

Serenity Times

July 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

Galveston Bay Area Intergroup & Houston Metro Intergroup
present
OA ANNUAL CONVENTION
October 22-24, 2010 at Galveston TX
For information contact:
Helen Delome 281-844-6154

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

For information about any workshop check online at
www.oahouston.org or www.oagalveston.org

FEELINGS

Life is full of challenges. Most of those challenges have to do with simply feeling my feelings. I don't know why it is so difficult or maybe I make it so difficult. They say feelings won't kill you but most days they give me a run for my money. It would be easier to cry but it seems that I feed myself some sort of food that really doesn't do anything for me except perhaps raise my cholesterol. But I can't seem to cross that bridge of abstinence. I get close, I can even see it from here, but yet it still appears far off in the distance unreachable, unobtainable. I wish it were easy. I wish it wasn't always a battle within myself, to feel or not to feel, to eat or not to eat, to go to bed or to stay awake and muddle through life.

However change happens, life goes on and eventually all my coping mechanisms give out and I'm left in a puddle of tears. I feel tired, worn out, and also strangely relieved. I remember the steps and the program.

As I move through this process I do it imperfectly, but I am moving a step at a time. It's not graceful or pretty but it's movement. I have hopes and dreams the only way to achieve them is to keep practicing the program each day and while I do it imperfectly at least I am doing it.

From: *Letters of HOPE*, a publication of the Dallas Metroplex Intergroup, July 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

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

"We are going to know a new freedom and a new happiness."

Serenity Times, Publication of the Galveston / Bay Area Intergroup
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.