



## Upcoming Events:

### Region 3 Fall 2006 Convention

October 6-8, 2006

Holiday Inn @ Intercontinental Airport

*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 [sschottel@houston.rr.com](mailto:sschottel@houston.rr.com).*

## Transformation

When I think of autumn, I think of change — a change from the fun, care-free activities of the summer to the purposefulness that autumn seems to bring. Kids are back in school, businesses are approaching the last fiscal quarter, the weather even seems to take on a sense of purpose as it begins churning out more tropical storms. All of this purposefulness leads to inevitable change.

I believe that autumn creates a change in the psyche, as well. But it doesn't take a change of seasons to create these psychic shifts. I experienced one at a recent OA retreat. The retreat participants gathered in the chapel of the retreat center and were asked to write down one regrettable event in our past or a character defect that was no longer serving us. We each thought for a moment and wrote down our gut responses. We were then asked to light the slip of paper with the flame of a burning candle and throw it into a pit set up in the center of the chapel.

Each of us, with a sense of purpose and wonder, walked up to the pit, lit our piece of paper, and watched our character defects, shameful pasts, and ineffective ways of coping literally burn up in flames. Sometimes the pieces of paper didn't want to turn to ashes so easily. We had to light them again and again until they finally dissolved.

I watched mine burn until it burned no more. Paper to ashes. That's physical transformation. But the relief that came with letting go of my character defect was the beginning of a spiritual transformation. Now, when I want to take back this defect, I can remember vividly that I gave it to God. I watched it turn to dust; it is no longer my defect to use.

We have this same opportunity when we practice Steps 6 and 7. First, we pray for willingness to let go of our defect and then we humbly ask God to take it away. My willingness got me to the flame of the candle, and God did the rest. Surprisingly, it wasn't that hard; it was just different.

—from the Editor

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)  
OA HOW 7:30 Friday  
12&12 Study  
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.