

Serenity Times

December 2011
www.oagalveston.org

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

UP COMING EVENTS

Dallas Metroplex Intergroup
Overeaters Anonymous
Presents

The Texas Twelve Step 2012 Convention February 24-26

Registration Form and other info at:
<http://www.oadallas.org/Registration>

December 12 — Twelfth-Step-Within Day

Celebrated on December 12 each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

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: serenitytimes@hotmail.com

NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send your email address to: serenitytimes@hotmail.com



Coping with the Holidays: Advanced Planning

"If I fail to plan, I plan to fail" shared an OA member at a meeting in Silver Spring, Maryland. Each day I strive to follow my food plan, exercise for an average of 30 minutes, do service and make outreach calls. I have been tweaking this plan for 25 years. I have been maintaining a 50-pound weight loss. My emotional, physical and spiritual plan ramps up at the end of October, but preparations may begin 12 months ahead of time. While I am not at my goal weight yet, my goal for the holidays is to maintain my weight and enjoy. On Halloween, All Hallows' Eve is my religious tradition, sugarless gum and a pile of quarters solve the "What do I give for treats?" problem. Trick or treat is followed by two holidays, All Saints Day and All Souls Day. On those days I pray for deceased family members and meditate on the personality traits I admired in them and would like to emulate.

At Thanksgiving I celebrate my attitude of gratitude. My husband and I make a gratitude list and share it. When it comes to Thanksgiving dinner, I often choose vegetarian entrees; I am a social omnivore. If I'm attending a traditional Thanksgiving meal, my aim is a human-sized serving of my Thanksgiving favorites. At holidays I allow myself one serving of dessert. I feel it is important to have a celebration of the holiday in a way that allows for fellowship with my family and does not leave me feeling deprived. Around the holidays, I make an effort to walk more. A stroll after dinner with my husband is romantic.

In December my religious tradition celebrates Christmas. This is my most challenging holiday because I love every aspect of it, including the spiritual rebirth of faith, hope and love. I attend my weekly meetings as usual; schedule plenty of exercise, especially yoga; and most important, I limit my holiday activities to my most meaningful ones. I do what I can when I can. Whatever gets done gets done, and that is enough. Letting go and letting God is a must. Gone is the expectation of a "perfect Christmas." Most years I chair a preholiday mini-marathon where speakers share on holiday themes. Two of the most popular themes are prioritizing time and getting along with family members. I write a special holiday card to my sponsor and start my cards in November. If I am going to a holiday meal, I eat a human-size serving of a protein, veggie and grain, and one serving of dessert. If the meal is in a restaurant, I eat a half or one-quarter of a portion, whichever quantity approximates my regular human-serving notion. Advanced planning is key.

— Elaine B., Bellingham, Washington USA



For an honest, balanced view of myself, I take a few moments in which I free my mind of everything except God's love for me.

--For Today (153)

Serenity Times, Publication of the Galveston / Bay Area Intergroup 2011 Meeting List

MONDAY

Deer Park (51567)
Open Meeting, Literature 11:30 a.m.
In His Presence Fellowship Church
1202 East P Street (Fellowship Hall)
Deer Park TX 77536
Contact: Bekki S. 409-454-5720

****Channelview**
OA/HOW Big Book Study, 7 pm
Old River Terrace United Methodist Church
16102 I-10 East Freeway
Channelview TX 77530
"O" Building back parking lot Conference Rm 1
Contact: Teri V. 713-865-3668

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 7 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

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

****Santa Fe (48068)**
OA/HOW, 8 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

Intergroup Business Meeting
January, April, July, October
Third Wednesday, 5:30 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

**** Baytown (49349)**
OA/HOW 7 pm
Grace United Presbyterian Church
304 N. Pruett
Contact: Ruth 832-838-0901 or
buffum51@yahoo.com

THURSDAY

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

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: Carolyn 281-534-0819

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)
OA 12 & 12, 6 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Eleanor B. 713-851-4012

****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.**

- A new Spanish telephone meeting, Tuesdays 9 pm (New York time) Call 712-432-3900, participant code is 629561#. Check OA website for information.