

Serenity Times

April 2017
www.oagalveston.org

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

Mark Your Calendar

Get Involved in the 2018 OA Convention Now!

April Planning Meeting
Saturday, April 8, 2017
1:30 pm

Up the Street Club
508 W Nasa Pkwy, Webster TX
We are always in need of people to work on
committees, so invite your OA members and
sponsors to join us.
Contact Marcia F. 281-782-5363

Galveston Bay Area Intergroup can't work

without your help. Help carry the message of
recovery by volunteering to be a meeting
representative. Our next quarterly business meeting is
Monday, April 17 at 5:30 pm.

**Bay Area Community of Christ Church
Travis @ Austin Street**

OA San Antonio & Heart of Texas (Austin) Intergroups 16th Annual Slumber Falls Retreat June 9-11, 2017

[http://oahouston.org/index.php/component/jevents/
eventdetail/1006/29/oa-san-antonio-heart-of-
texas-austin-intergroups-16th-annual-slumber-
falls-retreat?Itemid=101](http://oahouston.org/index.php/component/jevents/eventdetail/1006/29/oa-san-antonio-heart-of-texas-austin-intergroups-16th-annual-slumber-falls-retreat?Itemid=101)

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.

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If I Returned to Compulsive Overeating...

I would feel under tension, possessed by the compulsion to stuff myself, always in a hurry to eat it all up before someone finds out. Headaches and sugar hangovers in the morning. Awake all night with itching feet. Worried about having a heart attack in the middle of the night or dying in a diabetic coma. Looking dowdy. Cut off from everyone because I'm embarrassed to have my friends and acquaintances see I've gained weight.

Racing nonstop from one food to another. Not enjoying. Not tasting. Cramming it down my throat. Not able to stop. Feeling as if I'm on a bobsled run, sliding downhill on ice without any brakes. Panic. Worry. Terror.

Knowing I'm eating myself into my grave, digging it with shovelfuls of food. Trying to stop. Praying to God. Keeping on eating. Promising God I'll stop but not being able to stop.

Discouraged and depressed.

Feeling worse. Flatulence.

Diarrhea. Constipation. Bloating. Hating to leave the house. Wearing a coat even on warm days. Seeing other fat women and asking my husband whether I am that big.

Afraid to hear the truth.

Feeling like a madwoman in hell. Every morning I feel as if I have a mountain to climb and I can't do it.

Horrible as it is, I'm grateful for this vivid reminder of the old days. I am on my way up. I don't want to slide back into the muck and slime of compulsive overeating ever again. With the help of my Higher Power, this program and my beloved sponsor, I won't.

— Lifeline, April 1984

Literary Psychotherapy

I call the Fourth Step inventory a kind of “literary psychotherapy” because we write down the character defects that cause us to be anxious, worried or fearful—feelings which in turn contribute to our compulsive eating.

Our OA books say that we’re simply to do it, that form and style don’t matter. A special technique that I have used is to imagine that I’m sitting on a beach watching the tides come in. I pretend that each wave is a particular emotion and has the name of that feeling written on it. When I begin to experience a mood or emotion, I write it down. When I feel my list is complete, I talk it over with my sponsor. This concept has helped me in realizing that waves, like emotions, will come, whether I wish them to or not, and that I can decide how to handle them.

— Lifeline, April 1995

Galveston Bay Area Intergroup Meeting List 2017

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

