and is included as a courtesy.**

For more additional OA meeting information go to

www.oagalveston.org

If there are any changes in meetings, please contact Traca: 832-289-4200



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