

Serenity Times

April 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

Understanding Feelings

A recent *For Today* article was about anger, stating that it is healthy to “own” your feelings, sharing that this is the first step in dealing with feelings. I realize that knowing what you are feeling is part of the self-honesty that is required for our recovery. So pay attention to what you feel.

But we must separate what we feel from what we say or do. My grandmother used to say to me, “Think before you speak!” What wisdom! And I carry that wisdom with me today. I don’t always follow it, of course. But then I am faced with an amends to make to someone where I let my feelings guide me to thoughtlessly saying something.

I value this quote from *Divorce Busting* by Michelle Weiner-Davis: “We must train ourselves to act consistently with our goals, not our feelings.”

I like to think of our feelings as an energy information system. My being is communicating to me about what is going on in my head or in my life. I need to listen to these feelings.

And I must remember that my thoughts create my feelings. This is an important principle. Then, I can begin to figure out if my thoughts are just “stinking thinking” or good clear accurate thinking.

I go inside and check out my thinking. Is it wise? Is it based on self-will? Is it faulty-thinking? Am I reacting to my interpretation of the situation? Do I have enough information? Have I listened to other points of view? Have I written about it? Have I checked it out with my sponsor or others? Have I asked for guidance from my Higher Power?

If I don’t do this step, I will probably be “reacting” to the situation. Our goal is to be “responding” NOT “reacting.” So be aware of your feelings, check out your thoughts, and then and only then, respond.
-the editor

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: 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 compul- :
: 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

Be an actor, not a reactor!

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.