

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

Mark Your Calendar

Overeaters Anonymous Workshop on the Twelve Steps

- A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps.
- The sessions will be held on Sundays, lasting from 1.5-2 hours.
- The start time will be confirmed during this Introductory Session.

Introductory Session

The following OA-approved literature will be used in the workshop sessions and homework assignments.

Participants need their own copies.

- 1) OA Twelve Steps and Twelve Traditions 2) 4th Edition of the Big Book of AA
- 3) AA Twelve Steps and Twelve Traditions 4) 3rd Edition of Overeaters Anonymous
- 5) Voices of Recovery 6) For Today

Sunday - January 29, 2017

2-3pm @ OASIS Club

5645 Hillcroft St., Houston TX 77036

This will be a closed workshop for 4-12 participants.

No new members may join after the Introductory Session.

Participants commit to attend and fully participate in all sessions.

Any questions, call Sue 832.655.3972 or Kristin 631.873.8974



It is the time of year when we make New Year's resolutions. The majority of people who set goals for the upcoming year will not keep their resolutions. Why? Although we have good intentions, we may be setting unrealistic goals. As compulsive overeaters, we have the ability to make a resolution one day at a time. Our daily goal is to refrain from compulsive overeating. If we stray away from our food plan, we don't have to throw our goal out the window and wallow in shame. Instead, we have the ability to create a new beginning each day starting with the next meal. We can do this on any day of the year, not just in January. (continued p.2)

Feb 17-18, 2017 Overeaters Anonymous

UNITY WORKSHOP

Our common welfare should come first; personal recovery depends upon OA unity.

Sponsored by

Galveston
Bay Area
Intergroup

Houston
Metro
Intergroup

Facilitated by
Region 3 Trustee

Open Discussion
and
Q&A



OA-HOW
Intergroup

FRIDAY NIGHT

February 17th

SATURDAY

February 18th

10 AM - 12 noon

Location: St. Anne Catholic Church
2140 Westheimer, Houston 77098
Parish Center, 2nd floor, St. Michael Room
Fri. 7-8:30 pm; Sat.- 10am-4pm

(continued from pg. 1)

When I make my New Year's resolutions, I make a short list of doable goals. On the top of my list, I vow to love myself more this year. When I love myself, I want to take care of my body and eat healthy. When I love myself, I let go of negative thoughts that cause me emotional pain. This includes playing old tapes that tell me I am not good enough or that I am fat and ugly. When I catch myself saying these things to myself, I practice "thought stopping." I literally tell myself, "Stop! You are hurting yourself." I replace the self-destructive thought with a healthy thought such as, "It's ok, I'm working on it." God approves of me so I choose to approve of myself. Today is all I am guaranteed. Today is a new beginning.

Karla S Houston, TX

OA Public Information Email Group

Share ideas...

Ask questions...Get Inspired...

Be connected!

If you're new to doing PI work, or are looking for inspiring ideas that are getting results, join the PI Email Group.

Connect with other people around the world who are working to carry the OA message.

Join the group, and join the conversation!

Joining the group

To join, just go to

<https://groups.google.com>

and search for 'OA PI' to find the group. Then follow the instructions on screen. If you have any difficulties, you can click on the link to contact the group owner for help.

Please note, you do not need to have a Google account in order to join the group.

Once you've joined, go to the Settings area to control how often you receive emails from the group.

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



**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

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

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