



# Serenity Times

December 2009

www.oagalveston.org

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

## Upcoming Events:

**February 26-28, 2010**  
**“The Texas Twelve Step” 2010 Convention**  
**Dallas TX**  
**More info: [www.oadallas.org](http://www.oadallas.org)**

**March 12-14, 2010**  
**A Place Called Acceptance**  
**Region III Convention and Assembly**  
**More info: <http://www.oautah.org>**

For information about any workshop check online at  
[www.oahouston.org](http://www.oahouston.org) or [www.oagalveston.org](http://www.oagalveston.org)

## “For Today”

“When we talk about using the telephone as a tool, we observe that **isolation** is common among us.” Lately I do not want others to notice what I eat, especially myself. It’s “**as if**” I look away and the disease goes away as well. I know that “as if” isn’t the “as if” the OA program talks about. The programs reference says to act “as if” which means that I act “as if” I have the experience, strength, and hope that I want to have.

Perhaps I do not want God to notice what I eat. I have a disease of compulsive overeating and diseases require treatment. I don’t beat myself up because I am depressive. I take my meds and do what I need to do to relieve it. But I know the way I eat is a big part of my depression. By ignoring it I realize I am abusing myself and hiding in shame. That is how I know I’m **isolating**.

For today alone, and not for yesterday or tomorrow, I will act “as if” my Higher Power loves me, and no matter what, He will still be there. I will pray for the willingness to listen and stay in my Higher Power’s love and guidance.

For today, I will know peace because of God’s love for me and His will for me. I will let myself feel, without self-medicating with food, I will tell myself that I am worthy of God’s love, and I will also love myself.

Actually, it is not a matter of worth, but of my Higher Power’s grace. God’s grace is infinite and I want to nestle inside it. Then how far will I be able to go? Beyond My Wildest Dreams.

“The quality of my life has no limit.” (from *For Today*, p. 276) With God anything is possible. I can’t take care of myself very well so I will let God do the rest and show me the next step. God gave me my senses to listen to His will for me. I will use them.

For today, I will be abstinent and I will go to any lengths to do so! I will do all the things it will take, even if it makes me feel uncomfortable. I constantly need to remind myself that feelings pass. I pray that when I feel trapped in a feeling, I will remind myself it’s only in the confines of my mind. It is my immediate reaction I need to be concerned with today.

I will remember “I’m only living *For Today!*”

-Rose, from *Letters of Hope* (November 2007)

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)**

**And you’re worth it!**

***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.