

Serenity Times

October 2008

www.oagalveston.org

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

Upcoming Events:

DUE TO HURRICANE IKE

**THE
ANNUAL OA CONVENTION
IN
GALVESTION
SCHEDULED FOR SEPTEMBER 12-14, 2008**

**WAS
POSTPONED**

**For information about
THE NEW DATE
GO TO
www.oahouston.org or www.oagalveston.org
(It may be awhile.)**

BLAMING

More Inaccurate Thinking Patterns

(Fourth in a Series)

Always contributing the cause to something or someone outside of oneself. This is another in this series of “stinking thinking.”

I remember when I first heard someone describe Alcoholism as a Thought Disorder, I had that feeling wash over me of recognition. Yes, it is disordered thinking. All of our addictions are created from our faulty, inaccurate thinking patterns.

This is why attending meetings is so valuable to me. At every meeting I hear someone say something that changes my thinking into a more sane way of seeing a situation. And I need to be reminded over and over. I liken it to being thirsty. I get a drink of water and I am fine, but I need one over and over throughout the day, and every day. The “cunning, baffling and powerful” aspect of this disease will take over, and I forget. I will be into my old inaccurate thinking patterns again in a flash.

It is so easy to blame someone or something for my compulsive overeating. Well, she brought over cookies and I couldn't refuse. She should have known better. He always invites me for ice cream and he can eat all day long and never gain a pound. They bring donuts every morning to work and tempt me every day. He made me so mad. I couldn't stand it. She is so inconsiderate.

He, she, they are always there to blame. Taking responsibility for myself and for the food I put into my mouth is the antidote for this. It is NOT blaming myself. That is still “stinking thinking.” But assuming responsibility for every bite is the key.

I know fighting with the addiction and trying to control it is a losing battle. That is my Higher Power's responsibility. My part is to be responsible for what I think, what I say, and what I do. And then to made good decisions about what I do put in my mouth. So giving up blaming, letting go and letting God, and taking responsibility for my thinking and behavior is the pathway out of this blaming, inaccurate pattern of thinking. — 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

“I turn my life and will over to Your care.”

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

**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

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.