

# Serenity Times

August 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](mailto:oa@oahouston.org) to sign up**

**or find out more information about the**

**Next Planning Meeting.**

For information about any workshop check online at  
[www.oahouston.org](http://www.oahouston.org) or [www.oagalveston.org](http://www.oagalveston.org)

## CATASTROPHIZING

More Inaccurate Thinking Patterns

(Second in a Series)

I have been a grateful, recovering compulsive overeater and a member of OA for 5 years. Mainly, I binge from feelings of anxiety so by identifying inaccurate thinking patterns, I have been able to diminish the anxiety that they cause. Last month I wrote about the joy and peace of mind that PERFECTIONISM steals away. Today I want to tell you how my brand of CATASTROPHIZING led to years of crazy thinking and crazy eating. Catastrophizing, for me, was seeing life events as calamity, disaster, misfortune, tragedy, and devastation. This may have been on a minor or even more dramatic major scale. I would relate situations to friends as if acting in a Greek play so they could also grasp the seriousness of the situation.

I never saw this in myself. I truly believed that my life was one catastrophe after another. Did I think people would not care about me or think me boring if my life was serene? This false interpretation of life events led to much anxiety and therefore more binge eating. The day an acquaintance said to me, "Every time I talk to you, you have a disaster going." It was an epiphany, a moment of growth. It was the way that I defined events as a drama unfolding, that made my life seem like a cataclysmic upheaval.

This was a hard habit to break. Identifying and defining the crazy thinking really helped to ferret out even less obvious uses of this faulty thinking pattern that was stealing my serenity and joy. It is hard work to change the way I was thinking but when I realized I was making most of my own drama, I turned to my Higher Power for help. Now, I run from negative thinking and regale in the serenity the 12 steps and OA have helped me achieve.

ANON, Clear Lake City

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)

**"It works, if you work it!"**

**MONDAY**

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

**TUESDAY**

Galveston (3683 )  
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.