



Serenity Times

February 2008

www.oagalveston.org

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

Upcoming Events:

Newcomer's Information Day

Saturday, February 2, 2008
1:30—4:00 p.m.

Chapelwood Methodist Church
Williams Room 203
(Top of stairs, elevator available)
11140 Greenbay (off Memorial near Voss)
Houston TX

Dallas Convention

February 22-24, 2008
Embassy Suites Park Central
Dallas TX

2008 HMI Spring Retreat

Camp Allen
April 25-27, 2008

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

Valentine's Day is coming!

How do you plan to deal with all the chocolate that is offered to you this month? It will come from unexpected places, at unexpected times. Everyone will be indulging. Do you have a plan? I heard at a meeting recently, "If you fail to plan, you plan to fail."

Well, I thought at that time, I don't plan to fail. As the weeks have gone by, I've lived with that thought swirling around in my head. I must admit there is truth in it. When we do not plan how we intend to deal with some situation, we are not taking action toward the goal we want. . . to stay abstinent, be healthy, do our part. . . we are planning to fail. Bad as that sounds, check it out with yourself. Maybe it will feel true for you, too.

In thinking about what is my part to do and what is HP's part. The Serenity Prayer comes to mind, "God grant me the serenity to accept the things I cannot change, the courage to change the things I can," this is about our part. So creating a plan is ours to do.

Getting down on my knees, asking for help, sometimes whining, pleading, demanding, thinking my Higher Power will do it for me. Being mad at my Higher Power when it doesn't work. I believe it will work but I am realizing I must do my part. I must take action.

Plus, what if our actions are a prayer? A prayer to our Higher Power, a message to God that we are serious when we pray for help. It is so difficult at times to have clarity about the difference between my part and God's part. I guess that's why the prayer finishes with, "and the wisdom to know the difference."

So what is your plan to deal with the candy and chocolate that will appear unbidden every where you go this month? And maybe it will even be given to you as a show of love. What will you do? How will you handle it?

Being prepared will strengthen your resolve. This is your part. Do it and you can rest assured that your Higher Power will be right there supporting you, doing what you can't do. Never fear. We are in this together. Create a great plan and Happy Valentine's Day.

. . . the editor

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: tangedahl@juno.com

Before you take that first bite, think it through 24 hours.

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 6:30 pm
Up the Street Club
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.