

# Serenity Times

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

## Mark Your Calendar **New Year-What's New in OA**

### 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>

### ABCs of Abstinence Workshop

GBAI will be partnering with OA-HMI and OA-HOW in sponsoring upcoming **The ABC's Of Abstinence** led by facilitator Cherie M from California.

Fri., March 2 7-8 pm 1st Cumberland Presbyterian Church

Sat., March 3 9am-4pm St. Anne Catholic Church  
Early registration discount until Feb. 3

For details and registration form go to:

<http://oahouston.org/index.php/events-calendar/eventdetail/1018/28/abc-s-of-abstinence-speaker-meeting>

<http://oahouston.org/index.php/2-uncategorised/74-abc-s-of-abstinence-registration-form-pp>

Contact Sue H 832-655-3972 or Jessica Z 917-363-9790



### Updated: OA-Approved Literature Catalog, Order Form, and Copyright Date List

OA-Approved literature is **vital to individual recovery**, and the purchase of OA-Approved literature **supports our Seventh Tradition**. Every year, OA updates its Literature Catalog, Order Form, and Copyright Date List to help groups and service bodies make available the most current OA-Approved literature so members and newcomers can find and keep recovery. go to [OA.Org](http://OA.Org)

### Now Online: A Step Ahead First Quarter 2017

The First Quarter 2017 issue of *A Step Ahead* is now available for download in an [interactive color edition](#) or in [printer-friendly black and white](#).

### New! Read *Lifeline* on Your Mobile Device, in your Preferred Language; "Like" Our Social Media (Facebook) Page

Read *Lifeline* on your **computer, tablet, or mobile device** at [oalifeline.org](http://oalifeline.org). A US\$23 annual subscription gives you access to **every Lifeline story** published since January 2016, plus all new stories as they appear in upcoming print issues of *Lifeline*. **Click the orange "Translate" button** to read real stories of recovery in the language of your choice.

**SOCIAL MEDIA** OA has a Statement on Public Media Policy that allows OA members, groups, or Service Bodies to use online social media networking services to provide OA public information and public awareness and recommends that it maintain personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of OA using social media are responsible for maintaining their own personal anonymity. Here is an example of verbiage used on the OA Facebook page to help maintain anonymity: "Anonymity is important to us all. Feel free to "like" this page. Membership in Overeaters Anonymous is neither assumed nor implied by liking a page—it does, however, show an appreciation for the qualities and characteristics of the organization. When you "like, comment or share" others may be able to see this interaction depending on your privacy settings. In order to respect and protect others' anonymity do not "share a link" or "tag" another person from this page with the exception of sharing in a personal message, private group or posting to your own personal Facebook timeline."

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### New Digital Communication Guidelines !

Guidelines for Anonymity in the Digital World Digital communication is an important way OA members share fellowship and carry the message. Use the new *Guidelines for Anonymity in the Digital World* to honor our Traditions and protect your own and others' anonymity when posting about your experience, strength, and hope online. Download, and share the link in virtual and face-to-face meetings. [NEW GUIDELINES TO ANONIMITY IN DIGITAL WORLD](#)

### WORLD SERVICE BUSINESS CONVENTIONS

Delegates travel from around the world to participate in the business of Overeaters Anonymous. Representatives share with all the attendees a commitment to abstinence and recovery, while experiencing service and dedication.

The theme in 2017 was "Growing Overeaters Anonymous Unity Worldwide."

The new motions are :[New Business Motions Proposed Amendments to the Bylaws of Overeaters Anonymous](#)

**2017 Courier** The *Courier*, written for professionals by professionals, is part of OA's public information effort to encourage healthcare specialists and counselors to consider the OA recovery program as a resource for their patients and clients. The [2017 Professional Community Courier](#) is now available as a free download on [oa.org](http://oa.org).

**New! From Slip or Relapse to Recovery** Use the three-part action plan laid out in the new [From Slip or Relapse to Recovery](#) to reclaim abstinence. Take an inventory, develop a plan, and renew your commitment to your OA program—commit to the most loving thing you can do right now for yourself, your abstinence, and your recovery.

"Been Slipping and Sliding? A Reading and Writing Tool" to stop the slips, help turn around a relapse, and recommit to your OA program. Updated with all-new reading references to *Overeaters Anonymous, Third Edition*, this questionnaire has thirty thought-provoking prompts for journaling and sponsor-sponsee discussion.

[Click here to download "Been Slipping and Sliding?"](#)

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)

## Galveston Bay Area Intergroup Meeting List 2018

### MONDAY

Jan., April, July, Oct. 3rd Monday, 5:30 p.m.  
Bay Area Community of Christ Church  
Travis @ Austin Street  
Intergroup Business Meeting  
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](http://www.oagalveston.org)**

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