

Serenity Times

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

Mark Your Calendar

Journey to Recovery

Register Now!
only 2 weeks left to save
\$15 on registration fee

2018 OA Convention
OA Recovery Gives
More Than A
Ghost of a Chance
October 26-28, 2018

Presented By
Houston Metro, Galveston/Bay Area, and
Houston HOW Intergroups

South Shore Harbour Resort
and Conference Center
Reservations: (281) 334-1000
Ext. 2052

Toll Free (800) 442-5005
For registration form, go to Events at
www.GBAI.com
scholarships may be available

I am a 58-year-old male. I have been on the “diet yo-yo” five or six times in my life. Each time, I lost weight and kept it off for about a year; then I gained it back plus more. I’ve learned this is a progressive disease.

Before OA, I was full of despair and frustration. I was hiding in my apartment, bingeing and isolating. At 5 feet 6 inches (168 cm) tall, I weighed 277 pounds (126 kg). I could walk only one block and then had to rest because my back hurt so badly. I was having trouble doing my job. My next step was to become housebound or have a heart attack.

I was never into organized religion, but I knew there was a Higher Power; good and bad things happened in the world, and people had no control over them. That was as far as it went for me.

After coming to OA, I learned that OA is a physical, emotional, and spiritual program. I heard a story from OA literature about a woman who did not feel spiritual. OA members told her to think and act spiritually, and the feeling part would come. I tried that too, and it worked for me. I now trust in a Higher Power who runs things. Thank you, OA. Before OA, I had not heard the word “abstinence” or given sayings like “easy does it” and “one day at a time” much thought. I now understand OA’s definitions, and the sayings help me a lot. When I’m having a bad day at work or someone is trying to give me a hard time, I re-read the passage on acceptance on page 417 from the Big Book (Alcoholics Anonymous, 4th ed.). When I am impatient about being at my ideal weight, I reread pages 510–511. (cont. on next pg.)



In Memoriam

Rebecca M.- our long-time
OA sister -you will be
greatly missed.

(cont. from pg. 1)

In 1989, I went to an OA meeting and ran out of there. (Me have an eating disorder? You've got to be kidding!) I did the same thing in 1994. On October 31, 2014, I started my diet. On January 28, 2015, I went to an OA meeting, but this time I stayed and never left. It only took fifty-eight years to admit to myself that I had an eating disorder and was a compulsive overeater.

Today I attend three or four meetings a week. I do lots of service. I've lost 100 pounds (45 kg) and do a lot of reading. I am open to learning new things and am thankful for the Tools.

I know everything in my life happened just the way it was supposed to, in order to lead me to where I am right now. Thank you to OA, the Big Book, and the Twelve Steps for giving me my life back.

Like the Big Book says, "true happiness is found in the journey, not the destination" (Alcoholics Anonymous, 4th ed., p. 511). I am ready for the journey.

Anonymous Phoenix, AZ Lifeline 2017

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
All issues are published at www.oagalveston.org

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 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
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 Literature 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 Amparo- 281-380-7265