

Serenity Times

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

Mark Your Calendar

OA Service, Traditions, Concepts Workshop with Region 3 Trustee

Saturday, January 26, 2019, 1:30 pm-5:00 pm

Location: Chapelwood United Methodist Church
Williams Bldg, Rm 203

11140 Greenbay St. Houston TX 77024-6798

<http://oahouston.org/images/Flyers/Save-the-Date.pdf>

Texas 12 Step Convention

Friday, April 26, 2019 - Sunday, April 28, 2019

Location :Embassy Suites Dallas Park Central
13131 N Central Expressway Dallas, TX 75423

contact: Delia Gonzales 469.231.4965 or

delia@deliagonzaleslaw.com 

or Lia Albizo 972.814.1723 or lia.albizo@gmail.com

<http://oahouston.org/index.php/component/jevents/eventdetail/1025/29/texas-12-step-convention?Itemid=101>

Have you tried the new Young Persons phone meeting with a focus on folks who came into OA between 18 and 30 or are currently between those ages? All are welcomed.

Thursdays, 6pm AK time Ph: 605-472-5395

ID #378978



In Memoriam

Patty T.-and Pat A., our
dear OA sisters,-you will
be greatly missed.

How I Ask

The Seventh Step is one of the most important in my recovery.

Every Step is crucial, of course, but Step Seven holds a special place in my heart. For me, it is the realization of a miracle.

I ask my HP, whom I call God, to remove my resentments, fears, drivenness, and obsession with control (or illusions of control), and he does for me what I cannot do for myself. I am not able to remove anything from myself. I cannot by myself become a better person—kinder, less self-seeking, less me-oriented—or get rid of my shortcomings, but “There is One who has all power—that One is God. May you find Him now!” (*Alcoholics Anonymous*, 4th ed., p. 59). By his grace alone, I have been found by him and can humbly ask him to remove my shortcomings.

How I ask is equally important. I cannot ask with the wrong motives, thinking I’m doing something great; I cannot ask so I can look down my nose at others who still suffer. Nor can I ask, as I used to do, to be able to eat however I want. I also cannot ask thinking I am the worst person to ever walk the earth. I must ask with humility, knowing I am no better or worse than anyone else. My shortcomings, all my errors, are just that—errors. It does not mean I am an error or mistake.

(cont. on pg 2)

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It means I am a human being with a lot of frailties and brokenness, in need of a Higher Power who can do for me what I could never, ever do for myself: Take away my shortcomings and replace them with the development of true character. I have found as I work Step Seven that the disease of compulsive overeating is arrested. What causes me to want to overeat (pain, discontent, or boredom) is truly dealt with in the first six Steps, then released in Step Seven. I get to be honest about my weaknesses and blind spots and know that my HP delights in removing them. The experience of releasing bitterness, fears, and rebellion is such a relief to my spirit. I don't have to self-protect when people hurt me (often, what I call injury is just another person's boundaries) or hurt myself with food. Even if the problem is something like boredom, which is really me being dissatisfied or slothful with what life offers, I can bring it to God. In any situation, I can ask for my shortcomings to be removed and life can begin to flow again: abundant life, with peace, joy, contentment, and serenity— all bountiful gifts from a loving God.

— *Achlai, Winston-Salem, North Carolina*

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