

# Serenity Times

September 2009

www.oagalveston.org

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

## Upcoming Events:

### Fall '09 Region 3 Convention & Assembly of Overeaters Anonymous

Route 66 - The Road of Recovery

Albuquerque, NM

October 16-18, 2009

Hilton Albuquerque

Contact: Sarah R., 362-3629

<http://groups.google.com/group/CNMIR3>

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

## ABSTINENCE

All last month we focused on abstinence and there were so many helpful thoughts that were shared. Here are some of them:

Don't take that first compulsive bite.

Nothing tastes as good as neutrality with food feels.

Grab the pencil and paper and write out your feelings before you take a bite.

Use the tools of the program first.

It feels so good when you are free of the compulsive behaviors and obsessive thoughts of our addiction.

It is an up-and-down process of recovery, you are free, and then you get caught in it again, and then you find yourself free once more. It seems this is the way recovery comes to some of us.

What works for one person, may be very different than what works for another.

Some find writing their food down every day keeps them more conscious and aware.

Some people needed to follow their plan strictly and precisely in the beginning of their recovery, but years later find they need a more flexible pathway. We are growing and changing in our recovery.

**A CHANGE:** The WSBC of OA (World Service Business Conference) in May 2009 redefined abstinence. It is now: **Abstinence in OA is the action of refraining from compulsive eating and compulsive behaviors.**

There is a new email address for the bookstore of OA: (<http://bookstore.oa.org/>)

Thanks to Marcia F. for this information.  
-the editor

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

**Share it with your sponsor!**

**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, 6:45 pm  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 281-614-1981

**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  
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

\*\*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.