

# Serenity Times

May 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

### Get Involved in the 2017 OA Convention Now!

May Planning Meeting  
Saturday, May 13, 2017

1:30 pm

Oasis Club

5645 Hillcroft Houston TX

We are always in need of people to work on committees, so invite your OA members and sponsorees to join us.

Contact Marcia F. 281-782-5363

### Save the Date

#### GBAI/Houston Area Intergroup Annual Convention

Friday, Oct. 27-Sun., Oct. 29, 2017

South Shore Harbour Resort and Conference Center

[http://oahouston.org/images/save\\_the\\_date.pdf](http://oahouston.org/images/save_the_date.pdf)

### Oasis Club 32nd Birthday Party

Sat., May 20, 2017 2-4 pm

<http://oahouston.org/images/Flyers/Oasis-invite-2.pdf>

### 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>

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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## Divine Packing

My last trip to Germany was quite challenging. I was staying with friends who wanted to begin activity early in the morning. As difficult as it was for me to set a boundary, I stayed in bed long enough to say my prayers every day (Step Eleven). I asked my Higher Power to walk with me, talk through me, and most important, align my will with Higher Power's.

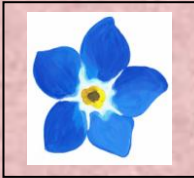
Thank goodness I'd had the foresight to pack some *Lifeline* magazines- the articles were little bursts of recovery in my day, and the magazines are light enough for easy packing. Changing for dinner was a perfect time to squeeze in a little reading (Tool of literature). Getting ready for bed gave me another few moments when I could connect with my fellows. I'd brought a small stack of pre-addressed envelopes and blank note cards. Each night I wrote a quick note (Tool of writing) to let another fellow know where my head was and what I was doing for my recovery.

I have a vivid memory of one tough night. After a long day of social activity, food was calling my name. When I noticed a particular trigger food was on my mind for the fourth or fifth time, I knew it was time to write to my sponsor (Tool of sponsorship).

In the letter to my sponsor, I shared about the thoughts that were eating me. I committed to taking the next right action, which was saying the third Step Prayer and the Serenity Prayer. After sealing the envelope and fulfilling my commitment, I felt a great sense of relief.

My Higher Power was with me even though I was thousands of miles from home. I guess I packed some of the divine. Thanks for letting me share.

Elizabeth B Santa Ana, CA *Lifeline* May/June, 2016



# Forget Me Not

When reflecting on our precious Tools of recovery, I always forget one (probably the one I need to concentrate on most). So I use a mnemonic device to help me recall all of the Tools:

And	Action plan
Please	Plan of eating
Spend	Sponsorship
More	Meetings
Time	Writing
Love	Literature
And	Anonymity
Service	Service

If you can learn this simple phrase, the Tools will always guide your days.

—  
*Sophie H., Cherry Hill, New Jersey USA*



## 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

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

### \*\*Webster (46923)

OA HOW Discussion 6 PM  
PAM Rehabilitation Center 110 E Medical Cntr. Blvd Rm 1013  
Contact: Ron S 832-455-9022

### 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

### \*\*Santa Fe (48068)

OA HOW Literature/Discussion 6 PM  
Thelma Webber Community Cntr. 14304 Beriton (East mtg rm)  
Contact: Ramona 409-771-9221

### THURSDAY

**Galveston (53843)**  
Literature/Speaker 6:30 pm  
Moody Methodist Christian Life Center 2803 53rd St. Rm 108  
Contact: Anita S (713) 540-5355

### FRIDAY

**\*\*Webster (53219)**  
OA/HOW Literature/Speaker 12:00 noon  
Up the Street Club 508 NASA Pkwy Rm 4  
Contact: Bekki S 409-454-5720

### \*\*\*League City (48893)

OA/HOW 7:30  
Bay Area Club 2111 Webster Ave@FM 270 Rm F  
Contact : Ramona 409-771-9221

### 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

**\*\*This meeting is not officially affiliated with GBAI and is included as a courtesy.**

**For more additional OA meeting information go to [www.oagalveston.org](http://www.oagalveston.org)**

**If there are any changes in meetings, please contact Traca: 832-289-4200**

**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. 1-727-641-3437; email: [vst4oa@hotmail.com](mailto:vst4oa@hotmail.com)**

