



## Upcoming Events:

### Region 3 Fall 2006 Convention

October 6-8, 2006  
Holiday Inn @ Intercontinental Airport

### OA-HOW Weekend Retreat

August 25, 26 & 27, 2006  
Holy Name Retreat Center  
Houston, TX

### Joy In Abstinence

August 4 & 5, 2006  
Riverbend Church,  
Austin, TX

*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 [overeatersanonymousgbai@hotmail.com](mailto:overeatersanonymousgbai@hotmail.com).

## The Beacon

From "Food for Thought"

There are times when we get tired and depressed or elated and confused. We are mentally uncomfortable, knowing that something is wrong but unable to pinpoint the trouble. Our first thought may be to reach for food, but we know that way leads to disaster.

We compulsive overeaters have a beacon light for our dark and confused moments. ***It is our commitment to abstinence.*** No matter how confused we may be, we can remember that abstinence is the most important thing in our life without exception. Whatever happens, we will not be lost if we hold fast to our abstinence. From the commitment, everything else follows. As long as we do not overeat, we will be able to find our way out of a difficult situation.

Our Higher Power gives us the beacon light of abstinence, and with it He gives guidance out of our perplexities. Patiently waiting until we clearly see His will keeps us from getting lost in the darkness of self-will.

*Thank You for the beacon light of abstinence.*

Abstinence can mean different things to different people. Work with your sponsor to define your abstinence. ***Your abstinence is all that matters.***

MONDAY

Galveston (12615)  
Discussion 6:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Alma 409-938-0069

TUESDAY

Alvin (45605)  
Literature 6:30 pm  
Diagnostic & Urgent Care Facility  
301 Medic Lane (at Business Hwy. 35)  
meeting in cafeteria  
Contact: Betty B. 281-482-1234 or  
Nancy R. 281-224-4084

\*\*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)  
7:00 PM  
Westminster Presbyterian Church  
7600 Bayway Drive  
Contact: Diane at 281-466-7355

\*\*Santa Fe  
OA/HOW 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-283

THURSDAY

League City (49391)  
11:30 AM  
Bay Area Club  
2111 Webster Street  
Contact: Gina at 409-939-6383

Angleton (47802)  
Frank Stevens Center for Health & Wellness  
140 Hospital Dr. (6:30 pm)  
Contact: Claire 979-297-9726 or Margie  
979-848-1030

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

FRIDAY

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)  
HOW 7:30 Friday  
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 6:00pm  
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.