

Serenity Times

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

Dec. 2017
www.oagalveston.org

Mark Your Calendar

From Insanity to Serenity

OA Houston Metro Intergroup is hosting a Newcomers Workshop

Sat., Jan. 6, 2018

1:00-3:00 pm

Oasis Club

5645 Hillcroft St

Houston, TX

Contact Ann M 713-529-5806

<http://oahouston.org/index.php/events-calendar/eventdetail/1014/28/newcomer-workshop>

OA Local Service Opportunity!!!!

GBAI will be partnering with OA-HMI and OA-HOW in sponsoring an upcoming March workshop

entitled **The ABC's Of Abstinence** in Houston led by facilitator Cherie M from California.

We are needing volunteers to help coordinate this exciting event.

Take this opportunity to give service!

Please contact Eleanor M. 713-851-4012 via text or ph. call ASAP to participate in the coordination committee

Don't get your
TINSEL
in a
TANGLE

It's hard to believe the holidays are here, and the year has just about ended. As I look back on the holidays of my life, the song seems to ring more true as the most *insane* time of the year. I worried about all I needed to do: buying the perfect gift, presenting the best holiday memories for my child, and of course, providing the most exaggerated amount of food ever. I remember taking pictures of my Thanksgiving meal to compare with those in magazines. I recall endless hours of baking with recipes collected from famous chefs. I never could enjoy or even understand what the holidays were about.

OA and the Twelve Steps have brought me from insanity to serenity in the holidays. I have been blessed with three years of recovery, and this time of year has taken on a new meaning. I have come to enjoy people I've known for years but have never had a relationship with. I've learned to take each moment of the season and celebrate what it offers: listening to a song, feeling a cool breeze, enjoying a late sunrise and early sunset, window shopping with friends, and hearing the familiar ring of the bell in front of the department store. Now it is one of the most wonderful times of the year.

December also causes me to reflect on the Twelfth Step. I have spent extra time reading chapter 7 in the Big Book, and it reminds me of the importance of working with others. "Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss" (*Alcoholics Anonymous*, 4th ed., p. 89). I cannot do this alone.

(cont. pg 2)

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When I work the Steps with others and share my experience, strength, and hope, I am doing my Higher Power's will.

I hope this season brings you all the joy your Higher Power has planned for you.

— Edited and reprinted from Serenity Press newsletter, Arizona in the Desert Intergroup, December 2010



OA Virtual Workshops

Tune in 24 hours a day

Listen to recordings of virtual workshops on a variety of topics, including The Importance of Working All 12 Steps, OA Literature: The Heart and Soul of OA and Our Primary Purpose.

Members share their experience, strength, and hope to bring the Twelve-Step program of Overeaters

Anonymous to life

Go to: <https://oa.org/podcasts/>

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

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

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**