



December 2007

# Serenity Times

www.oagalveston.org

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

## Upcoming Events:

### “OA Hope for the Holidays”

Saturday, December 1, 2007

From 1-3 pm

at

Temple Beth Tikvah  
12411 Park Shadows Trail,  
Houston, TX 77058

Contact person:

Christie Knust 281.218.6218 cell- 832.455.4284

From Hwy. 45, take the Bay Area exit  
and go east on Bay Area Blvd.

Turn right onto Space Center Blvd. 1.1mi.

Turn left onto Middlebrook Drive 1.1mi.

Turn right onto Park Shadows Trail 0.1mi.

The Temple is on the right and is clearly marked.

The residential streets are well-marked, also.

Do not turn into the housing complexes.

\*This route is the best to avoid the one-way streets.

For information about any workshop check online at  
www.oahouston.org or www.oagalveston.org

## What’s Bothering Me?

What’s bothering me? Now, that is the question. Most of the time people who suffer from the compulsion to overeat (like me), are considered emotional eaters. Some of us take the time to investigate what it is that’s really bothering us, which will help us to understand our disease better. Oftentimes, it is not just the need for excess food, and it is definitely not a reason to be looked upon as just a greedy individual.

You see, it’s a little bit deeper than that. It’s usually an array of real life problematic situations that are really getting next to us emotionally. It’s something that we wish we could just ‘chew’ away. Yet, we eat or overeat and as the end result: it shows itself on our bodies.

I overeat when any kind of problem comes up in my life that I don’t know how to deal with or handle. And it seems to me that if I bite off excess food (literally attack it), by constantly chewing it, I will be able to destroy the problematic situation. But not so! One must confront each and every one of their problematic issues that come up in their lives and deal with all of them in order for the compulsion to overeat is assuaged. It is then and only then that the compulsive overeater will no longer need (or want) the excess food.

.....  
: OA is a fellowship of individuals who, through shared :  
: experience, strength, hope, and the 12 steps of this pro- :  
: gram are recovering from compulsive overeating. We :  
: welcome everyone who wants to stop eating compul- :  
: sively. 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, politi- :  
: cal 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

**Keep coming back!**

You see, excess food is really what is considered as a go-between. It's easier to attack and/or confront food mainly because it is an inanimate object, therefore it can't talk back, fight back, or defend itself in any way. One can literally have their own-way with excess food. All it can do is allow you to stuff your face with it and allow you the misery that comes along with the stuffing. It has been considered somewhat like being a prostitute in reverse. You literally pay to get screwed.

Habit, among other pressures in life, has taught us to eat in excess to keep the real 'raw' emotions from surfacing. You know, push them down and keep them down with some sort or any sort of foodstuffs. It is much easier to eat in excess than to deal with one's personal problems.

It is not all about the food, after some time in a 12-step program of recovery a new sponsor went about explaining how she sponsored. She said in effect:

"I might be quite different from any other sponsor you have had thus far in the program, because instead of asking you to weigh and measure your food that you plan to eat at each meal per day: All I'll ever ask you is what's really bothering you today."

Now that really takes newcomers by surprise because, after struggling to conjure up a suitable plan of eating each night to relay to a sponsor early the next morning, all that was needed is to do now was to blubber out what was really and truly eating at me. Now, that was simply what was truly going on. What was really bothering me: physically, emotionally, and spiritually.

Soon after that type of sponsoring, by the grace of God and people of the fellowships of Overeaters Anonymous and Alcoholics Anonymous, I was blessed to release 82 pounds of excess weight. And for this I am truly grateful.

At a meeting one Wednesday morning while I was speaking I mentioned the fact that I'd come to believe that I was a slow learner, and during the break an older member said to me: "You know Rose-2, rather than thinking of yourself as a slow learner, I see you as being more of a quick forgetter." Mary Kay P.

And that statement has stayed with me over the past 25 years and 10 months. I've noticed that I have literally forgotten what worked for me back during those times. And what worked back then was the fact that it is what bothers me (as an overeater) is what sends me running straight back to the consumption of excess food. There, I have come to believe that as a human (HUMAN) being, I need to talk about what's bothering me (or eating me) rather than what I'm eating. And a lot of stuff is bothering me!

The program of Overeaters Anonymous brought me out of the closet about who I was and how I felt about a whole lot of things. It has also taught me how to effectively verbalize my thoughts and feelings, likes and dislikes, and what I will and will not allow to happen to me. OA gave me a voice. A real voice!

It needs to be known that there is a whole lot to come out of our closets, other than just the closet of homosexuality. Each and every fear that a person walks through is literally coming out of the closet.

Submitted by:  
Rose-2 Jennings-Edwards  
Class of Spring 2002  
University of Houston,  
Main Campus  
English/Creative Writing

**MONDAY**

Galveston (12615)  
Discussion 5:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Leanna: 713-410-3770

**TUESDAY**

Angleton (47802)  
Frank Stevens Center for Health & Wellness  
140 Hospital Dr. (7:00 pm)  
Contact: Claire 979-297-9726  
or Margie 979-848-1030

\*\*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)  
OA HOW 7:00 pm  
Grace United Presbyterian Church  
304 N. Pruett  
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

\*\*Santa Fe  
OA/HOW 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-283

**Intergroup Business Meeting**

Every Third Wednesday 7 pm  
Bay Area Community of Christ church  
Travis at Austin Streets in Webster  
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

Angleton  
6:30 pm  
Angleton Danbury Hospital  
Hospital Drive

Webster (30093)  
6:30 pm  
Up the Street Club  
Suite 105, Big Book Study  
Contact: Chuck B. 281-332-3238

**FRIDAY**

Baytown \*New  
OA HOW 7:30 pm Friday  
San Jacinto Methodist Hospital  
Alexander Campus  
1700 James Bowie  
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

League City (48893)  
7:30 pm 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 6:30 pm  
Up the Street Club  
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. If there are any changes or new meetings, please contact Kay H. at 281-557-3881.