

Serenity Times

September 2007

www.oagalveston.org

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

Upcoming Events:

Annual Convention in Galveston

September 14-16, 2007
Holiday Inn Resort
409-740-3581

Ring in Recovery:

Declare Your Freedom from Compulsive Eating

OA World Service Convention in Philadelphia
August 30-September 2, 2007
Loew's Philadelphia Hotel

Heart-to-Heart Sponsor Workshop

2-4 p.m., Saturday, October 27
Houston of Prayer Lutheran Church
14045 Space Center Blvd.
Clear Lake
Contact: Marcia 281-488-7684

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

Rigidity

Rigidity is something I am learning to omit from my life. I can be so rigid about my food plan that I have to stay home to eat. I can be so rigid that I carry measuring cups and spoons around with me. I can be so rigid that one morsel of food eaten not on my food plan means I broke my abstinence. I can be so rigid that I am either on a diet or off of it. It meant starting over and over and over until I was sick of it.

Does this rigidity only manifest itself where my food is concerned? No! I can be so rigid with my values that I try to push them off on everyone. I can be so rigid in my "rightness" and my "knowledge" that I get on everyone's nerves. I can be so rigid in the way I go to a particular place that I fail to learn other ways and I miss out on all the different sights. I can be so rigid in my thinking and the way that I treat people that I make my life is miserable.

Rigidity is about living in a black and white world. In program we are learning to live a different way. I am learning how to be flexible and how to look at things in ways that works for me. I heard someone mention recently that they were learning to live in the "grey area." I like to think of the "grey area" as the fast track between black and white thinking.

What I am learning is that there are many beautiful colors (all the colors of the world— **A RAINBOW OF COLORS**) between black and white. There are many personalities, many roads that lead to where I want to go, more than one way to measure food, many different experiences (all I am responsible for is sharing mine), many opinions, perceptions, ideals, thoughts, values, and many concepts of God. It is amazing how a little shift in my thinking can get me from a painfully dull and boring place to a wonderful exciting world.

But for the Grace of God!

MONDAY

Galveston (12615)
Discussion 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Leanna: 713-410-3770

TUESDAY

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (7:00 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

**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

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

Intergroup Business Meeting

Every Third Wednesday 7 pm
Bay Area Community of Christ church
Travis at Austin Streets in Webster
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

Angleton
6:30 pm

Angleton Danbury Hospital
Hospital Drive

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

FRIDAY

Baytown
OA HOW 7:30 pm Friday
San Jacinto Methodist Hospital
Alexander Campus
1700 James Bowie
Contact: Pam: 281-421-2184

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)
7:30 pm 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 6:30 pm
Up the Street Club
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. If there are any changes or new Meeting, please contact Kay H. at 281-557-3881.