

# Serenity Times

March 2010

www.oagalveston.org

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

## Upcoming Events:

**2010 OA/Region III Convention**  
Hosted by  
**Arizona Serenity in the Desert Intergroup**  
Celebrating OA's 50th Birthday  
Tempe, AZ  
August 13-15, 2010  
For information call:  
Donna Kidner 480-946-8037

**Also Region III is planning a Cruise in 2011**

**GBAI Newcomer's Workshop (all welcome)**  
Saturday, March 27, 2010  
1:30-3:30 pm  
Bay Harbor United Methodist Church  
3459 FM 518E  
South Shore Blvd @ Deke Slayton Blvd.  
Eleanor 713-851-4012

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](mailto:tangedahl@juno.com)

**NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send me your email address at: [tangedahl@juno.com](mailto:tangedahl@juno.com)**

## IT WORKS FOR ME

An OA friend recently asked me to briefly describe the three aspects of my program This was my attempt to do so.

**Physical:** I have lost 75 pounds and maintained this loss for 16 years. At first, I weighed and measured my food and wrote down everything I ate. I lost the weight in seven months, then added foods slowly until I no longer was losing. I still am very careful about what I eat, and I mentally plan my meals. I no longer write down my food unless I feel it's getting slippery. I eat three moderate meals a day with nothing in between except non-caloric drinks. My meals have a one-hour start-to-finish limit. I never eat any of my personal binge foods, which are sweet and salty items—not a sample, a taste or a measured amount. I do what ever it takes to remain abstinent. That may mean missing a party, taking my lunch or avoiding a buffet. I do what ever it takes.

**Emotional:** I try not to react impulsively to any emotional situation. I have learned that do best when I take in the situation, think about it, pray about it and discuss it with my sponsor. I try to work the principles of the Steps in my daily life. I am usually a calm, serene person who takes no hostages and leaves no bodies in my wake! I assume that people are not out to do me harm and that the world is a wonderful place.

**Spiritual:** I pray and meditate first thing every morning. I also read some OA literature and do some writing. I ask God to be with me. I try to follow God through my day and go where He is. At night, I do a written Tenth Step as I review my day related to my physical, emotional and spiritual recovery. I also write down at least five things I am grateful for that happened that day. I f a review of my day indicates I owe amends, I do it first thing the next morning.

I practice some tools every day, but not all. I do much service, which I enjoy.

This is just a quick summary of my program. It works for me!

-Anonymous, Albuquerque, New Mexico  
Reprinted from Lifeline, April 2000.

**One Day at a Time!**

***Serenity Times, Publication of the Galveston / Bay Area Intergroup***  
**2010 Meeting List**

**MONDAY**

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

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 409-771-9221

**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, 7:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-2836

**SUNDAY**

Webster (34237)  
*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

**THURSDAY**

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

\*\*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.