

Serenity Times

May 2007

www.oagalveston.org

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

Upcoming Events:

**2007 HMI-GBAI
Annual Convention
September 14-16, 2007
Galveston, TX**

**at
The Holiday Inn Resort
5002 Seawall Blvd.
409-740-3581**

*(This is the only number that has OA convention
room rate information.)*

**OA World Service Convention
August 30—September 2, 2007
Loews Philadelphia Hotel
Philadelphia, PA**

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

The Big Book

Thoughts have been rattling around in my mind, inspiring me ever since I was reading the Big Book of Alcoholics Anonymous a few days ago.

Maybe to inspire you, here are these words from Bill's Story: "My friend suggested what then seemed a novel idea. He said, "Why don't you choose your own conception of God?"

"That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.

"It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend . . . I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since. . .

"Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all. . .

"These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric. There was a sense of victory, followed by such a peace and serenity as I had never known. There was utter confidence. I felt lifted up, as though the great clean wind of a mountain top blew through and through God comes to most men gradually, but His impact on me was sudden and profound."

I want to encourage you to pick up The Big Book and let the wisdom of this way of life speak to you.

—the editor

Release me from the bondage of self.

MONDAY

Galveston (12615)
Discussion 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Leanna: 713-410-3770

TUESDAY

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (7:00 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

**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)
OA HOW 7:00 pm
Grace United Presbyterian Church
304 N. Pruett
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

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

Intergroup Business Meeting

Every Third Wednesday 7 pm
Bay Area Community of Christ church
Travis at Austin Streets in Webster
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

Angleton
6:30 pm
Angleton Danbury Hospital
Hospital Drive

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

FRIDAY

Baytown *New
OA HOW 7:30 pm Friday
San Jacinto Methodist Hospital
Alexander Campus
1700 James Bowie
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

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)
7:30 pm Friday
12&12 Study
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 6:00 pm
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 contact the name listed if you have any questions regarding the meeting. If there are any changes or new Meeting, please contact Kay H. at 281-557-3881.