

Serenity Times

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

Mark Your Calendar

2018 OA Convention Planning Meeting

Saturday, Feb.10
1: 30 pm
Up the Street Club
508 Nasa Rd 1
Webster, TX



ABCs of Abstinence Workshop

GBAI will be partnering with OA-HMI and OA-HOW in sponsoring upcoming **The ABC's Of Abstinence** led by facilitator Cherie M from California.

Fri., March 2 7-8 pm
1st Cumberland Presbyterian Church

Sat., March 3 9am-4pm St. Anne Catholic Church

For details and registration form go to:
<http://oahouston.org/index.php/events-calendar/eventdetail/1018/28/abc-s-of-abstinence-speaker-meeting>
<http://oahouston.org/index.php/2-uncategorised/74-abc-s-of-abstinence-registration-form-pp>

Contact Sue H 832-655-3972 or Jessica Z 917-363-9790



Loving Acceptance

My journey in physical recovery has been full of ups and downs, much like the number on my scale before I came into program.

I once believed that if I could wear a size 16 in jeans (stretchy jeans, that is), then I could live a fulfilled life; I truly believed I would die happy in a size 16. My Higher Power did more for me than I would have done for myself, however, because I now fit into size 12 slacks (the ones with the ridiculous button and the little clips that you have to suck in your belly to latch, no matter what size you are wearing).

(Cont. from pg 1)

Unfortunately, I found myself just as concerned after fitting into a size 12. In some ways I had everything I wanted, but physical recovery is not all there is to body image. Sometimes the voices, the old “tapes” that declared me fat and ugly in my pre-OA days, were just as loud as ever, especially about my self-worth, until OA started the slow and arduous task of retraining my mind. Part of me was sure I would be worth more love and kindness because I was at a healthy body weight, but the other part of me understood that my mental self was still battered and believed herself to be worthless.

is is why our program of recovery exists on multiple levels. It is not enough for me to be the right size. I had to find understanding, love, and acceptance for myself when I weighed more than 300 pounds (136 kg), and then I had to accept that the number on the scale was never the answer.

The answer is loving myself inside and out. With the help of program, the Tools, my sponsor, and my Higher Power, I am learning every day what I am worth.

— *Anonymous, Anchorage, Alaska USA*

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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Galveston Bay Area Intergroup Meeting List 2018

MONDAY

Jan., April, July, Oct. 3rd Monday, 5:30 p.m.
Intergroup Business Meeting
Up the Street Club
508 Nasa Rd 1 Webster, TX
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 Church
16335 El Camino Real Rm. 311
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

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