

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

Mark Your Calendar

**Compulsive Eating is Tricky, Treat Yourself to
the Solution**

Galveston/ Houston Area Intergroup Annual Convention

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

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

Get registered before Oct. 1 for reduced rates



There is Still Time Get Involved in the 2017 OA Convention Now!

Bring the following items to the convention:

- Silent auction items
- Clothing/accessory items for boutique
- Raffle gifts and baskets
- Also, we are in need of OA registered convention attendees who would be willing to lead meetings throughout the weekend.

Contact person for this is Marcia F-281-782-5363

CALL FOR SPEAKERS-Share Your Recovery

Here are the 2017-2018 dates we would like to have a speaker at the Island OA meeting held at Moody Methodist Christian Life Center on 53rd Street in GALVESTON, Thursdays at 6:30pm:

11/30/17 3/29/18 5/31/18

8/30/18 11/29/18

Anyone interested in sharing their experience, strength and hope, please contact Pauline by phone or text at 409-789-3391

The Lifeboat

As I write this, I know that most who are reading this have been affected by our recent unprecedented disaster caused by Hurricane Harvey. Living in Dickinson, the majority of my friends and neighbors are trying to clean up their flood ravaged homes and all their earthly belongings are piled in mountains of debris in their yards and their lives are filled with uncertainty as they deal with insurance, no insurance, and possibly no job for indefinite periods of time. My daughter and grandson and pets are one of those families and I am so grateful to a neighbor who rescued them in his boat and carried them to safety. I am one of the fortunate ones who did not have water in our home even though I can see Dickinson Bayou out my back window.

Even though I did not have to be rescued from rising waters, I have had to let my program be my lifeboat through this incredibly stressful and devastating experience. I was fortunate the produce aisle was not crowded on the day before the storm hit us as I was stocking up on salad and healthy foods on the day before the storm. I was so grateful to have been able to keep my sanity throughout the early morning when my daughter was frantically calling and texting me that the water was coming in her house and I was having to tell her to get on her roof in the deluge of rain and trusting that my HP would save them since I was powerless to even drive down flooded streets to get them out. More than once I wanted to run outside and raise my fist to the heavens and yell "stop it"! Talk about feeling powerless...

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Throughout the post-storm cleanup process, every day I packed my abstinent lunch and brought it with me since there were no places to even buy food nearby and folks were bringing fast food in for us from nearby areas. Being exhausted and overwhelmed at the end of the day took away my will to use my tools- meditation, writing, phone meetings when our meeting places were not available. However, daily now I am able to reach out to others that need some help or I just stop by and give a hug. I was so grateful to attend 3 of my home OA meetings this week and to feel a sense of normalcy again seeing my familiar OA family faces and being able to listen to their stories. I am reminded of Tradition 5- "Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers." And paraphrasing the words of another O.A. er (Lauren L) "Recovery is like that for me, too. I like to stay in the middle of the boat for fear that I might clumsily forget to pay close attention to my program and find myself flailing about in the murky waters of relapse. My safety is found when I pay close attention to the direction of my program, when I focus on my relationship with God, when I attend meetings, and use the tools provided to me in O.A."

My heartfelt blessings are wished for each and every person out there that is enduring hardship at this time. Just remember-we are OA survivors and we are Texas Strong!
Eleanor B.
Dickinson, 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
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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

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

**Deer Park (51567)

OA HOW Literature 11:30 AM
In His Presence Fellowship Church 1202 East P
Street,(Fellowship Hall)
Contacts: Bekki S. 409 454-5720 Ron S. 832 455-9022

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

T Location Change

from Santa Fe to League City (48068)
****OA HOW_Literature/Discussion 6 PM**
Turning Point Church
400 Hobbs Rd Suite 111 League City
Contact: Eleanor 713-851-4012 or Carol B 832-385-1989

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