

Serenity Times

AUGUST 2013
www.oagalveston.org

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

Plan to Attend!

OA Region 3
Assembly & Convention
August 16--18, Tucson, AZ
Make Reservations at
www.oasouthernaz.org
Sponsored by: Southeastern
Arizona Intergroup of OA



World Service Convention
Cleveland, Ohio USA
Aug. 29--Sept. 1, 2013
conventioninfo@oa.org

- The Promise of Transformation -
OA Silent Retreat
Lake Pecos, New Mexico
Sponsor: OA Intergroup
Northern New Mexico
October 4th-6th, 2013
Brochure at oaregion3.org

2013 OA Convention
"Beyond Our Wildest Dreams"
October 11-13, 2013
The Holiday Inn Resort on the Beach
- Galveston, TX

The Hills Are Alive with the
Sound of Recovery
October 4-6, 2013
Loveland, Colorado
info@oacolostateconv.org



REGION 7
presents
Waves of Recovery
7 NIGHT CRUISE
on Norwegian Epic

April 4-13, 2014
Drawing for Free Cruise
More information @
<http://oaregion7.org/event/region-7-cruise/>

Words of **wisdom**

These seven phrases and ideas hold special meaning for me as I work my program:

Put down my fork: This means placing my fork on my plate between bites. Otherwise, I shovel food into my mouth without tasting it. Putting down my fork also means letting the meal conclude. There will be another one. I can let this one end.

The fruit rule: If I am hungry between meals, I ask myself, "Are you hungry enough to eat a piece of fruit?" If the answer is yes, then perhaps I do need some additional nutrition, and for me, fruit is an allowable snack. More often, however, my answer is, "I don't want fruit. I want (fill in the blank)." This answer indicates a hunger for something other than food and the food I eat won't fix it at all. Better to turn my attention to what I truly need.

It came to pass, not to stay: My sponsor teaches me that what looks bleak in the moment will look better in the morning.

No one ever died of starvation between regular, healthy meals: The distances between meals can sometimes feel endless. I can tell myself I will die if I don't get something to eat. If I am eating regular, healthy meals, then my disbelief of making it to the next meal is distrust in my Higher Power. I choose instead to believe.

Turn off the media: My abstinence includes refraining from a number of foods and food behaviors. It also includes refraining from listening to the radio, watching TV and movies, and reading certain books and magazines. One day I realized I was using other people's lives as a crutch and my life was (or could be) far more interesting than the lives of other people. It's also true that I can't do much to change the world. What I can change is me.

Keep my eyes on my own cart: It doesn't help to view what other people buy or eat because this leads me into envy, grief and despair. Better to keep my eyes on my cart and what works for me. After all, God made me a unique and beautiful being.

Find the beauty: The phrase "count your blessings" used to rub me wrong. Then someone shared, "I look for the beauty in the day." Now I'm hooked. I count these as God's "showings," indicators that God wants me to take notice of the divine. These showings can have the same universal appeal as the last light in the treetops or as intimate as an assurance of my spouse's fidelity.

— Robin A., Durham, North Carolina USA

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 *eating* and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

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Taking the Spiritual Path This Instant

Recently, I realized my Higher Power is “now” or is present in “now.” When I regret the past or *worry ahead*, I am cut off from the sunlight of the spirit. So my focus has been to increase my time in the now. Some of the ways I seek to do this is through sitting meditation, walking meditation and slower eating. The lessons from these have been many.

I have learned I don't really want to be present in dull, boring now. Where's the adrenaline rush, the emergency? One way I keep myself occupied and cut off from this instant is by making things into crises. I think emergencies make me important and give me an excuse for any shortcomings because I am under stress.

The counter to this, and possibly the main way I am in contact with my Higher Power, is by doing what I think is my Higher Power's will. At least that is where serenity is for me. Time after time, when I go against what my gut tells me is the will of my Higher Power, I feel bad. When I do what I think is my Higher Power's will, I feel positive and serene on some level.

So one thing that works for me when I am going crazy inside with negativity is to “ask God for inspiration, an intuitive thought or a decision” (*Alcoholics Anonymous*, 4th ed., p. 86). I always get at least one positive thought or action.

The other prayer that helps when I am on the firing line is, “How can I best serve thee?” (*Alcoholics Anonymous*, 4th ed., p. 85). It has worked when the obsession to eat has hit and when I am in turmoil in other life situations. Knowing that all I need to do is the life-affirming action right now brings great freedom.

When I clue in inside, I always find I am okay right in this instant.

— Edited and reprinted from Region One News:
Together We Can newsletter, Fall 2004

Step 7 Stepping Out

Humbly asked Him to remove our shortcomings.

Real Life It's a good thing I didn't write the Steps because if I did, Step Seven would sound more like “Humbly asked Him to remove the circumstances of my life which cause my shortcomings.”

My old way of thinking was that the things in my life had to change. I needed a better job, better husband, better-behaving children and better house. In all, I needed a better life! I thought the things outside of me had to change so I could be happy. I lived in the world of lack, and I thought, “If only (fill in the blank with your favorite fantasy), my life would be so much better.”

Before I took Step Seven, I could only see what I didn't have. I compared myself to others and always felt like less than them because I judged what I saw on the outside; other people were better looking, better off and better at life than I was.

Fortunately, I didn't need a new life, just a new way of thinking about my real life. Through humble acceptance of my life and myself, I can see that my character defects are just me getting my own way.

When I ask my Higher Power to remove my shortcomings, I take the day off from being in control and having to drive the bus all the time. My Higher Power does a much better job of being in charge of my life than I do.

When my HP removes my character defects of perfectionism and control, I can accept that my life is the way it is supposed to be, and I can enjoy that life, one day at a time.

— Edited and reprinted from Focus on Recovery newsletter,
Triad Intergroup, July 2012

**New OA Meeting
Starts September 9, 2013**

Recovery from Relapse

Mondays, 6:30 PM

**Up the Street Club
508 W Nasa Pkwy.
Webster, TX**

Contacts
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Donna S. 409-935-5663

Serenity Times, Publication of the Galveston Bay Area Intergroup Meeting List 2013

MONDAY

Deer Park (51567)
Open Meeting, Literature 11:30 a.m.
In His Presence Fellowship Church
1202 East P Street (Fellowship Hall)
Deer Park TX 77536
Contact: Bekki S. 409-454-5720

Intergroup Business Meeting

Jan., April, July, Oct.
3rd Monday, 5:30 p.m.

Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

TUESDAY

Santa Fe (52400)
Topic/Discussion 6 p.m.
Rosa May Catching Annex Bldg.
12045 15th (on corner of Hwy 6 and Ave K)
Guest Speaker on 5th week of a month
Contact: Linda 409-457-9517, Laura 281-507-4968/409-925-8353

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12), 10 am
Clear Lake United Methodist Church
16335 El Camino Real Rm. 311
Contact: Kay 281-557-3881

THURSDAY

Webster (30093)
6:30 p.m. Up the Street Club
508 W. Nasa Parkway, RM 2 Discussion Meeting
Contact: Chuck B. 281-770-7539

SATURDAY

Clear Lake (12635)
For Today/Discussion, 10:30 am
House of Prayer Lutheran
14045 Space Center Blvd.
Contact: Marcia 281-488-7684

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