



November 2009

Serenity Times

www.oagalveston.org

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

Upcoming Events:

Three Holiday Workshops!

HOW HOLIDAY WORKSHOP

November 7, 2009, 1:00-4:00

House of Prayer Lutheran Church 14045 Space Center Blvd.
Call: Ramona: 409-771-9221 or Mary Helen: 713-208-5214

GBAI Holiday Workshop

November 14, 2009 2:00-4:00

Bay Harbor United Methodist Church
3459 FM 518, League City TX 77573
Call: Eleanor 713-851-4012

“STEPPING THROUGH THE HOLIDAYS”

Saturday, November 21, 2009 1:00-3:00

At the Oasis club
Houston, TX

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.

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

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

PERSERVERANCE

One of the most important principles of the OA program in perseverance. It is considered the principle behind Step 10, but it is essential for practicing Steps 11 and 12 also.

God showed me the power of perseverance three years ago. I had hip surgery which resulted in damage to a main nerve in my leg. The result of this was that I could barely walk and sometimes the muscles in my thigh would give out, resulting in a fall. When lying down I could not lift my leg off the bed, not even an inch. The physical therapists said to contract the muscles in my thigh many times a day, as well as to do other exercises to strengthen other muscles. Several times every day I would contract those muscles as hard as I could. Nothing happened. It wouldn't budge. I began to think it would never get any better, but the therapists just said to keep doing it.

Day after day and week after week I contracted my thigh, and nothing happened. Then one day, maybe three months after the surgery, it happened. The leg lifted straight up in the air! I could hardly believe it happened. It worked! I didn't give up, and the miracle happened. And three years later, I still do the exercises nearly every morning because I don't want to lose the ground I've gained. —by Dorothy in *Letter of Hope*, a publication of the Dallas Metroplex Intergroup, September 2009

(This is so inspiring and encouraging to me. It shows us to not give up when we don't see the results we want as soon as we want them. Just keep following the program and the results will appear. the editor)

Just keep suiting up and showing up!

***Serenity Times*, Publication of the Galveston / Bay Area Intergroup
2009 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, 6:45 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
Every 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.