

# Serenity Times

November 2010

www.oagalveston.org

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

## Upcoming Events:

### Dallas Convention

February 25-27, 2011

www.oaregion3.org

### Region III

### Recovery at Sea Cruise

March 20-27, 2011

Buy some tickets for a free cruise.

3 for \$25 for 1 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)

## CHANGING SELF-DESTRUCTIVENESS TO SELF-AWARENESS

**“When one is a stranger to oneself then one is estranged from others too.”**

Anne Morrow Lindbergh

The knowledge that I could not stop my self-destructive eating made me a stranger to myself. Is it any wonder that I felt isolated and apart, that my relationships were seldom what I thought they should be?

I may have made some progress in self-knowledge before, but only the OA program fills in *all* the gaps. It goes far beyond merely enabling me to see and accept myself as I am. The key—the real magic—of the twelve steps is that they replace my shabby independence with dependence on a strength that never fails me, my self-destructiveness with sane and healthful living.

Today, there is no split between what I want to do and what I actually do. I am abstinent. I am in touch with my feelings and with reality. I can reach out to others and be what I would want in a friend, spouse, sister, mother or co-worker.

**For today:** To keep growing in self-awareness, awareness of others and of God is my highest priority. For this, I am willing to abstain and follow the directions in the steps.

From *For Today*, February 25

**It works, if you work it!**

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)**

***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: 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.