

# Serenity Times

April 2011

www.oagalveston.org

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

## Upcoming Events:

### Be watching for our Annual Convention in Galveston

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.

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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)

## “FEAR”

Facing my fears has always been difficult for me. I would rather ignore my fears by sweeping them under the rug and quickly moving on down the road and not looking back. In the past, feeling my feelings hurt too much and I was scared, so I thought I could ignore them once again and take the easy way out.

Taking my first fourth step, the dreadful *fearless moral* inventory, has forced me for the first time to take a hard, honest look at myself. I have gotten a lot of guidance from my Higher Power, my sponsor, the Big Book, and the Twelve and Twelve of Overeater’s Anonymous. And you know it hasn’t been too painful, just time consuming. I just made a commitment to myself and my sponsor to get it done. She has made me a more accountable, responsible person by guiding me through the program and the twelve steps, and for this I am very grateful. For I have needed an internal house cleaning for a long time.

My biggest challenges in beginning my fourth step inventory was making the time in my schedule and sitting still long enough to get started. Working the fourth step has freed me from so much pain and hurt . . . It’s great!

Today the reading in *For Today* could not have said it better, the more honest I am, the more freely I breathe. This is what I feared? I want to shout to the world: “Don’t be afraid!”

Now I’m not afraid and know when I turn it all over to my Higher Power and work the Program, it’s going to be ok!

By Karla K. in *Letters of HOPE*, Nov ‘07

Worry and fear prevent recovery.

**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: Jolene 409-789-0824  
(Call before coming)

\*\*Deer Park  
Open Meeting, 12 pm  
In His Presence Fellowship Church  
1202 East P Street  
Deer Park TX 77536  
Contact: Bekki S. 409-454-5720

\*\*Channelview  
OA/HOW Big Book Study, 7 pm  
Old River Terrace United Methodist Church  
16102 I-10 East Freeway  
Channelview TX 77530  
Conference in Office building  
Contact: Cathy 281-838-7939

**TUESDAY**

Clear Lake (46923)  
OA HOW Discussion, 7:00 pm  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 409-771-9221

**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

\*\*Santa Fe (48068)  
OA/HOW, 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-2836

**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  
(Call before coming)

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

**FRIDAY**

League City (48893)  
OA HOW, 7:30 pm  
Bay Area Club, Room F  
2111 Webster Ave @ FM 270  
Contact: Carolyn 281-534-0819

**SATURDAY**

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

**SUNDAY**

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

\*\*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.

\* A new Spanish telephone meeting, Tuesdays 9 pm (New York time) Call 712-432-3900, participant code is 629561#. Check OA website for information.