

Serenity Times

August 2007

www.oagalveston.org

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

Upcoming Events:

Abstinence Workshop
1-5 p.m. Saturday, August 18, 2007
Chapelwood Church
Houston

Tools of Recovery
Victoria TX
Saturday, August 4, 2007
Contact: Elaine 572-0619
ecooper40@suddenlink.net

Annual Convention in Galveston
September 14-16, 2007
Holiday Inn Resort
5002 Seawall Blvd.
409-740-3581

Ring in Recovery:
Declare Your Freedom from Compulsive Eating
OA World Service Convention in Philadelphia
August 30-September 2, 2007
Loew's Philadelphia Hotel

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

WHY I KEEP COMING BACK

This is the place that opened my eyes to a magnificent HP!
Here I learned that I wasn't alone, wasn't the only one.
Here, people gave me hope and encouragement.
Here, you showed me how to laugh again, but not at myself, but at my humanness.
Here, you helped me open the doors that I had slammed shut in the past.
Here, you showed me how to air out that old business and clean up my part.
Here, I began to become more of the "real me," not the frightened angry, lost child.
Here, your hand of friendship and love was shared freely.
Here, you taught me that I am not a bad person, I just didn't have a program to work.
Here, by your example, I learned I could take responsibility for myself.
Here, you taught me how to reject the old familiar fears.
Here, you led me to nurture hope in myself, and to share it.
Here, you taught me how to be a good mom, friend, worker, a better person in every place I lived.
Here, I saw you keep coming back and continue to reach out with love to other—you taught me to give it away to keep it.
Here, you helped me learn that perfect was not an option.
Here, you told me to strive to be "pretty good."
Here is where I come and know I'm home.

From: *Letters of HOPE*
A publication of the Dallas Metroplex Intergroup.
March 2007

One Day at a Time!

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.