

Serenity Times

March 2009

www.oagalveston.org

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

Upcoming Events:

HMI Annual Spring Retreat

Camp Allen

May 15-17, 2009

Details to follow
as they become available

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

ACORN Food Dependency Recovery Services.

They teach that there is a distinction in Overeaters that you may find interesting.

NORMAL EATERS: They may have problems with weight (even obesity) if they do not eat the appropriate number of calories and exercise moderately to maintain an ideal, healthy weight. The problem is primarily physical: If they choose to eat a balanced diet, exercise moderately, and get support for lifestyle changes, they can lose unwanted weight (or gain weight) and keep their weight in a normal range. What works for them is **Willpower**.

EMOTIONAL EATERS: They often have similar problems with weight but find themselves powerless to follow directions to lose or gain weight and restore their health even when they want to. The underlying problem is mental-emotional. Problem eaters use food to numb or medicate their feelings. What works for problem eaters is a moderate food and exercise plan, as well as developing skills to cope with feelings. What works for them is **Moderation**.

FOOD ADDICTS: They become chemically dependent on specific foods or on food in general. The way their body processes food is bio-chemically different than that of normal eaters and emotional eaters. Many food addicts are predisposed to becoming addicted to food—especially sugar, flour, wheat, fat, salt, caffeine, and/or excess volume to any food—just as alcoholics are predisposed to being dependent on alcohol, or drug addicts are predisposed to heroine, cocaine or prescription drugs. As the disease of addiction progresses, food addicts become powerless over physical craving and develop distortions and obsessions of the mind that keep them in denial. What works for them is **Surrender**.

Where do you think you fit in the ACORN theory of Food Addiction?

.....
: OA is a fellowship of individuals who, through shared :
: experience, strength, hope, and the 12 steps of this pro- :
: gram are recovering from compulsive overeating. We :
: welcome everyone who wants to stop eating compuls- :
: sively. 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, politi- :
: cal 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

And you're worth it!

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 281-614-1981

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, 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
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.