

Serenity Times

July 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 2017 OA Convention Now!

July Planning Meeting
Saturday, July 8, 2017 1:30 pm
Up the Street Club 508 W. NASA Pkwy
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

GBAI/Houston Area Intergroup Annual Convention

Friday, Oct.27-Sun., Oct.29, 2017
South Shore Harbour Resort and Conference Center

http://oahouston.org/images/Flyers/Houston_OA_Convention_Oct_27-29_2017.pdf



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

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

Working the Steps

My abstinence in OA is the elimination of sugar from my diet, particularly cokes and desserts. I am pre-diabetic so my doctor advised me to not eat pasta, also. I have identified these foods as my “insanity” foods. When I eat these foods, I want them more and more and more often.

I identify with the alcoholic who must avoid one drink to keep from relapse. My substance of choice is food. I use food as a comfort, a friend, a lover and an escape from reality. This is insane. Food is meant to be fuel, not those things. I need food to survive in my life, but I need God to maintain my sanity.

The answer to my problem is “working the steps.” This means taking the initiative to first do

Step 1: I admit I am powerless over food and my life has become unmanageable.

Step 2: I have come to believe a power greater than myself can restore me to sanity.

Step 3: I have decided to turn my life and my will over to the care of God, as I understand Him.

My will is my self-will. When I am in relapse, I am in “self-will run riot,” a.k.a insanity.

cont. from pg 1

God has proven to me over and over that I can be restored to sanity if I will just allow Him to help me. I can't do this alone. I need supernatural help to maintain my abstinence and my sanity. I like the short definition of Steps 1, 2, & 3: I can't, God can, I think I will let Him.

Karla S.

Houston, TX

OA Responsibility Pledge

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."



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)
OA 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)
OA 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)
OA 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)
OA 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

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



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