

Serenity Times

April 2019
9
update

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

Mark Your Calendar

Region 3 Spring 2019 Assembly and Convention

March 29-31, 2019
San Antonio

<http://oahouston.org/index.php/component/jevents/eventdetail/1026/29/region-3-spring-2019-assembly-and-convention?Itemid=>

Texas 12 Step Convention

Friday, April 26, 2019 - Sunday, April 28, 2019

Location :Embassy Suites Dallas Park Central
13131 N Central Expressway Dallas, TX 75423

contact: Delia Gonzales 469.231.4965 or

delia@deliagonzaleslaw.com

or Lia Albizo 972.814.1723 or lia.albizo@gmail.com

<http://oahouston.org/index.php/component/jevents/eventdetail/1025/29/texas-12-step-convention?Itemid=101>

Step 11 Workshop

"The Magic of 32 Words"

Sat. April 6 2019 2-4 pm

Chapelwood United Methodist Church
11140 Greenbay St Houston TX 77024

sponsored by Houston OA HOW

<http://oahouston.org/index.php/events-calendar/eventdetail/1029/28%7C34/step-11-workshop-the-magic-of-32-words>

Food Plan Workshop – “Get Off the Bulk with BULK COOKING!!!”

May 11, 2019 @ 11:00 am - 1:00 pm Houston, TX

Space is limited to 25 – RSVP to Julie M. by text at
281-844-7033

<http://www.oahowhouston.org/event/food-plan-workshop-get-off-the-bulk-with-bulk-cooking/>

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 2019

MONDAY new location

Jan., April, July, Oct. 3rd Monday, 5:30 p.m.

Intergroup Business Meeting

Up the Street Club

(new location) 17400 El Camino Real #300

Houston, TX 77058

Contact: Kay H. 281-557-3881

MONDAY

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

TUESDAY

***Webster-(46923)

OA-HOW Discussion 6 PM

PAM Rehabilitation Center

110 E Medical Cntr. Blvd Rm 1013

Contact: Carol B 832-385-1989

WEDNESDAY-new location

Clear Lake (13244)

OA Literature (Big Book/12&12) 10 AM

Clear Lake Presbyterian Church

1511 El Dorado, Houston TX 77062 (rm L101)

Contact: Kay 281-796-4719

WEDNESDAY=

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 (see new time/ location starting 2/29 below)

League City (53219)

Together We Get Better OA Literature 11:30 AM

Bay Area Club-11:30 AM

2111 Webster St. Rm 2 League City 77573

Contact: Bekki S 409-454-5720. Ron S-832-455-9022

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