

Serenity Times

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

Mark Your Calendar

Say When

2018 OA Convention Planning Meeting

Saturday, April 7

1: 30 pm

Oasis Club (not at Up the Street Club)

5645 Hillcroft St

Houston, TX

Contact Marcia: (281) 782-5363

Save Money Now...

Get your new 2nd Edition copy of *OA 12 Steps and 12 Traditions* book with a restructured Step 4 chapter to increase usefulness.

To order a copy at a discount rate, call Doris at 281-486-7080

First come, first serve.

Deadline to receive payment is **April 14**
Please share this information in meetings.

Dallas Metroplex OA Intergroup 12 Step Convention

April 20-21, 2018

for info:

<https://oadallas.files.wordpress.com/2018/02/oa-12-step-conv-brochure.pdf>

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serenitytimes@hotmail.com

I consider myself a newbie in OA. I've been in and out of program since my early 20s and am approaching my 50th birthday. I have surrendered more than 100 pounds in OA and have been at or within a 5-pound range of my goal weight for more than a decade. As I've heard, it's about the food until it's not about the food.

"Not about the food" is a big, new continent I continue to explore. Learning what "enough" looks and feels like is one of the things I am most grateful to OA for. In the past year after much longing, prayer, shopping and research about adopting a dog to add to our current one-dog home,

I felt led by HP *not* to adopt another dog. Program teaches me to consider all sides of things today. In this instance, I considered how much time my husband and I spend away from home, how we spend our free time and what financial resources we have for dog care.

Another HP decision came a few months ago when I decided *not* to buy a newer car even though I wanted one, had the financial resources and could justify the need. I realized how great my current car is, put together an action plan for its maintenance in the coming years and, with HP's help, was able to put down my obsessive thoughts about replacing my current car. I have also learned to be content with my current job, title and status in my work-for-a-paycheck life and have learned to live within my financial means with that paycheck. (cont.pg 2)

(cont. from pg 1) My husband and I have a modest camper for our vacations. It lacks some amenities, and we thought about upgrading it this year. When we decided *not* to upgrade, I found a new appreciation for the amenities our current camper has.

I was the person who believed happiness could only be found with a certain number for an annual salary – always a number higher than my current salary – or that happy could only be located 7 pounds below my current weight. “Happy” was an elusive, slippery destination for me, and I spent much energy trying to grab it by the neck and pin it to the ground. I never realized my greedy efforts in this area were driving me farther and farther from my happy destination.

I find today that my eating, spending and living patterns follow and flow together like dominoes. Most of the time they are simple, basic and perhaps a bit dull to outsiders. Do I still struggle? You bet! I struggle with taking my co-worker’s and my husband’s inventory almost every day. I struggle with wanting simplicity in my closet and wardrobe even though I sometimes shop for recreation. I feel frustrated by my slow growth in this area of my life. I know from experience that the best remedy for this is to keep talking about it and asking HP for help in deciphering the next right action.

It has been said that the hallmark of addiction is not knowing when enough is enough. In the old days before OA, I missed the runway of enough every single time. Today I see the runway of enough, and I practice the concept of enough. For today, I know that with HP I am enough and I have enough.

Susan H.. Altamonte Sprinas. Florida USA

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.

Galveston Bay Area Intergroup Meeting List 2018

MONDAY

Jan., April, July, Oct. 3rd Monday, 5:30 p.m.
Intergroup Business Meeting
Up the Street Club
508 Nasa Rd 1 Webster, TX
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 Amparo- 281-380-7265