

Serenity Times

September 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

**2015 OA Region III Assembly and
Convention**
Sept. 25-27
Albuquerque, NM
Contact: www.OA-CNMI.Org
Reg3abq2015@gmail.com
Ph: 505-292-9440

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 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

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I have heard in 12 Step rooms that the first step is the only step that you have to do 100 per cent.

Page 30 in the Big Book underlines this with the following: "The idea that somehow, someday he will control and enjoy his drinking (eating) is the great obsession of every abnormal drinker (eater).

The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death."

We have a disease that whispers in our ears we don't have it. It hangs around in the parking lot doing push-ups till we hit the rough spot in the program, waiting for us to get frustrated by one of life's plateaus or swell-headed by a weight release. Then the disease returns with the force of a hurricane crushing us either in the wreckage of our complacency or our ego. We have to struggle either to go back to the rooms with heads hanging low or surrender to the disease and try some further insanely compulsive eating.

It does not have to be that way.

The power of the first step is available to us all. The crucial ingredient to practicing this step is to summon our resolve and make this step like a contract, mentally saying to ourselves and our Higher Power: "I am a compulsive over-eater, I can't over-eat EVER". If we make this step a contract, not mentally filing away a get-out-of-jail-free card, or an excuse slip, then we will be able to more safely negotiate the rest of the "happy road" upward which are the steps.

Long ago a friend in one of my meetings put it this way: "If you can't do the first step you are like a guy on a bulldozer hung up on a stump in a muddy field. The tracks are going around but you ain't getting anyway, you're just making it worse, digging yourself in deeper."

A thorough first step is as vital as a thorough inventory, doubt can be corrosive. We can only overcome doubt by working the spiritual part of the program, talking to our sponsor and other OA members, going to meetings--in other words picking up the tools that were provided us when we came in the door and made that first halting admission in the first place!

"It's simple but it's not easy" has been heard in 12 Step rooms for seventy years. Following the steps means following them thoroughly and following them in order. Thoroughly crushing the stinking-thinking notion of "this ain't working" means making step one a contract.

The promises will come, only they will come on a schedule that is not ours. Falling silently like manna from heaven.

Mike D. Tyler, TX



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

Webster

Recovery From Relapse 6:30 PM

Up The Street Club

508 West NASA Pkwy

Contact: Rebecca M. 832-287-4114

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

"Tools give us relief, the steps give us recovery."

-On Literature: "If you can pick up a fork, you can pick up a book."

-On Phone: "this is not a fellowship of one. Alone I fail."

-On Service: "Don't think about it. Just do it. You won't be doing any worse than anyone because no one else is doing it!"

-On Anonymity: "Helps leave people unharmed by gossip when I do not know anything besides the fact that they are fellow compulsive overeaters."

-On Food Plan: "We have to use this tool in some form, but only in the way that serves us individually."

-On Sponsorship: "Quit looking for the perfect person and just pick somebody that is available. Learn what they have to offer and then move on when needed."

-On Meetings: "Since I am easily distracted, I bring note cards to the meeting. When someone says something that touches me, I write it on the card and then after the meeting, I give them the card and thank them for sharing the words I needed to hear."

-On Writing: "Share your writings so that people that do not live where there are meetings available get the benefits you receive by living in a big city."

-On Action Plan: "I carry an action plan in a bag. It has a journal, literature, a healthy snack, chapstick, perfume, a comforting shawl, OA chips, etc. If I keep it with me, I always have options that will save me from eating compulsively"

Jill S., Pflugerville. TX Heart of TX OA Newsletter May 2014

