

# Serenity Times

January 2008

www.oagalveston.org

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

**Upcoming Events:**

**“Into Action”**  
**OA Angleton Weekend Beach House**

**January 11-14, 2008**

**Sign up soon because attendance will be limited**

**\$50 made out to Claire Miller**  
**Mailed to Karen Ayers**  
**152 Houston Street**  
**Angleton TX 77515**

For information about any workshop check online at  
www.oahouston.org or www.oagalveston.org

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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.

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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: tangedahl@juno.com

## FREEDOM THROUGH SURRENDER

I had been attending OA meetings for many years before I truly surrendered and acted upon the words of Step 3 “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

How did this happen you may ask. Well, I began to examine what really controlled me and dominated me. I had to be willing to admit that I was the one responsible for having yielded myself to whatever it was — binge foods, work, sleep, TV, gossip, anger — whatever. I was the only person I could blame. If I was a slave to my will, then I was to blame because somewhere in the past I yielded to myself and fulfilled my own desires.

I realized that if I was truly acting on Step 3 and putting God in charge of my life then I must no longer yield to my desires but begin yielding to the “Creator of the Universe.” I discovered a power greater than me. I discovered the God of my understanding. I discovered that God was not me.

I yielded my will to this Higher Power and found such relief and peace in my life. Since I had yielded to HP, I soon realized freedom from the tyranny and slavery of my self-will run riot.

Daily surrender has become a way of life for me and abstinence from compulsive overeating is my daily reward.

There is truth to what it says in our OA Program opening “This is a program of Spiritual Recovery.” The Big Book tells us on page 85, “What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s will into our activities.”

Thank you, Higher Power and thank you, OA for showing me how to gain freedom through surrender.

Reprinted from Lifeline.

**Your mind is a dangerous neighborhood.**  
**Don’t go there alone.**

**MONDAY**

Galveston (12615)  
Discussion 5:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Leanna: 713-410-3770

**TUESDAY**

Angleton (47802)  
Frank Stevens Center for Health & Wellness  
140 Hospital Dr. (7:00 pm)  
Contact: Claire 979-297-9726  
or Margie 979-848-1030

\*\*Clear Lake LUNCH MEETING  
Literature (Step Study) 12-1:00 pm  
Clear Lake United Methodist  
Meets in Youth Cafe  
16335 El Camino Real  
(Between El Dorado and Bay Area)  
Contact: Cindy 281-450-9308

Clear Lake  
OA HOW Discussion 6:45 pm (46923)  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 281-614-1981

**WEDNESDAY**

Clear Lake (13244)  
Literature (Big Book/12&12) 10 am  
Clear Lake United Methodist Church  
16335 El Camino Real Rm. 220  
Contact: Jean 281-488-2402 or Kay 281-557-3881

Baytown (49349)  
OA HOW 7:00 pm  
Grace United Presbyterian Church  
304 N. Pruett  
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

\*\*Santa Fe  
OA/HOW 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-283

**Intergroup Business Meeting**

Every Third Wednesday 7 pm  
Bay Area Community of Christ church  
Travis at Austin Streets in Webster  
Contact: Kay H. 281-557-3881

**THURSDAY**

League City (49391)  
11:30 AM  
Bay Area Club  
2111 Webster Street  
Contact: Gina at 409-939-6383

Angleton  
6:30 pm  
Angleton Danbury Hospital  
Hospital Drive

Webster (30093)  
6:30 pm  
Up the Street Club  
Suite 105, Big Book Study  
Contact: Chuck B. 281-332-3238

**FRIDAY**

Baytown \*New  
OA HOW 7:30 pm Friday  
San Jacinto Methodist Hospital  
Alexander Campus  
1700 James Bowie  
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

League City (48893)  
7:30 pm Friday  
12&12 Study  
Bay Area Club, Room F  
2111 Webster Ave @ FM 270  
Contact: Dinah 281-339-2727

**SATURDAY**

Clear Lake (12635)  
For Today/Discussion 10:30 am  
House of Prayer Lutheran  
14045 Space Center Blvd.  
Contact: Marcia 281-488-7684

**SUNDAY**

Webster (34237)  
WOMEN'S MEETING  
For Today/Discussion 6:30 pm  
Up the Street Club  
Contact: Kay H. 281-557-3881

\*\*This meeting is not affiliated with GBAI and is included on our list as a courtesy. Please contact the name listed if you have any questions regarding the meeting. If there are any changes or new meetings, please contact Kay H. at 281-557-3881.