

Serenity Times

November 2006

www.oagalveston.org

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

Upcoming Events:

November 18, 2006
Hope for the Holidays Workshop
Chapelwood United Methodist Church
1:00 to 4:00 pm
Houston

December 8, 2006 at 7:45 p.m.
The Help for the Holidays Workshop
Up the Street Club, Room #2
Webster

PLAN AHEAD:
HMI Spring Retreat
April 27-29, 2007
Camp Allen

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.

CHOOSING WITH PERSONAL FREEDOM

Abstinence has been defined in simple terms—the action of refraining from compulsive overeating—yet we tend to complicate the definition with our personal views. Too often we hear that abstinence means no sugar, flour, or even caffeine. It's wonderful that some members have identified these substances as dangerous for them and are successful in eliminating them from their diets. It should be stressed, however, that these are personal decisions, not right or even beneficial for everyone in OA. People who have no problem with a particular food should not feel pressured or have to endure shocked looks for their food choices.

I think this is particularly harmful to newcomers who may be scared off by the thought of never eating sugar or flour again. They need to understand that food is not our problem—the compulsive behavior is. And compulsive is not *what* we eat, it's *how*. As we begin working the program, we are soon capable of discerning the difference between eating out of compulsion or simple hunger. Then what or when we eat becomes secondary to whether the eating is healthy or is driven by our disease. If we try to compare ourselves to or copy others, we may fail to live up to the standard and react with a binge. Why give newcomers any more guilt, fear, or pressure than they have when they come in the door?

Let's give OAs, both oldtimers and newcomers, a basic definition of abstinence and allow them to make their own choices. Thus everyone can have the same abstinence, although some will limit food intake more than others and individual food plans may change over time. When we are abstinent, the action of refraining will be present regardless of what we eat. Just as OA promises us freedom from compulsive overeating, we should give fellow members the freedom to shape their specific abstinence and make their own wonderful journey to recovery.

Crestview, Florida

From: *Abstinence (Members of Overeaters Anonymous Share Their Experience, Strength, and Hope)*

It works, if you work it!

MONDAY

Galveston (12615)
Discussion 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Alma 409-938-0069

TUESDAY

Alvin (45605)
Literature 6:30 pm
Diagnostic & Urgent Care Facility
301 Medic Lane (at Business Hwy. 35)
meeting in cafeteria
Contact: Betty B. 281-482-1234 or
Nancy R. 281-224-4084

**Clear Lake LUNCH MEETING
Literature (Step Study) 12-1:00 pm
Clear Lake United Methodist
Meets in Youth Cafe
16335 El Camino Real
(Between El Dorado and Bay Area)
Contact: Cindy 281-450-9308

Clear Lake
OA HOW Discussion 6:45 pm (46923)
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)
7:00 PM
Grace United Presbyterian Church
304 N. Pruett
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

**Santa Fe
OA/HOW 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-283

THURSDAY

League City (49391)
11:30 AM
Bay Area Club
2111 Webster Street
Contact: Gina at 409-939-6383

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (6:30 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

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

FRIDAY

Baytown *New
OA HOW 7:30 pm Friday
San Jacinto Methodist Hospital
Alexander Campus
1700 James Bowie
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

Webster (07234)
Literature 6:30 pm (Step Study/12&12)
Up the Street Club
508 NASA Road 1
Contact: Doris 281-486-7080

League City (48893)
OA HOW 7:30 pm Friday
12&12 Study
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
For Today/Discussion 6:00 pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Kay H. 281-557-3881

Ellington/Scarsdale Area
8 pm
Mount Olive Lutheran Church
10310 Scarsdale

**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.