

Serenity Times

September 2010

www.oagalveston.org

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

Upcoming Events:

**Galveston Bay Area Intergroup
and
Houston Metro Intergroup
present
OA ANNUAL CONVENTION
October 22-24, 2010 at Galveston TX
For information contact:
Helen Delome 281-844-6154**

**Also Region III is planning
A Cruise in 2011
Buy some tickets for a free cruise!
3 tickets for \$25 or 1 ticket for \$10.
Email: marcia.fisher@sbcglobal.net**

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

NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send me your email address at: tangedahl@juno.com

BEGINNING AGAIN

September is a time to begin again. A new school year is starting, triggering a desire within us for change.

What is it that you need to concentrate on to create a better program? What is your Higher Power urging you to do differently?

If you are unclear, you might take a few minutes to sit down and become quiet. Have a pen and paper near you with your question written on it. Breathe deeply. After relaxing for a few minutes begin writing. All our answers are within and you will be guided by your Higher Power to write exactly what it is you need to do. It is so comforting.

Often, we do not want to follow the guidance, or we don't feel able to make the changes. Our ego resists.

Just remember to ask others for help. Calling other members in the program always strengthens you. Turn to your Higher Power. Help is always there if we but remember to ask.

May you make the most of this time of year so full of energy for change.

–the editor

Keep coming back. It works if you work it!

Serenity Times, Publication of the Galveston / Bay Area Intergroup
2010 Meeting List

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, 7:00 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

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
January, April, July, October
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.