

Serenity Times

January 2009

www.oagalveston.org

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

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 * **Upcoming Events:** *
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 * **Dallas Metroplex Intergroup of OA** *
 * **presents** *
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 * **“Stepping Together”** *
 * **2009 Convention** *
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 * **February 27—March 1, 2009** *
 * **in** *
 * **Dallas TX** *
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 * **For Information:** *
 * **www.oadallas.org** *
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 * 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 pro- :
 : gram are recovering from compulsive overeating. We :
 : welcome everyone who wants to stop eating compul- :
 : sively. 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, politi- :
 : cal 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

CONTROLLING
 More Inaccurate Thinking Patterns

(Seventh in a Series)

There is a distinction between control and discipline that I think I am beginning to recognize.

When we think of controlling, most often we think of controlling others. We realize we are powerless over people, places and things, so we strive not to be controlling. But I don't think we apply that to our food. I know I find myself attempting to control my food, my eating, and my addiction to compulsive eating. It occurs to me that this is playing God, attempting to do what I cannot do. I think of the Serenity Prayer. God grant me the serenity to accept the things I cannot change (God's part), the courage to change the things I can (my part), and the wisdom to know the difference.

In realizing there is a difference between control and discipline, I am responsible for creating an eating plan and using discipline to follow it. This is not control.

When I take over God's job and attempt to control my food I am not remembering I am powerless. I am the power. I will do it myself.

When I see a new diet in the latest magazine and I am lured in thinking "I could do this, I'll bet it would work and I can lose X number of pounds by X," I am into control.

When I made a chart of what I weigh and what I will weigh and begin weighing every day, excited at the thought of fitting into that pair of pants, I am into control again.

When I forget to plan when going out to a party or gathering where there is food, thinking I'll just let this be my meal and eat whatever I want this time, I am into control, not discipline.

When I am in the grocery store, hungry and not being mindful, throwing this and that into my cart, I am into doing it "my way." I am into control.

It never works. It is truly "self-will run riot."

My part is practicing discipline, having an eating plan, calling my sponsor, being conscious and aware, setting up safe guards ahead of time, following my plan one day, one event at a time, asking for God's help because I know I am powerless. I have a disease that is cunning, baffling and powerful. I cannot control it, but I must remember my Higher Power can if I will but "Let go and let God." Let me remember.

— the editor

Keep coming back!

MONDAY

Galveston (12615)
Discussion, 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Leanna: 713-410-3770
(Not certain, but will most likely be back after Ike!)

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

TUESDAY

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

FRIDAY

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

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12), 10 am
Clear Lake United Methodist Church
16335 El Camino Real Rm. 304
Contact: Jean 281-488-2402 or Kay 281-557-3881

SATURDAY

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

**Santa Fe (48068)
OA/HOW, 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

SUNDAY

Webster (34237)
WOMEN'S MEETING
OA 12 & 12, 6:00 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

Intergroup Business Meeting
Every Third Wednesday, 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.

THURSDAY

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