

# Serenity Times

Oct 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

**Compulsive Eating is Tricky, Treat Yourself to  
the Solution**

### Galveston/ Houston Area Intergroup Annual Convention

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

register: [http://oahouston.org/images/Flyers/Houston\\_OA\\_Convention\\_Oct\\_27-29\\_2017.pdf](http://oahouston.org/images/Flyers/Houston_OA_Convention_Oct_27-29_2017.pdf)

#### Checklist for the 2017 OA Convention

Bring the following items to the convention:

- ✓ Silent auction items
- ✓ Clothing/accessory items for boutique
- ✓ Raffle gifts and baskets
- ✓ Also, we are in need of OA registered convention attendees who would be willing to lead meetings throughout the weekend.

Contact person for this is Marcia F-281-782-5363

#### FALL OA-HOW WORKSHOP

Visions and Honoring your Abstinence through the  
Holidays

Saturday, October 14, 2017, 2:00pm- 4:00pm

Location: Chapelwood United Methodist Church  
11140 Greenbay St. Houston TX 77024

[http://oahouston.org/images/Flyers/OA\\_HOW\\_Workshop\\_-\\_Fall\\_2017.pdf](http://oahouston.org/images/Flyers/OA_HOW_Workshop_-_Fall_2017.pdf)

#### OA's IDEA Day Celebration in Houston International Day Experiencing Abstinence

Saturday, November 18, 2017, 1:30pm- 3:00pm

Oasis Club

5645 Hillcroft St Houston TX 77036

[http://oahouston.org/images/Flyers/IDEA\\_Day\\_Flyer\\_2017.pdf](http://oahouston.org/images/Flyers/IDEA_Day_Flyer_2017.pdf)

Contact Ann M 713.529.5806 or Sue H 832.655.3972



Staying in the moment, and choosing just for today. My sponsor used to tell me, "choose to eat abstinely just for today, don't become overwhelmed thinking about the future." Last night I was thinking about my abstinence, and it dawned on me that I have many meals to go before I hit the bucket. Three meals per day, 365 days a year, and let's say 60 more years, that's 65,700 meals. Sometimes choosing to eat my preportioned-planned meals are difficult. I like to think that one day I could be a normie, but my recovery kicks in, and I know, without a doubt, that I am no normie. One compulsive bite and I am hooked, one bite is always too much and yet never enough.

I have around 65,000 more meals to consume in my lifetime; I've already eaten that many probably and I am only 34. Today, and just for today I choose to eat abstinely, I will stay in the present moment and know that the future is in HP's hands. I fully trust in this process and trust that if my way of life should ever change that it will be by the will of HP, not mine. Today, I surrender all of me, every single doubt, character defect, pain, and addiction.

"My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." AA Big Book, pg. 76

*Ellie Mae P. (with permission) Overeaters How Support Group Facebook*

Use the new *Public Information Service Manual* to carry the OA message of recovery

Revised, expanded, and updated with current media practices, OA's *PI Manual* is packed with more than 60 pages of outreach suggestions. Learn what a PI Committee is and how to start one. Get practical ideas for reaching newcomers. Learn how to work with digital, print, and broadcast media—while protecting member anonymity. Use the sample press releases to make contacts in your area. And much, much more. To order the *Public Information Service Manual* (#762) from the OA bookstore, [click here](#).

The first three steps  
taught me how to  
give up. Four, Five  
and Six taught me  
how to own up.  
Seven, Eight and  
Nine taught me how  
to make up. Ten,  
Eleven and  
Twelve taught me  
how to grow up.

#SOBERVETS

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](mailto: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](mailto:serenitytimes@hotmail.com)

**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)**



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 (New Location)**

**Santa Fe (52400)**

**OA Literature 4:30 PM**  
**Thelma Webber Community Cntr. 14304 Beriton (East mtg rm)**  
**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: Carol B 832-385-1989**

**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 281-796-4719**

**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](http://www.oagalveston.org)**  
**If there are any changes in meetings, please contact Traca: 832-289-4200**