

2011 OA Convention

OCTOBER 28TH – 30TH



Lose the Mask, Find Yourself.

Presented by:
Galveston Bay Area Intergroup,
Houston Metro Intergroup &
OA-HOW Intergroup

HOLIDAY INN On The Beach
5002 SEAWALL BLVD.
GALVESTON, TX 77550
(409) 740-5300

For more information contact:
Elaine P. 713-408-9053
Jacqueline B. 832-788-4697

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: serenitytimes@hotmail.com



Clothing Boutique



Bring your clean, gently-used clothing to our boutique at the October Convention when you check in. (Please bring on hangers, if you can.) Your clothing donations will help support the Galveston and Houston OA governing bodies. Come shop with us at the Convention. The excitement will be HIGH, but prices will be low, low! Call Marilyn M at 713-299-7212 or Kim R at 713-805-9323 if you have any questions.

Taking the Spiritual Path

My Spiritual Condition "A body badly burned by alcohol does not often recover overnight nor do twisted thinking and depression vanish in a twinkling." AA, 4th ed., p.133.

Issues reoccur like waves on a beach. I'm always running from them. They're warning bells for where I am with my spiritual program. The Big Book says, "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (AA, 4th ed., p.85).

I need to work my spiritual program everyday. To do this, I have daily disciplines.

- 1) I'm abstinent. I write down my food and call it in to my sponsor if necessary. When I'm struggling with my food, I call it in everyday.
- 2) I pray and meditate each morning. This means talking and listening to God.
- 3) I answer a question from two program books.
- 4) I read several daily program readers and pick one to write about.
- 5) I try to use the OA tools everyday.
- 6) I do a daily Tenth Step, which includes listing a gratitude, a God moment, and an abstinence benefit.

Abstinence is the most important thing in my life. If I don't have abstinence, I won't have anything else, including my spiritual program. In a food fog, I am only aware of my next fix.

--May 2011

Excerpt: Norinee M., Fort Myers, Florida

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

Serenity Times, Publication of the Galveston / Bay Area Intergroup 2011 Meeting List

MONDAY

Galveston (12615)
Discussion, 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Jolene 409-789-0824
(Call before coming)

Deer Park (51567)
Open Meeting, Literature 12 pm
In His Presence Fellowship Church
1202 East P Street (Fellowship Hall)
Deer Park TX 77536
Contact: Bekki S. 409-454-5720

****Channelview**
OA/HOW Big Book Study, 7 pm
Old River Terrace United Methodist Church
16102 I-10 East Freeway
Channelview TX 77530
Conference in Office building
Contact: Cathy 281-838-7939

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 7 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

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

****Santa Fe (48068)**
OA/HOW, 8 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

Intergroup Business Meeting
January, April, July, October
Third Wednesday, 5:30 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

**** Baytown (49349)**
OA/HOW 7 pm
Grace United Presbyterian Church
304 N. Pruett
Contact Ruth 832-838-0901 or
buffum51@yahoo.com

THURSDAY

League City (49391)
11:30 am
Bay Area Club
2111 Webster Street
Contact: Gina at 409-939-6383
(Call before coming)

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

FRIDAY

League City (48893)
OA HOW, 7:30 pm
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Carolyn 281-534-0819

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)
OA 12 & 12, 6 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Eleanor B. 713-851-4012

****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.**

- A new Spanish telephone meeting, Tuesdays 9 pm (New York time) Call 712-432-3900, participant code is 629561#. Check OA website for information.