

# Serenity Times

January 2010

www.oagalveston.org

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

## Upcoming Events:

**February 26-28, 2010**  
**“The Texas Twelve Step” 2010 Convention**  
**Dallas TX**  
**More info: [www.oadallas.org](http://www.oadallas.org)**

**March 12-14, 2010**  
**A Place Called Acceptance**  
**Region III Convention and Assembly**  
**More info: <http://www.oautah.org>**

For information about any workshop check online at  
[www.oahouston.org](http://www.oahouston.org) or [www.oagalveston.org](http://www.oagalveston.org)

## It’s a New Year!

This is a time to set your intentions anew, taking responsible for your part in creating your life in this new year, always remembering you can’t do it alone, remembering you need to invite your Higher Power along.

This is so much more useful than making New Year’s resolutions. Resolutions that we often will break within the first day, week or month.

A resolution according to Webster’s New World Dictionary is “a decision as to future action.” People who belong to OA know how well we do with decisions as to future actions. I decide I will not eat any cookies at our Christmas gatherings. That decision was sorely tested over the Holidays.

New Year’s Resolutions are next to impossible to keep without the help of a Higher Power.

An intention according to Webster’s New World Dictionary is “having one’s attention or purpose firmly fixed.” Of course, we know that even our intentions will not work if not supported by our Higher Power. But it helps me to know I am “attending to my purpose” as opposed to “making a decision.” I do not feel I have a decision to break — a resolution to break — when I set an intention.

For me, there is flexibility in an intention and what that flexibility does do is to help me stay more focused on my purpose. It makes me more consciously aware of my actions. It encourages me to make better decisions. It helps me stay on purpose.

I heard once that an Eating Disorder is Unconscious Eating and I was moved by the truth of that statement. An intention guides me to be more consciously aware of what I am thinking, what I am doing, what I am feeling, and what I am eating and drinking.

So for me this year I plan to be more consciously aware and set some healthy intentions as helpful guidelines for my life.

Blessings to all of you for this New Year!  
... the editor

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: [tangedahl@juno.com](mailto:tangedahl@juno.com)

**NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send me your email address at: [tangedahl@juno.com](mailto:tangedahl@juno.com)**

**Just begin again!**

***Serenity Times, Publication of the Galveston / Bay Area Intergroup***  
**2010 Meeting List**

**MONDAY**

Galveston (12615)  
Discussion, 5:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Leanna: 713-410-3770

Webster (30093)  
6:30 pm  
Up the Street Club  
Suite 105, Big Book Study  
Contact: Chuck B. 281-332-3238

**TUESDAY**

Clear Lake (46923)  
OA HOW Discussion, 6:45 pm  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 409-771-9221

**FRIDAY**

League City (48893)  
OA HOW, 7:30 pm  
Bay Area Club, Room F  
2111 Webster Ave @ FM 270  
Contact: Dinah 281-339-2727

**WEDNESDAY**

Clear Lake (13244)  
Literature (Big Book/12&12), 10 am  
Clear Lake United Methodist Church  
16335 El Camino Real Rm. 304  
Contact: Jean 281-488-2402 or Kay 281-557-3881

**SATURDAY**

Clear Lake (12635)  
*For Today*/Discussion, 10:30 am  
House of Prayer Lutheran  
14045 Space Center Blvd.  
Contact: Marcia 281-488-7684

\*\*Santa Fe (48068)  
OA/HOW, 7:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-2836

**SUNDAY**

Webster (34237)  
*OA 12 & 12*, 6:00 pm  
Bay Area Community of Christ Church  
Travis @ Austin Street  
Contact: Kay H. 281-557-3881

Intergroup Business Meeting  
Every Third Wednesday, 6:30 pm  
Up the Street Club  
Contact: Kay H. 281-557-3881

**THURSDAY**

League City (49391)  
11:30 AM  
Bay Area Club  
2111 Webster Street  
Contact: Gina at 409-939-6383

\*\*This meeting is not affiliated with GBAI and is included on our list as a courtesy. Please contact the name listed if you have any questions regarding the meeting. If there are any changes or new meetings, please contact Kay H. at 281-557-3881.