

Serenity Times

July 2011

www.oagalveston.org

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

Upcoming Events:

The Annual OA Conference in Galveston
(Presented by HMI and GBAI)

“Lose the Mask and Find Yourself”

Friday through Sunday

October 28 through October 30, 2011

at

The Holiday Inn on the Seawall

OA-How Retreat

At Holy Name Retreat Center

430 Bunker Hill Road

Fri. Aug. 19 to Sun. Aug. 21, 2011

\$190 (\$175 for 65 or older)

Scholarships Available

For information call Lona 832-790-6662

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

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

EXCUSES

I've made some sorry excuses to overeat compulsively:

*I love food — it's who I am.

*I'm tired! I worked hard all day — I deserve it!

*I skipped breakfast, so I can have double dinner!

*I didn't eat all day — I'll eat (insert trigger food here) all night!

*It hasn't quite touched the other garbage yet; I can take it right out and eat it.

*This has most definitely spoiled, but I haven't had enough to eat yet . . .

*My tummy hurts; I'll just soothe it with comfort food (even though I've eaten compulsively all day and that's why my tummy hurts).

This is not who I am anymore. I'm just happy that now my food lasts weeks in the fridge or freezer, months in the cupboard, and my salted snacks have gone stale in the bag waiting for me to eat them. I still love food, but I now I am willing to take it one day at a time.

Do you have any excuses?

Adapted from Anonymous
in *Heart of Texas Intergroup Newsletter*
November 2007

One day at a time; one meal at a time.

**Serenity Times, Publication of the Galveston / Bay Area Intergroup
2011 Meeting List**

MONDAY

Galveston (12615)
Discussion, 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Jolene 409-789-0824
(Call before coming)

**Deer Park
Open Meeting, 12 pm
In His Presence Fellowship Church
1202 East P Street
Deer Park TX 77536
Contact: Bekki S. 409-454-5720

**Channelview
OA/HOW Big Book Study, 7 pm
Old River Terrace United Methodist Church
16102 I-10 East Freeway
Channelview TX 77530
Conference in Office building
Contact: Cathy 281-838-7939

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 7:00 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

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

**Santa Fe (48068)
OA/HOW, 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

Intergroup Business Meeting

January, April, July, October
Third Wednesday, 5:30 pm
Bay Area Community of Christ Church
Travis @ Austin Street
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
(Call before coming)

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

FRIDAY

League City (48893)
OA HOW, 7:30 pm
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Carolyn 281-534-0819

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)
OA 12 & 12, 6:00 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Eleanor B. 713-851-4012

**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.

* A new Spanish telephone meeting, Tuesdays 9 pm (New York time) Call 712-432-3900, participant code is 629561#. Check OA website for information.