

## UP COMING EVENTS

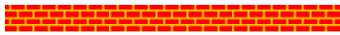
### Strength in Recovery Fall Retreat

November 4-6, 2011

Glen Lake Camp at Glen Rose

\$95 registration/accommodations & meals

<http://oaregion3.org/Registration>



Dallas Metroplex Intergroup  
Overeaters Anonymous  
Presents

"The Texas Twelve Step"

2012 Convention

February 24-26, 2012

Registration Form, Directions & Itinerary  
at <http://www.oadallas.org/Registration>

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](mailto:serenitytimes@hotmail.com)



Some Do Bees

Do Be Abstinent



Do Be In Contact with your Higher Power

Do Be Living One Day at a Time

Do Be going to a Meeting!

## Disease of the Soul

The symptoms may be different but the recovery is the same. I had to get rid of that sense of shame through Step 4; I had to connect with a Higher Power, and I had to be abstinent. Compulsive overeating, bulimia, and anorexia are like different bacteria; you treat them all with the same antibiotic, which is the Twelve Steps. It's all a disease of the soul.

Excerpt— Lifeline August 1995

## No Half Measures!

I examined the events that preceded my "mistakes," "slips" or "lapses," which when they happened often enough, were hard to refer to as "mistakes."

- 1) What was I thinking at the time? Was I oblivious? Had I become spiritually lazy or started to believe I had gained a mastery over my disease?
- 2) Had any of my OA disciplines fallen off? Was I enlarging my OA safety net, or was life dominating my priorities, reducing the lengths to which I was willing to go in order to protect my abstinence?
- 3) Had I failed to deal with mounting stress? Had I taken on too many commitments? Had my quiet time and prayer life diminished in quality and quantity?
- 4) After suffering a slip or making a "mistake," was I forthright in telling my sponsor or others in OA, or did I marginalize its importance or fail to disclose it entirely?

When I saw my part in my lack of success, I was able to ask others for help. I brought a renewed intention into my morning Third Step Prayer and sought my Higher Power more often throughout the day. As persistent as the disease was, I was finding the means to combat it daily. The pollution of my spirit stopped, and I began to find hope. I needed to be around people who were examples of what I wanted: contented, continuously sober, and abstinent. Accepting less was selling the program and my Higher Power short. Once I realized abstinence was the means, I dropped all pretenses I could "work the program" while eating. No half measures existed where the food was concerned.

Excerpt— Neil R., Baltimore, Maryland USA

**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](mailto:serenitytimes@hotmail.com)

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

### **MONDAY**

Deer Park (51567)  
Open Meeting, Literature 11:30 a.m.  
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.