

# Serenity Times

August 2010

www.oagalveston.org

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

## Upcoming Events:

**2010 OA/Region III Convention**  
Hosted by  
**Arizona Serenity in the Desert Intergroup**  
Celebrating OA's 50th Birthday  
Tempe, AZ  
August 13-15, 2010  
For information call:  
Donna Kidner 480-946-8037

Galveston Bay Area Intergroup & Houston Metro Intergroup  
present  
**OA ANNUAL CONVENTION**  
October 22-24, 2010 at Galveston TX  
For information contact:  
Helen Delome 281-844-6154

Also Region III is planning a Cruise in 2011  
Buy some tickets for a free cruise!  
3 tickets for \$25 or 1 ticket for \$10.  
Email: [marcia.fisher@sbcglobal.net](mailto:marcia.fisher@sbcglobal.net)

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



## You might be a compulsive eater if . . .

Every time you overeat,  
you promise yourself that you'll never do it again.  
But sure enough . . .

You are thinking about lunch before you even finish  
breakfast . . .

You know how much you weighed at every mile-  
stone moment in your life . . .

You're always the first one done eating . . .

You give directions based on "all you can eat" res-  
taurants: "Go to the Furr's cafeteria and turn right,  
then 2 streets after the Golden Panda Buffet take a  
left. It'll be on your right side between Pancho's  
and Cici's" . . .

You ogle the grocery ads in the paper as if they  
were a playboy centerfold . . .

You eat alone so you can shovel it in without public  
disgust . . .

You can't remember your own phone number but  
know all the pizza delivery places' phone numbers  
by heart . . .

You think one gallon of ice cream (or a dozen box  
of donuts) is a single serving . . .

You drink a diet soda with your binge to counteract  
the calories . . .

You think that if food is half price, it has half the  
calories, and if it's free, then it has no calories . . .

From Letters of Hope, Selected from the Entertain-  
ment night at the 1010 DMI Convention, Courtesy  
of Steve G.

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.

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 ma-  
terial is permitted provided proper credit is given the  
source. Please send submissions to: [tangedahl@juno.com](mailto:tangedahl@juno.com)

NOTE: If you would like to have a monthly copy of Serenity  
Times emailed to you, please send me your email address at:  
[tangedahl@juno.com](mailto:tangedahl@juno.com)

**Don't take that first compulsive bite.**

***Serenity Times, Publication of the Galveston / Bay Area Intergroup***  
**2010 Meeting List**

**MONDAY**

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

Webster (30093)  
6:30 pm  
Up the Street Club  
Suite 105, Big Book Study  
Contact: Chuck B. 281-332-3238

**TUESDAY**

Clear Lake (46923)  
OA HOW Discussion, 7:00 pm  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 409-771-9221

**FRIDAY**

League City (48893)  
OA HOW, 7:30 pm  
Bay Area Club, Room F  
2111 Webster Ave @ FM 270  
Contact: Dinah 281-339-2727

**WEDNESDAY**

Clear Lake (13244)  
Literature (Big Book/12&12), 10 am  
Clear Lake United Methodist Church  
16335 El Camino Real Rm. 304  
Contact: Jean 281-488-2402 or Kay 281-557-3881

**SATURDAY**

Clear Lake (12635)  
*For Today*/Discussion, 10:30 am  
House of Prayer Lutheran  
14045 Space Center Blvd.  
Contact: Marcia 281-488-7684

\*\*Santa Fe (48068)  
OA/HOW, 8:00 pm  
Thelma Webber Community Center  
14304 Beriton (East Meeting Rm.)  
Contact: Teresa 281-554-2836

**SUNDAY**

Webster (34237)  
*OA 12 & 12*, 6:00 pm  
Bay Area Community of Christ Church  
Travis @ Austin Street  
Contact: Kay H. 281-557-3881

Intergroup Business Meeting  
January, April, July, October  
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

\*\*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.