

# Serenity Times

May 2010

www.oagalveston.org

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

## Upcoming Events:

**2010 OA/Region III Convention**  
Hosted by  
**Arizona Serenity in the Desert Intergroup**  
Celebrating OA's 50th Birthday  
Tempe, AZ  
August 13-15, 2010  
For information call:  
Donna Kidner 480-946-8037

**Also Region III is planning a Cruise in 2011**

**Buy some tickets for a free cruise!**  
**3 tickets for \$25 or 1 ticket for \$10.**

Email: [marcia.fisher@sbcglobal.net](mailto:marcia.fisher@sbcglobal.net)

For information about any workshop check online at  
[www.oahouston.org](http://www.oahouston.org) or [www.oagalveston.org](http://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.

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](mailto:tangedahl@juno.com)

**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)**

## CRYSTAL CLEAR

Last year we had a family get-together in Sacramento and went to the zoo and the museum. We had a picnic lunch in the park and my mother-in-law brought some cupcakes. I didn't have one, but after everyone else ate all they wanted, there were several left over. She gave them to me, and I quickly bundled them into the car.

The next day during the trip home, I noticed them and offered them to the kids to finish off. I wanted one (or ten) quite a bit, so I was relieved to see them all eaten up — or so I thought.

My youngest ate about half of his, including the icing, then gripping it in his hand for a while, he fell asleep in his car seat. The cupcake fell on the floor of the car. When we stopped to stretch a couple of hours later. I helped him out of his car seat and picked up the half-eaten, dirty, stale cupcake. Instead of throwing it away as I had meant to, I stuffed it into my mouth.

When I told an OA friend this story to illustrate how sick I continue to be, she told me about a very expensive and beautiful crystal bowl she and her husband were given for a wedding present. It was too valuable to be used every day, so it was put away for special occasions.

One day, when she was dusting, she carelessly dropped a cheap ceramic bowl on it and helplessly watched her priceless crystal shatter into a thousand pieces.

She tied the two stories together — my abstinence was the precious crystal and the dirty cupcake was the ceramic bowl. Did I want to break my priceless abstinence for a piece of trash? This symbolic mental image has struck with me and helped me through quite a few rough spots. As much as I may want to eat a particular something. It isn't worth it; my abstinence is much too valuable to me to break it so carelessly.

-Susanville, California from Abstinence

**Release me from the bondage of self.**

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**2010 Meeting List**

**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 409-771-9221

**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, 7:00 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.