

2018 July, 2018

www.oagalveston.org

Serenity Times

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

Mark Your Calendar

Celebrate Your Independence from Food Obsession

Wed., July 4 2018

10-11 AM

Oasis Club

5645 Hillcroft

Houston, TX 77036

<http://oahouston.org/index.php/events-calendar/eventdetail/1021/28/celebrate-your-independence-from-food-obsession>

Save the Date!

OA Recovery Gives

More Than A

Ghost of a Chance

2018 OA Convention

October 26-28, 2018

Presented By

Houston Metro, Galveston/Bay Area, and

Houston HOW Intergroups

South Shore Harbour Resort

and Conference Center

Reservations: (281) 334-1000

Ext. 2052

Toll Free (800) 442-5005

For registration form, go to Events at

www.oagalveston.org

OA HOW Annual 12 Step Weekend

August 17,18 Holy Name Passionist Retreat Center

430 Bunker Hill Rd Houston, TX 77024

713-464-0211

To register:

www.holynameretreatcenter.com



The Tool of Sponsorship

An OA sponsor is:

- Willing to carry the program, not the person.
- A guide
- A Tool
- Holds a sponsee accountable
- Shares their hope, strength and experience
- Is available
- A good listener
- Nonjudgemental
- Encourages and stresses working the steps, abstinence and using the tools.
- Someone with limits and boundaries

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A sponsor is NOT:

- Perfect
- A best friend
- An employee
- A doctor
- The food police
- A spouse
- One's Higher Power
- A parent
- A therapist
- A babysitter
- Meant to be put on a pedestal
- A dietitian or nutritionist

Tips:

- A sponsor and a sponsoree need to practice the gift of listening.
- If you do not have a sponsor, why not?
- If you want one and do not have one, what is holding you back?
- If you would like to be a sponsor and are available to sponsor, what is standing in your way?

Recommended readings:

Food for Thought: 1/23 9/5

For Today: 2/23 8/29 12/18

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
All issues are published at www.oagalveston.org

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 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
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 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