



# Serenity Times

December 2008

www.oagalveston.org

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

## Upcoming Events:

### STRATEGIES FOR SURVIVING THE HOLIDAYS

Hosted by  
Houston Metro Intergroup of Overeaters Anonymous  
Join us at  
Chapelwood United Methodist Church  
Williams Room 203 (top of stairs, elevator available)  
11140 Greenbay (Memorial & Voss Area)  
Houston TX

**December 6, 2008**  
**2:00 to 4:00 p.m.**

Let's get through the Holidays "One Day at a Time."  
Members of OA will share their experience, strength and hope with  
ways to remain abstinent through the Holidays.

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

**Dallas Metroplex Intergroup of OA presents**  
**"Stepping Together" 2009 Convention**  
**February 27- March 1, 2009 in Dallas TX**  
**For Information: www.oadallas.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

## MINIMIZING

### More Inaccurate Thinking Patterns

(Sixth in a Series)

Growing up in dysfunctional families we created many ways of dealing with the confusion and the problems in our lives. Our little minds were very creative. We developed many inaccurate patterns of thinking in an effort to cope with what was happening.

One brilliant pattern was to make light of the painful things around us. We would tell ourselves they did not mean it. It wasn't so bad. It didn't happen.

I have a memory of sitting on my boyfriend's lap as a young teen-ager, making excuses for my father who was never home in the evenings because he was out drinking.

Inside I was anxious and embarrassed all the time but I told myself it didn't matter, it was ok, and that I understood. After all he didn't have a wife to come home to. I was minimizing the truth and my pain. Those old patterns, that "stinking thinking" of old, still live in me, now and then to be resurrected when some part inside of me thinks I need protection.

I now know that kind of thinking does not protect me at all. In fact it makes my life so difficult because you can't really deal with life and life's problems unless you are seeing the truth in each situation.

Sometimes it is minimizing my feelings. Sometimes it is minimizing the situation or actions of other. Sometimes it is minimizing what I am eating or why I am eating. Oh well, I didn't have that much for lunch so I can have more tonight. Or... I didn't have that many chips when the bag is half gone in one sitting. We can minimize in all areas of our lives to our detriment. It interferes with living a good program.

So telling ourselves the whole truth and nothing but the truth is vital to our recovery. When I was taking some training with Pia Melody and doing my own recovery work with her, I said, "My dad was always there for me," She said, "I don't believe that." I was shocked and didn't like it a bit. That believe was something that I thought gave me stability. Through my work with her I came to learn my father always loved me, but he was not there for me. He was an alcoholic. Alcoholics are never there for anyone.

So understanding minimizing, understanding how it shows up in our lives, telling ourselves the truth about life is what we need to do to conquer this inaccurate thinking pattern. The holidays may just be the perfect time to work on this. Blessings!  
—the editor

**Remember to use the tools, especially during the Holidays!**

**MONDAY**

Galveston (12615)  
Discussion 5:30 pm  
Westminster Presbyterian Church  
5127 Avenue U  
Contact: Leanna: 713-410-3770  
(Not certain, but may be back after Ike!)

**TUESDAY**

Clear Lake (46923)  
OA HOW Discussion 6:45 pm  
House of Prayer Lutheran Church  
14045 Space Center Blvd.  
Contact: Ramona 281-337-0704

**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 6:00 pm  
Bay Area Community of Christ Church  
Travis @ Austin Street  
Contact: Kay H. 281-557-3881

\*\*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.