



Serenity Times

June 2008

www.oagalveston.org

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

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 * **Upcoming Events:** *
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 * **Mark the date:** *
 * **September 12-14, 2008** *
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 * **for the** *
 * **HMI-GBAI 30th Annual OA Convention** *
 * **at** *
 * **Holiday Inn on the Beach** *
 * **5002 Seawall Blvd, Galveston TX 77550** *
 *
 * **Convention Volunteers are needed. Email us at** *
 * **oa@oahouston.org to sign up.** *
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 * **Next Planning Meeting is June 14 at 2 pm at the** *
 * **Oasis Club.** *
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 * For information about any workshop check online at *
 * www.oahouston.org or www.oagalveston.org *
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“True Humility”

“Liking myself, as God does, opens new doors, evokes a new spirit that gives me courage and makes room for true humility.” from **For Today**, January 24.

When I first walked in to the rooms of Overeaters Anonymous I hated myself and what I had become on the outside. I realized after a few meetings that I really didn’t even know who Karla was on the inside. I was so confused about me, my life, and where I was headed.

I remember the “sick” state of mind I was in the first week I joined OA all too well. Oh, the painful memories . . . I was in a dressing room at Target, shopping for a trip to Florida . . . Yes, I was facing the dreaded swimsuit shopping that I had been putting off for weeks in hopes of losing a few pounds. My mind was racing and I was thinking , “Oh God, please let this suit fit and look good so I can get the heck out of here! I managed to pour myself in to the first swimsuit. Slowly but surely, I finally looked up at myself in the long-length mirror and how disgusting I looked! I shook my head in disbelief. I said to myself, “I hate you,” and asked, “Karla, what have you done to yourself!” I didn’t even recognize myself.

Today, almost eight months in the program I am learning to know myself and actually learning to like myself on the outside as well as the inside (with the help of my Higher Power, of course).

OA gives me the tools to help me learn about myself and it was when I took my first Fourth Step and trusting my sponsor that helped me along the way. I am so thankful for the Program and the many new doors that are opened daily in my life. This Program gives me a true since of humility!
Thank you, OA.
Karla

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 : OA is a fellowship of individuals who, through shared :
 : experience, strength, hope, and the 12 steps of this pro- :
 : gram are recovering from compulsive overeating. We :
 : welcome everyone who wants to stop eating compul- :
 : sively. 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, politi- :
 : cal 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. :
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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

Think, Think, Think!

MONDAY

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

TUESDAY

Galveston (36835)
OA HOW 7:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Bill 409-943-4569

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. 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 (48068)
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 (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

**Baytown (09050)
OA HOW 7:30 pm
San Jacinto Methodist Hospital
Alexander Campus
1700 James Bowie
Contact: Ruth 832-838-0901
or buffum51@yahoo.com

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)
WOMEN'S MEETING
OA 12 & 12 6:30 pm
Up the Street Club
Contact: Kay H. 281-557-3881

Mt. Olive Lutheran Church (50104)
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.