Serenity Times

♥♥♥ February 2009 www.oagalveston.org

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

Upcoming Events:

Dallas Metroplex Intergroup of OA
presents
"Stepping Together"
2009 Convention
February 27—March 1, 2009
in
Dallas TX
For Information: www.oadallas.org

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OA Newcomers Workshop at Oasis Club
5645 Hillcroft, Suite 102
February 7th (2:00-4:00 pm)
Hosted by HMI
Food Obsession and Addiction
Obesity, Anorexia, Bulima
Obsession with dieting

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

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 RETIRING

Here is a great checklist for the end of the day.

A: Was I abstinent today?
E: What kind of exercise did I get today?
I: What did I do for myself today?
O: How were my dealings with others today?
U: What feelings did I uncover today?
Y: Did I have anything to say "Yippee" about today?

G: What are 3 things I'm grateful for today?

T: Which OA tools did I use today?
- Plan of Eating
- Telephone
- Literature
- Writing
- Sponsorship
- Meetings
- Anonymity
- Service

P&M: Did I do any meditations or prayer today?

F: How was my food for today?

For this we give thanks to:
Connie in Austin from the January 2009
Heart of Texas Intergroup Newsletter

It's all about Learning to Love Yourself!

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!)

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 6:45 pm
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. 304
Contact: Jean 281-488-2402 or Kay 281-557-3881

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

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 (47802)
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

League City (48893)
OA HOW, 7:30 pm
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)
OA 12 & 12, 6:00 pm
Bay Area Community of Christ Church
Travis @ Austin Street
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.