

Serenity Times

October 2015
www.oagalveston.org

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

Mark Your Calendar

STEPPING INTO RECOVERY OA CONVENTION

2015 Galveston OA
Convention

October 2-4, 2015

Presented By

Houston Metro and
Galveston/Bay Area
Intergroups

Hilton Galveston Island
Resort

5400 Seawall Blvd.

Galveston, Texas 77551

Reservations: (409) 744-5000

Toll Free (877)-425-4753

*Call for room availability



Healthy Meeting Checklist

It is not enough to make the public aware that OA exists and can be a solution to compulsive eating. Meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?

**Glen Rose, TX Tricounty retreat to be held
November 6th- 8th Last year's speaker
back by popular demand!**

<https://oadallas.files.wordpress.com/2015/04/2015-tri-county-oa-retreat-flyer-1.pdf>

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

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

9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?



"If I fail to plan, I plan to fail" shared an OA member at a meeting in Silver Spring, Maryland. Each day I strive to follow my food plan, exercise for an average of 30 minutes, do service and make outreach calls. I have been tweaking this plan for 25 years. I have been maintaining a 50-pound weight loss. My emotional, physical and spiritual plan ramps up at the end of October, but preparations may begin 12 months ahead of time. While I am not at my goal weight yet, my goal for the holidays is to maintain my weight and enjoy. On Halloween, All Hallow's Eve is my religious tradition, sugarless gum and a pile of quarters solve the "What do I give for treats?" problem. Trick or treat is followed by two holidays, All Saints Day and All Souls Day. On those days I pray for deceased family members and meditate on the personality traits I admired in them and would like to emulate.

Pass out pencils?? When I was a child, my mother, being a teacher, would pass out decorative pencils, and erasers rather than candy, as to save teeth and promote education. I now use the same idea to save temptation and preserve my recovery.

Gold Coast OA Unity Newsletter Oct 2010



Telephone Events

Virtual 12 step workshop. 2nd Sun. of the month 3-4 CDT
 Dial 1-424-203-8405, enter access code 925619#
 Or it is available in edited version 2 weeks later at
<http://www.oa.org/oapodcasts/#workshops>
 For more info: Stephanie D. 1-727-641-3437;
 email: vst4oa@hotmail.com



Serenity Times, Publication of the Galveston Bay Area Intergroup Meeting List 2015

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

Intergroup Business Meeting

Jan., April, July, Oct. 3rd Monday, 5:30 p.m.

Bay Area Community of Christ Church
 Travis @ Austin Street

Contact: Kay H. 281-557-3881

TUESDAY

Santa Fe (52400)

Topic/Discussion 4:30 PM

Rosa May Catching Annex Bldg.

12045 15th (on corner of Hwy 6 and Ave K)

Contact: Linda 409-457-9517, Laura 281-507-4968/409-925-8353

WEDNESDAY

Clear Lake (13244)

Literature (Big Book/12&12), 10 AM

Clear Lake United Methodist Church

16335 El Camino Real Rm. 311

Contact: Kay 281-557-3881

THURSDAY

Galveston

Westminster Presbyterian Church Annex 7:15 PM

5127 Ave U

Contact: Patsy F 713-539-2353

Webster (30093)

Big Book Meeting 6:30 PM

Up the Street Club

508 W. NASA Parkway, Rm #2

Contact: Chuck B. 281-770-7539

SATURDAY

New! League City

9:00 AM, Bay Area Club

2111 Webster

Contact: Claire A. 832-453-5604

Clear Lake (12635)

For Today/Discussion, 10:30 AM

House of Prayer Lutheran

14045 Space Center Blvd. Rm 210

Contact: Marcia (281) 782-5363

Galveston

Westminster Presbyterian Church Annex 10:30 AM

5127 Ave.U

Contact: CJ: 559-356-7097

For Additional OA Meeting Information go to www.oagalveston.org