



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

Mark your calendars!

Annual Spring Retreat

Houston Metro Intergroup
March 24-26, 2006
Camp Allen

L.A. Intergroup Online Audio Files of OA Speakers

Check out <http://www.oalaintergroup.org/speakers> to find MP3 sound files of many great OA speakers sharing their experience, strength, and hope!

Overeaters Anonymous 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 GBAI of Overeaters Anonymous. Submit materials at OvereatersAnonymousGBAI@hotmail.com. The editor reserves the right to edit for space and style. Reprinting of this material is permitted provided proper credit is given the source.

Thoughts on Dependency

Needing people in our lives is healthy, human and natural. Needing a single person to love at a very deep level, is also soothing to the soul's well-being. Love and attachment are not synonymous, however. They are close to being opposites. If we "attach" ourselves to others, our movements as separate individuals are hampered. Attachment means dependency; it means letting our movements be controlled by the one we are "hooked" to.

Dependency on mood-altering chemicals, on food, on people, means unmanageability in our individual lives. Many of us in this recovery program, though abstinent, still struggle with our dependency on a certain person or a certain friend.

The tools we are learning apply in all cases of dependency. It is healthy independence we are striving for--taking responsibility for our own lives--making choices appropriate for our personal selves. Loving others means letting them make their own choices unhampered by our "attachment." *Are my relationships attachments or are they based on love? I will take an inventory of them today.*

—From *Each Day A New Beginning* (June 24)

Experience, Strength, and Hope

I went to my first OA meeting on October 14, 2000. I went to lose weight and have shed 50 pounds. The miracle is I have kept it off, which I have never been able to do. I was a yo-yo dieter. I don't know how I did it because I didn't do it. My Higher Power, whom I call God, is doing for me what I couldn't do for myself.

My daughter was away for four months, and I missed her terribly. Instead of hitting the cupboards, I went to meetings, used the tools and worked the Steps. While she was gone, the pounds melted away.

My weight has stayed off and my jeans fit because I am in contact with my Higher Power every day. This program amazes me. After struggling with my weight all my life, when I finally admit I can't do it alone and work the Steps, my weight does not consume me as it once did. I am truly grateful for the physical recovery, but I have received much more – a Higher Power with me every Step of the way, sanity in my life, and the love and support of the Fellowship, one day at a time. Thanks for giving me back my life! — B.C., Vermont, USA (reprinted from August, 2003 issue of *Lifeline*.)

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February 2006 MEETING LIST

MONDAY

Galveston
Discussion 6:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Alma 409-938-0069

Webster

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

TUESDAY

Alvin
Literature 6:30 pm
Diagnostic & Urgent Care Facility
301 Medic Lane (at Business Hwy. 35)
meeting in cafeteria
Contact: Betty B. 281-482-1234 or
Nancy R. 281-224-4084

Pearland

6:30pm
St. Stephens Lutheran Church
3521 Orange Street/Old Alvin Rd.
Contact: Cheryl 832-444-1848

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

FRIDAY

Webster
Literature 6:30 pm (Step Study/12&12)
Up the Street Club
508 Nasa Road 1
Contact: Doris 281-486-7080

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

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

WEDNESDAY

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

SATURDAY

Pearland
Literature 9:30 am
St. Stephen Lutheran Church
3521 E. Orange St./Old Alvin Rd.
Contact: Nancy 281-224-4084 or
Betty 281-482-1234

THURSDAY

Angleton
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (6:30 pm)
Contact: Claire 979-297-9726 or Margie
979-848-1030

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

SUNDAY

Webster WOMEN'S MEETING
For Today/Discussion 6:00pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Janis 281-337-5769

OA literature is now being sold at the Bay Area Club (2111 Webster St. in League City). A custodian is available from 11am-9pm every day. Special orders for literature not in stock will also be taken.