



# Serenity Times

July 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**

**Convention Volunteers are needed. Email us at**

**oa@oahouston.org to sign up or for the**

**Next Planning Meeting.**

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

## PERFECTIONISM

(First in a Series)

The journey to healthy thinking patterns has been a long one for me. Even before I found OA 3-4 yrs ago, I was forced to evaluate the inaccurate thoughts that I habitually used. These thought patterns were, by then, chemically imprinted so I could not see the damage they were causing me. The negativity led me to bouts of binge eating so I could soothe the obsessive thinking and the hurt that my own thoughts were causing me.

At times, I felt paralyzed and panic stricken and did not know why. When I was overeating, I didn't have to think anything. I was soothed by the numbness that compulsive overeating causes. I was actually on a precipice where I could not afford one more negative thought.

There turned out to be eight types of illogical thinking that I was using. I was in deep denial so asking the help of those who loved me was necessary to help me cull them out of my behavior, language and thinking. *You humble me, Lord*

One inaccurate thinking pattern was **Perfectionism**. I actually thought that less than perfect was unacceptable. It never dawned on me to question my thinking or explore the consequences of this. The good consequence was that it gave me boundless energy to achieve, work, and accomplish, especially in school and career. The bad consequences, however, tempered any good and left me with depression, low self worth, and an eating disorder that teeter-tottered from anorexia to compulsive bingeing.

Life could not be perfect unless the whole house was immaculate and orderly, the errands and shopping were complete, the children were clean and homework finished, and the gourmet dinner was nutritionally balanced. We all know that these things never happen all at once so I had great delayed satisfaction as I waited for life to start. I lived for tomorrow when I could get everything done and missed much of today. My family of origin had many problems so I fixed this by making a perfect one up. Though I labored day and night for straight A's in school, I ran through the graduation awards ceremonies, wondering what I could accomplish next. I didn't stop to appreciate the goals I met because it was never enough. I forced religion so my spiritual life would look perfect. My fear of failure oftentimes paralyzed me from even starting. Panic came from fear of being "less than" perfect. Control was needed so I could handle this defect so this led to other defects.

Step four helped me to name these flaws. Sharing it with another human being in step five helped me clarify and verbalize the problems, making them real. My sponsor was so gentle and nonjudgmental as she helped me to let go of control and forced perfection of myself and others. Now, good is good enough. I don't have to be or do anything perfectly. My life happens in the here and now. I love to spread the word, "You are a good mom and good is good enough, don't be so hard on yourself, celebrate everything today, etc."

God has led me to and through recovery in OA. None of this can be clear to me unless I am abstinent and work the steps. Thank you, OA. (Anonymous, Clear Lake)

**Just for today!**

**MONDAY**

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

**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. 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.