

Serenity Times

August 2009

www.oagalveston.org

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

Upcoming Events:

Fall '09 Region 3 Convention & Assembly of Overeaters Anonymous

Route 66 - The Road of Recovery

Albuquerque, NM

October 16-18, 2009

Hilton Albuquerque

Contact: Sarah R., 362-3629

<http://groups.google.com/group/CNMIR3>

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

**The Promises from the Big Book of AA
p. 83-84**

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

**We will not regret the past nor wish to
shut the door on it.**

**We will comprehend the word serenity and
we will know peace.**

**No matter how far down the scale we
have gone, we will see how our experience
can benefit others.**

**That feeling of uselessness and self-pity
will disappear.**

**We will lose interest in selfish things and
gain interest in our fellows.**

Self-seeking will slip away.

**Our whole attitude and outlook upon life
will change.**

**Fear of people and economic insecurity will
leave us.**

**We will intuitively know how to handle
situations which used of baffle us.**

**We will suddenly realize that God is doing
for us what we could not do for ourselves.**

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

Let go and Let God!

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 281-614-1981

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, 8:00 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.