

# Serenity Times

October 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 the  
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](mailto:marcia.fisher@sbcglobal.net)**

For information about any workshop check online at  
[www.oahouston.org](http://www.oahouston.org) or [www.oagalveston.org](http://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](mailto: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](mailto:tangedahl@juno.com)**

## FALL IS HERE



What does Fall mean to you? Does it mean the beginning of Winter? Is it a time of shorter days and darkness? Is it a let-down? Or is it a time of renewal? Is it a time of new beginnings? We have a choice in how we perceive this time of year.

Many people see it as a time of new beginnings for a variety of reasons. Maybe it's because of Yom Kipper, the Jewish New Year. Maybe it's because it is the start of the Holiday Season. Maybe it's because this is when the new school year begins.

Perhaps you have never thought like this before and would like to experiment with this as a time to begin anew. You can. This is a new season and you can begin again.

If so, what would you like to change? Now would be a great time to consider this. You might want to set aside some time to meditate on what it is you want or need to change. Maybe you could have a piece of paper near by, then sit in meditation for a few minutes, quieting your ego chattering, relaxing your body, and when you finish, pick up your pen and begin to write whatever comes to you.

I believe this creates an opening for your Higher Power to help you with planning what it is you want or need in your life. Our Higher Power is always there just waiting for us to ask.

You might want to change your eating plan. You might have been planning to start an exercise routine. Maybe you want to be more careful in how to talk to your family members. There may be a particular food that needs your attention. You might have been planning on taking your lunch each day instead of eating out. Maybe you want to buy more fruits and vegetables when you are grocery shopping. Maybe you've been wanting to pack up your old clothes and get them out of the house.

There are so many small changes we can make that would give us a feeling of a new beginning and a new lease on life.

One good rule to follow is not to make too many changes at once, or don't make the changes too difficult. So often when we do get the urge to change, we plan to do it all and inevitably fail, ending up feeling worse than when we began.

This is a disease of "thinking in the extremes" so make your changes realistic and moderate, creating the possibility of true change, the possibility of having a successful new beginning this fall.

-the editor

**Today is a new day; I can begin again.**

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**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: Carolyn 281-534-0819

**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, 5:30 pm  
Bay Area Community of Christ Church  
Travis @ Austin Street  
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.