



## Mark your calendars!

### Region 3 Fall 2006 Convention

Hosted by HMI  
October 6-8, 2006  
Holiday Inn  
Houston Intercontinental Airport

### Sponsorship Workshop

Saturday  
July 15, 2006  
2:00 – 4:00 p.m.  
Oasis Club

Overeaters Anonymous 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 GBAI of Overeaters Anonymous. If you would like to share your story of experience, strength, and hope, we would love to publish it. It is a true act of service! Please submit your story to *OvereatersAnonymousGBAI@hotmail.com*. The editor reserves the right to edit for space and style. Reprinting of this material is permitted provided proper credit is given the source.

## Transitions

I am 67 and still counting. I have been in OA for nine years, and I always am a grateful compulsive overeater. People look at me oddly when I say this at meetings, especially new members, so I take the time to explain why I'm grateful.

At 200 pounds, I found OA. I had tried all other plans. You name them, I've tried them, even hypnosis (which makes me yawn). Nothing stopped me from compulsive eating.

My first meeting was at my church. I believe my Higher Power put that meeting there for me. It was a new meeting. There were three other members present — the group's founders. One girl, about 18 years old, had lost 100 pounds. I asked her to be my sponsor, even though I didn't really know what a sponsor was. I was desperate. I wanted what she had, and the members said that I needed a sponsor. That was the best thing I ever did in my life.

I was old enough to be her grandmother, but she took me on. We did it together. She got me through my 30 days, and I lost 22 pounds. Back then, our group used the gray sheet and "white-knuckle" abstinence. I kept losing — a total of 40 pounds. Then I didn't lose any more for five years. I did not quit OA. Still overweight, but not over 200 pounds, I kept telling myself that in God's time, I will lose again.

In the sixth year, I met someone in program who knew the Steps, and I asked her to be my Step sponsor. We did the Steps thoroughly. I learned to let go of the food and turn it over to my Higher Power. The following year I lost another 20 pounds.

Food is no longer a problem. I have stopped worrying about the weight. I have learned how it works, and I share it with anyone and everyone. My Higher Power is doing for me what I could not do.

—Reprinted from *Lifeline*

Serenity Times, Publication of Galveston/Bay Area Intergroup  
May 2006 Meeting List

MONDAY

Galveston (12615)  
Discussion 6:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Alma 409-938-0069

TUESDAY

Alvin (45605)  
Literature 6:30 pm  
Diagnostic & Urgent Care Facility  
301 Medic Lane (at Business Hwy. 35)  
meeting in cafeteria  
Contact: Betty B. 281-482-1234 or  
Nancy R. 281-224-4084

\*\*Clear Lake LUNCH MEETING  
Literature (Step Study) 12-1:00 pm  
Clear Lake United Methodist  
Meets in Youth Cafe  
16335 El Camino Real  
(Between El Dorado and Bay Area)  
Contact: Cindy 281-450-9308

Clear Lake  
OA/HOW Discussion 6:45 pm (46923)  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 281-614-1981

WEDNESDAY

Clear Lake (13244)  
Literature (Big Book/12&12) 10 am  
Clear Lake United Methodist Church  
16335 El Camino Real Rm. 220  
Contact: Jean 281-488-2402 or Kay 281-557-3881

Baytown (49349)  
7:00 PM  
Westminster Presbyterian Church  
7600 Bayway Drive  
Contact: Diane at 281-466-7355

\*\*Santa Fe  
OA/HOW 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-283

THURSDAY

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

Angleton (47802)  
Frank Stevens Center for Health & Wellness  
140 Hospital Dr. (6:30 pm)  
Contact: Claire 979-297-9726 or Margie  
979-848-1030

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

FRIDAY

Webster (07234)  
Literature 6:30 pm (Step Study/12&12)  
Up the Street Club  
508 Nasa Road 1  
Contact: Doris 281-486-7080

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

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)  
WOMEN'S MEETING  
For Today/Discussion 6:00pm  
Bay Area Community of Christ Church  
Travis at Austin Streets  
Contact: Kay H. 281-557-3881

\*\*This meeting is not affiliated with GBAI  
and is included on our list as a courtesy.  
Please call the meeting contact if you have  
any questions related to these meetings.