

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

## Mark Your Calendar

### OA's IDEA Day Celebration in Houston International Day Experiencing Abstinence

Saturday, November 18, 2017, 1:30pm- 3:00pm

Oasis Club

5645 Hillcroft St Houston TX 77036

[http://oahouston.org/images/Flyers/IDE  
A Day Flyer 2017.pdf](http://oahouston.org/images/Flyers/IDE%20A%20Day%20Flyer%202017.pdf)

Contact Ann M 713.529.5806 or Sue H  
832.655.3972

## Ramblings of a Chronic Relapser Wanting Recovery

I don't understand why I often have such good abstinence throughout the day, weighing and measuring my food and doing the right thing. Then the next thing I know at nighttime I'm just obsessing over how I just want something to stop the way my body feels. I try pacing the floors, reading, writing, praying, begging God to remove the obsession to eat to help me get some sleep. Please let this restlessness go away. Then I succumb to the food, despite knowing I will lose my abstinence. Other times I don't try to resist the food calling me at all, I just open up that refrigerator door and grab whatever is in sight, be it yogurt, applesauce or raw veggies. Then, if what I eat does not do the job, I find something else usually containing sugar, flour or dairy, until at last I am miserable, remorseful, and ashamed, then I go to bed and sleep. I know it's just insane.

Some days I can get right back on track the next day and some days I don't know how long it's going to be before I get back on track. I just know I pray and I wonder why, after all these years, why can't I stay abstinent. What am I doing wrong?

This morning after agonizing about breaking my abstinence for 3 or 4 days and my body aching in the joints and swelling up in the middle I prayed. I ate an abstinent breakfast and I decided I needed to do something different. I went to OA.org I listened to a podcast of lady whose lost 150 lbs. She came into OA in the days when we had greysheet. She did very well until pride got in the way. She relapsed and was ashamed to return to the meetings.

(cont. pg.2)



**A Special thanks to all who made the recent 2017 regional OA intergroup convention fun, inspiring and full of camaraderie by giving service by helping to plan the event and those that supported it by attending.**

Thanksgiving isn't  
just a day...  
It's a way we can live  
our lives every day.  
Katrina Mayer



(cont. from pg. 1)

But because someone in OA reached out and continued to reach out and call her once a month and kept extending the hand of OA, letting her know they cared about her- she came back. One of the things that she learned about herself when she returned was she struggled with discipline. That's me, I am undisciplined and I don't know how to be disciplined. She made a list of her food and behaviors she knows will make her obsess. For me, I know that once I eat between meals I can't seem to stop, especially if it is sugar, flour, dairy, and starchy vegetables. I can't seem to stop once the obsession is triggered. Just for Today I'm going to do the best to be abstinent. to eat my three meals not necessarily weighed and measured but be absent from my trigger foods. I pray somehow, someday, God will help me make it through today and tonight without picking up food between meals. One day at a time. Yesterday is gone- I can't change it, tomorrow is not here yet, and I can't be afraid that I can't do this.

All I have to do is just be abstinent for this 24 hours, God bless and have a good day

Linda H.

Santa Fe, 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](mailto: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](mailto:serenitytimes@hotmail.com)

**Virtual 12 step workshop. 2<sup>nd</sup> 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](mailto: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 (New Location)

#### Santa Fe (52400)

OA Literature 4:30 PM

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

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: Carol B 832-385-1989

### WEDNESDAY

#### Clear Lake (13244)

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

Clear Lake United Methodist C

Contact: Kay 281-796-4719

#### 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

### 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](http://www.oagalveston.org)**

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