

# Serenity Times

Feb. 2017  
[www.oagalveston.org](http://www.oagalveston.org)

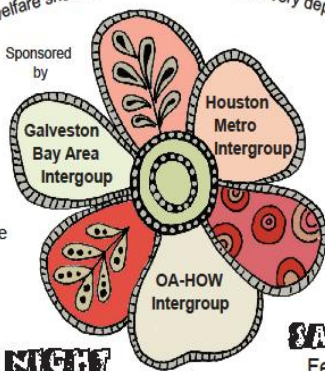
A Publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous  
WSO 9342 Region III

## Mark Your Calendar

Feb 17-18, 2017 Overeaters Anonymous

### UNITY WORKSHOP

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



Facilitated by  
Region 3 Trustee

Open Discussion  
and  
Q&A

#### FRIDAY NIGHT

February 17th

7:00 PM

"Meet n Greet"  
Meet our Region 3 Trustee

7:30 - 8:30 PM

Region 3 Trustee will tell her story  
• Q&A after her talk as time allows  
meeting will end at 8:30

St. Anne Catholic Church

2140 Westheimer, Houston, TX 77098  
Parish center, second floor, Saint Christopher room

#### SATURDAY

February 18th

10 AM - 12 noon

Unity within OA  
• Unity at all levels: intergroup, group, sponsorship, committees, fellowship, volunteering

• OA-HOW is part of OA, not separate

12 noon - 2 PM Lunch Break

2 PM - 4 PM

Unity outside the rooms  
• Unity in relationships, practicing principles in all our affairs, practicing daily inventory.

Together we can do what we could never do alone.

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

DISCIPLINE  
FAITH  
WILLINGNESS

OA REGION III  
ASSEMBLY  
&  
CONVENTION  
MARCH 24-26  
2017  
DALLAS, TEXAS

March 24-26, 2017 -

2017 Region III Convention  
and Assembly,

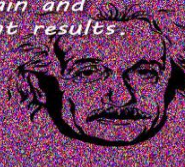
Discipline/Faith/Willingness ~

Hyatt Regency DFW, in  
Dallas, TX.

[Download flyer](#)

*Insanity: doing the same thing  
over and over again and  
expecting different results.*

- Albert Einstein



### Restored To Sanity

For many years, I thought if I could just lose weight, my life would be perfect. I hear people in OA say, however, that even after they lost their excess weight, their problems didn't go away. My idea of a perfect life includes not having to worry about what other people think of me and my appearance. When I go out in public, I feel like everyone is judging me based on my looks and my weight. Maybe they are, maybe they're not, but I had to come to terms with the fact that what other people think about me is none of my business. The only thing I need to focus on is what God thinks of me.

Life will never be perfect, regardless of my weight, but it can be manageable. In Step 1, "We admitted we were powerless over food and our lives had become unmanageable." I have the tendency to think I manage my life pretty well, but in regard to food I can slip and slide into insanity at any time. I venture to say insanity with food is not managing my life very well.

Compulsive overeating is a progressive disease. Reviewing my life, I see that as my emotional pain increased, my weight followed suit. I like the saying, "We don't have a problem with food; we have a problem with life, and food is what we use to deal with it." Thanks be to God for restoring me to sanity and thanks to OA for providing me a safe place to recover from the disease of compulsive overeating.

Karla S.  
Houston, TX

## News from OA World Service Organization...

Hello All,

*A Step Ahead, First Quarter*, is now posted online and available for download and distribution. Please share the newsletter with members, groups, and service bodies.

Find *A Step Ahead* online at [oa.org](http://oa.org) under What's New and on the Documents page. Here is the direct link.

<https://oa.org/files/pdf/asa-q1-2017.pdf>

If you could do just one thing for your meeting, what would it be? How about more members? Help make it happen by submitting an entry into OA's first Public Information Poster Competition at <https://oa.org/files/pdf/PI-Poster-Contest-Flyer-v2.pdf>.

### TALK WITH THE TRUSTEE

8:00-9:00 pm Eastern Time (GMT -5:00) February 5, 2017  
March 5, 2107 April 2, 2017

DAY: Usually 1st Sunday of the month

TIME: 8:00-9:00 pm Eastern Time (GMT -5:00)

HOW: Phone bridge 641-715-3818; Access code 925619#

NOTES: Press \*6 to mute and unmute

TOPICS: Anything regarding Virtual meetings, VSBs, Service, 12 Traditions, 12 Concepts of Service, WSBC etc.

Call in and ask your questions and share your insights or concerns!



### Telephone Events

Virtual 12 step workshop. 2<sup>nd</sup> 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. 727-641-3437

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 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](http://www.oagalveston.org)**

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