

# Serenity Times

May 2007

www.oagalveston.org

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

## Upcoming Events:

**2007 HMI-GBAI  
Annual Convention  
September 14-16, 2007  
Galveston, TX**

**at  
The Holiday Inn Resort  
5002 Seawall Blvd.  
409-740-3581**

*(This is the only number that has OA convention  
room rate information.)*

**OA World Service Convention  
August 30—September 2, 2007  
Loews Philadelphia Hotel  
Philadelphia, PA**

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)

## The Big Book

Thoughts have been rattling around in my mind, inspiring me ever since I was reading the Big Book of Alcoholics Anonymous a few days ago.

Maybe to inspire you, here are these words from Bill's Story: "My friend suggested what then seemed a novel idea. He said, "Why don't you choose your own conception of God?"

"That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last.

"It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend . . . I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since. . .

"Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all. . .

"These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric. There was a sense of victory, followed by such a peace and serenity as I had never known. There was utter confidence. I felt lifted up, as though the great clean wind of a mountain top blew through and through God comes to most men gradually, but His impact on me was sudden and profound."

I want to encourage you to pick up The Big Book and let the wisdom of this way of life speak to you.

—the editor

**Release me from the bondage of self.**

**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 7 pm  
Bay Area Community of Christ church  
Travis at Austin Streets in Webster  
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

Webster (07234)  
Literature 6:30 pm (Step Study/12&12)  
Up the Street Club  
508 NASA Road 1  
Contact: Doris 281-486-7080

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 6:00 pm  
Bay Area Community of Christ Church  
Travis at Austin Streets  
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 Meeting, please contact Kay H. at 281-557-3881.