



**Upcoming Events:**

HMI Presents  
"Hope for the Holidays Workshop"  
November 18, 2006  
More Details to Come

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

***Experience, Strength, and Hope from  
Fellow OA Members:***



We have just completed the season of the Jewish New Year and Day of Atonement, the holiest time of the year. Starting about a month before the New Year, Jews start to examine their actions for the previous year, note where they have failed to live up to their highest ide-

als, determine if they have harmed anyone and if they have need to repair relationships. In other words, they do a fourth step inventory. They then set about deciding what to do about this. Relationships are to be repaired. Requests for forgiveness go out. In other words, they figure out how to make amends (Step Nine). This is done each year, understanding that we will always fall short, but that we try to do better each year. We try to approach those ideals which guide our lives, hoping for "progress, not perfection".

At the Day of Atonement, we spend the day fasting and praying, working on mending our relationship with God. However, as it says in our liturgy, praying and fasting can atone for our sins against God, but not for our sins against our fellow people, until we have repaired the relationship with our fellow people.

It always amazes me how this holy process is mirrored in the step work for OA. Clearly, there is agreement about what makes for spiritual health. Also, as I set about this process this year, after a little over a year in OA, I was surprised to find that I didn't have so much to work on. I had been trying to take inventory on a regular basis and make amends immediately. This made it much easier to do when it came time to do my yearly inventory. I was able to approach this holy time in a much different framework than in the past thanks to my experience in OA.

- GBAI OA Member

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.