

Serenity Times

October 2009

www.oagalveston.org

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

Upcoming Events:

Three Holiday Workshops!

HOW HOLIDAY WORKSHOP

November 7, 2009, 1:00-4:00

House of Prayer Lutheran Church 14045 Space Center Blvd.
Call: Ramona: 409-771-9221 or Mary Helen: 713-208-5214

GBAI Holiday Workshop

November 14, 2009 2:00-4:00

Bay Harbor United Methodist Church
3459 FM 518, League City TX 77573
Call: Eleanor 713-851-4012

“STEPPING THROUGH THE HOLIDAYS”

Saturday, November 21, 2009 1:00-3:00

At the Oasis club
Houston, TX

For information about any workshop check online at
www.oahouston.org or www.oagalveston.org

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

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“No Longer Alone”

Before I was guided to the program of OA, I was controlled by food. Food was all that I thought about. While eating breakfast, I would be thinking about what I had to snack on before lunch, where was I going to eat lunch, what I was going to eat for dinner and what my bedtime snack was going to be. What kind of life was this? I can tell you that it was not a very pleasant life. I lived to eat anything and everything that I could.

Food was my best friend. It could not talk back to me. I only enjoyed what I was eating at the time I was eating it, then afterward, I would sometimes feel sick. I would tell myself that I was not going to do that anymore, but was never able to keep that commitment to myself. Before an hour or two had passed, I was again searching for food.

When I walked into my first meeting in OA, I realized that I was **no longer alone**. There were other people who had the same thoughts, feelings and fears that I had. I felt at home in the rooms of OA.

That day I stopped eating everything in sight. I, by the Grace of God, was able to begin my abstinence and only have three meals a day. I never before realized that I could ask God to help me with my food. I thought that I just did not have the willpower or that I wanted to lose weight bad enough to be able to diet.

After that meeting when God so graciously helped me put the thought of food out of my mind. I have been a different person. My friends have commented about my difference in attitude and about the weight that I have lost.

I do want everyone to know that God did not take the fork out of my hand. When I asked for help from God, I knew that I would have to do the footwork and remove the fork myself. God has given me the strength that I need to be able to only eat three meals a day. He has given me the strength to tweek my plan of eating to a point that is allowing me to lose weight. I can go by the snack aisle in the grocery store and not think about picking up something to snack on. God has given me this strength. I do a lot of service in OA and this has helped me to remain strong to the program.

I thank God and I thank OA for the wonderful blessing of remaining abstinent and for removing the hold that food had on me. Now I have a life between meals that I am enjoying. P.G.

Adapted from Letter of HOPE, May 2008

Do the next right thing!

Serenity Times, Publication of the Galveston / Bay Area Intergroup
2009 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, 6:45 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
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.