

Serenity Times

July 2007

www.oagalveston.org

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

Upcoming Events:

A Sponsorship Workshop

Saturday, July 21, 2007

1-4 pm

Chapelwood Methodist Church

Williams Building, Room 101

11140 Greenbay, Houston, TX

Annual Convention in Galveston

September 14-16, 2007

OA World Service Convention in Philadelphia

August 30-September 2, 2007

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

RELAPSE HAPPENS

I used to hear, "Relapse is a part of recovery," and discount it because I thought it meant that everyone is going to relapse sooner or later. I learned that it's a paraphrase for "Relapse happens."

Why do people relapse? Is relapse avoidable? Is it

inevitable? These questions are all so meaningless because the only thing that matters is that relapse does happen. Debate over the legitimacy of relapse only serves to shame us and — as we all know — shame never motivated any of us to do anything but hide and eat. We need acceptance instead of debate.

I thought relapse would never happen to me. I was working the steps, measuring my food, calling my sponsor — what could go wrong? When I hit goal weight I started to slip. I hang on to my old ideas about abstinence, program, and relapse until I choked the very life out of them, only letting on at meetings that I was having "a little trouble with my fool." I wondered where my Higher Power was. It was when I finally accepted that I was in relapse that I felt my H.P.'s presence again. I felt a hand on my shoulder and the beginning of the most spiritual journey in my recovery. I learned that God's love is absolutely unconditional. No matter what I've done, where I'm at, or what I'm putting in my mouth, my H.P. is right there letting me know that I'm accepted and I must accept myself (and others) in the same way. My Higher Power is always in the present moment. Since I couldn't accept that I was in relapse, I wasn't living in the present and couldn't find my Higher Power. I got back in touch with the reality of the moment, and I learned to value my abstinence for the miracle that it really is.

Could I have avoided relapse? I don't know. But I don't regret it. It taught me that weighing and measuring is not the only way to be abstinent, that it's not true that only abstinent people have something of value to say, and that arrogance is an immediate food-trigger for me. The experience solidified my trust in H.P.'s presence in good times and bad, made me a humbler, gentler person, and got me back in touch with the meaning of "fellow sufferers." It also made me a more seasoned sponsor. The way to sponsor people in relapse is to give them exactly what my H.P. gave me, to let them know that I accept them unconditionally — without judgment — and encourage them to keep coming back.

From: ABSTINENCE
Schenectady, New York

Spiritual Progress, Not Perfection!

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.