

Serenity Times

February 2011

www.oagalveston.org

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

Upcoming Events:

Dallas Convention
February 25-27, 2011
www.oaregion3.org

Region III
Recovery at Sea Cruise
March 20-27, 2011

For information about any workshop check online at
www.oahouston.org or www.oagalveston.org

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

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

FEAR

I have heard F.E.A.R. stands for "False Events Appearing Real." I like to think of it as "Future Events Appearing Real." This illustrates that fear is about the future, or better, the imagined future in our minds.

In *The Little Red Book* published by Hazelden, you can read that fear "is an emotion that has a definite place in the lives of all human beings. Primitive man could not have survived without it. Experience made him afraid of dangerous or destructive things against which he was powerless and fear then supplied the extra energy needed to avoid or escape them."

"As alcoholics (compulsive eaters) we have used a few of fear's positive qualities but utilized mostly the negative ones, specializing to a great extent on anxiety, dread, worry, uncertainty, and apprehension of harm or evil that always seemed just around the corner ... Fear of truth filled us with dread and uncertainty."

"The A.A. Program is not founded upon fear. It is a spiritual 'Way of Life' based on *Power* other than our own, on faith in a Power Greater than Ourselves to overcome fear." pp. 70-71

I once heard someone say, "I made up the world and I've been living in it all week long." To do this is part of being an imperfect human being, and so common. So as long as we are making up the world, why don't we make up a happy, joyous and free future?

-the editor

You are always coming from fear or faith; choose faith, choose love!

***Serenity Times*, Publication of the Galveston / Bay Area Intergroup
2011 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, 7:00 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: Carolyn 281-534-0819

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, 8:00 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
January, April, July, October
Third Wednesday, 5:30 pm
Bay Area Community of Christ Church
Travis @ Austin Street
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.