

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

Mark Your Calendar

. HOUSTON OASIS CLUB presents

Staying in Recovery

5645 Hillcroft Houston, TX 77036 suite102

Sunday, August 13, 2017, 2:00pm-4:00pm

<http://www.oahouston.org/index.php/events-calendar/eventdetail/1010/28/staying-in-recovery>



FRESH
TALK

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

Get Involved in the 2017 OA Convention Now!

Next Planning Meeting

Saturday, Aug. 12

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

CALL FOR SPEAKERS-Share Your Recovery

Here are the 2017-2018 dates we would like to have a speaker at the Island OA meeting held at Moody Methodist Christian Life Center on 53rd Street in GALVESTON, Thursdays at 6:30pm:

8/31/17 11/30/17 3/29/18 5/31/18

8/30/18 11/29/18

Anyone interested in sharing their experience, strength and hope, please contact Pauline by phone or text at 409-789-3391

We have all heard many OA slogans over and over. I'd like to share a few fresh slogans I've heard in OA meetings, both face-to-face and telephone.

I love these:

- Without abstinence, the rest is just conversation.
- Stay in the middle of the herd.
- My spiritual awakening was preceded by many rude awakenings.
- You can't teach what you don't know.
- You can't lead where you don't go.
- You can't be what you are not.
- You can't give what you haven't got.
- Once you realize you are in too deep, you are in too deep.
- Without God, I can't—without me, God won't.
- If food was the problem, abstinence would be the answer.
- If you focus on recovery, you will lose the weight; if you focus on the weight, you will lose recovery.
- If you don't want to worry about what the scale on the bathroom floor says, get one for your kitchen counter!
- If you want to know why you are eating compulsively—stop eating compulsively.

Rob H., Maryland USA
Oct 2016 Lifeline

How does doing service beyond the group level help my recovery?

My abstinence, connection to HP, and serenity are enhanced by doing service. As it has been said, "I cannot keep what I've been given, unless I give it away." I have a responsibility to do service so that I can continue to reap the benefits of this program.

I am prone to isolation so service keeps me connected to others and helps me take the focus off me. When I am doing service beyond the group level, I am mindful of OA as a whole and focus on the greater good.

I have accepted that service beyond the group level will enable me to lead a purpose-filled and healthy life...one day at a time. -Kara (Ocean & Bay IG)

It connects me with other OA members in recovery who are also doing service from my area, region, country, and other countries. Together we can do more to support our OA membership than we could ever do alone. It also helps me to have opportunities to assist in making OA a stronger and more inclusive, newcomer-welcoming program.-Jane H (North Shore IG)

OA Region 6 Messenger April 2017

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

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



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

**Deer Park (51567)

OA HOW Literature 11:30 AM

In His Presence Fellowship Church 1202 East P Street,(Fellowship Hall)

Contacts: Bekki S. 409 454-5720 Ron S. 832 455-9022

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

Temporary Location Change

from Santa Fe to League City (48068)

**OA HOW Literature/Discussion 6 PM

Turning Point Church

400 Hobbs Rd Suite 111 League City

Contact: Eleanor 713-851-4012 or Carol B 832-385-1989

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