

Serenity Times

May 2009

www.oagalveston.org

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

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 * **Upcoming Events:** *
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 * **OA Camp Allen Spring Retreat** *
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 * Just a reminder, the early registration for the OA Camp *
 * Allen Spring Retreat is nearing. Registration Forms are *
 * available on the web at [OA Houston](#) at the Oasis *
 * Club and hopefully at your home group. Please fill out *
 * and send with your check as directed. *
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 * This is a wonderful opportunity to immerse yourself in *
 * your program, share your experience, strength, and *
 * hope with other OAs, and enjoy the peace and serenity *
 * of the beautiful Camp Allen Retreat Center. Get a *
 * preview of [Camp Allen!](#) Support of this event is *
 * greatly needed. **To get the best price, your registration** *
 * **must be received by May 1st.** *
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 * For information about any workshop check online at *
 * [www.oahouston.org](#) or [www.oagalveston.org](#) *
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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. :
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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

ABSTINENCE HAS NO BOUNDARIES

Five years ago, when I was first deciding what my abstinence would be, I followed my own personal guidelines. First, my abstinence had to be livable. To me that meant I could continue it for a lifetime. Secondly, I had to be able to eat out and still maintain my abstinence. Thirdly, I had to be able to eat abstainently anywhere in the world.

Two years later, and newly at maintenance weight, that third part came in very handy when I learned my husband had received orders to go to Japan for three years. I was so excited about the move. I worried about many things, but oddly enough, abstinence wasn't one of them. I trusted God to be wherever I was.

Our first six weeks in Japan were spent in a hotel until we could find a house. Unable to cook. I ate out three meals a day. With abstinence as my first priority, it was an adventure. At the very least, it was an immediate incentive to learn a little Japanese so I could order or buy the food I needed.

When we moved into our new house, I began making the two-hour trip into Tokyo for OA meetings. By telephone, I began to build the support system that was to sustain me for the next three years. I got two OA pen pals through OA's pen pal program. Writing to those OAs became my between-meeting opportunities to strengthen my program.

When traveling, most people have a tendency to want to taste new and exotic foods. I knew that wasn't for me, so I decided I'd find my joy in the people, the country, and the culture. I didn't want my experience spoiled by a return to my illness.

Japanese women, as I was to discover, love to extend hospitality with food, so I was often in the position of having to refuse food. At first, I learned how to say, "I don't eat sugar," in Japanese, but then they were confused when I refused non-sugar foods. I learned to explain my three-meal-a-day abstinence. Sometimes I showed my fat pictures, and explained that I didn't want to return to my former size. Eventually, my friend learned to offer me only coffee or tea.

I'm so thankful for my early years in OA when I had heard other members say, "My disease doesn't take a vacation from me, so I can't take a vacation from abstinence." I used the tools, worked the steps, and left the rest to God. I am so grateful I have a portable program. And I can carry it anywhere.

Adapted from Abstinence from Olympia, Washington

Easy Does 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.