

# Serenity Times

May 2008

www.oagalveston.org

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

## Upcoming Events:

**Mark the date:**

**September 12-14, 2008**

**For the**

**HMI-GBAI 30th Annual OA Convention**

**at**

**Holiday Inn on the Beach**

**5002 Seawall Blvd, Galveston TX 77550**

**First Planning Meeting**

**2:00 p.m., Saturday, May 3, 2008**

**at**

**Up The Street Club**

**508 NASA RD. 1, Webster TX 77598**

**(Convention Volunteers are needed. Please feel free to come to the planning meeting or email us at**

**oa@oahouston.org to sign up.)**

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

## THE NAME IS LOVE

Before I joined Overeaters Anonymous, I proclaimed to believe in God, and I pretended to accept His life. Fear of this God motivated most of my actions, and I was filled with negative thinking. Food was my idol because I reached for something to eat when I felt afraid, guilty, sad or even joyful.

During my first years in program, I was unsure of the God in my program. I abstained from compulsive eating, but my emotions still ran amok. Only in being honest about my fears and lack of faith was I able to continue toward I believe today.

My Higher Power has changed my thinking a great deal. I have found a name for that Power. The name is love. I find that I have just what I need for each day, and my thoughts are serene and positive. I trust my HP with all my choices in life.

The Second Step says, "Came to believe that a Power greater than ourselves could restore us to sanity," and I have regained that sanity that was in my childhood. When I was young, I learned a simple mealtime prayer that is much more meaningful now when I really believe it. The prayer is:

God is great.  
God is good.  
Let us thank Him  
For our (abstinent) food.

When I reflect on the Eleventh Step and its suggestion to "improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out," I am convinced I am doing His will when I thank God for my abstinence and for the wonderful ways He has improved my relationship with Him, with myself and with others. I have no doubt that this Higher Power is loving, accepting and forgiving constantly.

— B. R., Baker City, Oregon USA

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

**Cunning, Baffling and Powerful!**

**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  
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

Mt. Olive Lutheran Church  
OA HOW Meeting 8 pm  
10310 Scarsdale  
Contact: Teresa L. 281-554-2836

\*\*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.