

# Serenity Times

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

## Mark Your Calendar



**A BIG thanks to all that planned, presented, donated to and attended the recent Houston Metro, Galveston/Bay Area, and Houston HOW Intergroups' annual OA convention.**

## Finding Faith

My first Thanksgiving in OA was the day I finally grew in my faith that the Tools work and "it works when you work it." That Thanksgiving, I spent the day with my in-laws. The house where we celebrated was crowded with relatives, children, old men, and lots of women.

In my mind, I had planned to only stay a few hours. But after talking to my husband, I learned he planned to stay late into the night. Anger and frustration quickly grew, and all of my trigger foods started to look appealing. As I struggled not to go into the food, I asked myself, "What do I need to do to remain abstinent?" I decided to work the Tools.

I sent a text message to a fellow member. Her encouragement was invaluable. She encouraged me to be strong and remember that it was just another Thursday. I also committed to her that I would remain abstinent until tomorrow morning. Next, I called in to a phone meeting. I listened discussed my feelings. I cried and released the pain and emotions. (cont. on p.2)



### *In Memoriam*

Alma .- our long-time OA sister -you will be greatly missed.

(cont. from pg. 1)

I allowed myself to feel what I was feeling, and that was okay.

After working the Tools, I remembered who I was. I remembered that I am free to live a life of love, peace, and serenity; free to give love to others; free of the chains that bound me to my trigger foods; and free of the emotional torment I always experience after a binge. I am truly free to live. I remained abstinent. I was victorious. I have released 6 pounds (3 kg) since starting my journey. My Higher Power protected me and reminded me to work the Tools. He reminded me who I am. I am his daughter, and I am free.

*Mickelle, North Carolina*

*Lifeline 2015*



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)  
All issues are published at [www.oagalveston.org](http://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 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](http://www.oagalveston.org)**

**If there are any changes in meetings, please contact Amparo- 281-380-7265**