

Serenity Times

Dec 2016

www.oagalveston.org

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

Mark Your Calendar

Save the Date

Houston Area OA Unity Day Celebration

Fri. Feb 17, 7:30-8:30 pm /

Sat. Feb 18 2017, 10:00 am-4 pm

St. Anne Catholic Church, Houston, TX

guest speaker-Reg. 3 rep. Vicki W

More info to come...

OA HOLIDAY CHECKLIST

Today: Did I take time for prayer and meditation?

Did I call my sponsor?

Did I make outreach calls?

Did I study program material?

Did I do any program reading or writing?

Did I attend meetings on a regular basis?

Did I perform any service work?

Did I make myself available for sponsorship?

Did I make myself available to lead a meeting?

Did I keep the anonymity of fellow OA members?

Was I honestly abstinent today?

Was I honest in all areas of my life today?





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

Have you heard these Slogans?

Expectations are just premature/premeditated resentments

HIT: Hang in There

Resentment is Poison I East to Kill the Other Person

How Important is It?

Often, What Seems Like Rejection - Is Really Protection

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

If you would like to have a monthly copy of Serenity Times emailed to you, please send your email address to: serenitytimes@hotmail.com

Serenity Times Publication of the Galveston Bay Area Intergroup Meeting List 2016

MONDAY

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

Location Change!

Santa Fe (52400)
Topic/Discussion 4:30 PM
Dayspring Church
2215 FM 646 Rd N
Contact: Linda 409-457-9517, Laura 281-507-4968/409-925-8353

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12), 10 AM 12635)
Clear Lake United Methodist Church
16335 El Camino Real Rm. 311
Contact: Kay 281-557-3881

THURSDAY

Galveston
Location Change!
Literature/Speaker
Moody Methodist Christian Life Center
Rm. 108 6:30 PM
2803 53rd St.
Contact: Anita S (713) 540-5355

SATURDAY

Clear Lake (12635)
For Today/Discussion, 10:30 AM
House of Prayer Lutheran Church
14045 Space Center Blvd. Rm 210
Contact: Marcia (281) 782-5363

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

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