



Under the Knife – Lifeline, September 1983

“It would be nice to say that going under the knife did turn out to be the easy way out...”

How many times has each of us searched for the easy way out of our sickness?

One of my quests for an easy way out began three years ago in Gitmo Bay, Cuba, where I desperately tried to convince the Navy doctors that I was a prime candidate for gastric stapling. It didn't take much convincing because the doctors were as confused as I was. We were looking for an easy way out – I, for the solution to my compulsive overeating and weight problem; the doctors, for a way to rid themselves of something they didn't understand.

After a week of paperwork and phone calls, I was on a plane headed to Bethesda Naval Hospital.

On arriving in the States, I called my family and told them the news. Both

my sisters lovingly offered to come to Maryland to be with me, but I asked them not to. However, while my mouth was saying “I don't want you to go to that expense; I got myself into this and I have to get myself out,” my heart was crying



“Please help me! Please love me!” Today I can see that part of my sickness was my inability to reach out for help, which in turn stemmed from the low opinion I had of myself: I wasn't worth the time, expense and trouble it would take for my sisters

to come and be with me.

I went into surgery weighing 337 pounds. I was cut from breastbone to bellybutton, and after the stapling was done I spent twenty-four hours in intensive care. A suction tube went up my

nose and into my stomach and remained there for five days, during which I was allowed nothing by mouth, not even water. I went through thirty-five bottles of that stuff they hang from poles. My arms and hands looked like pin cushions and “Ouch, it hurts” hardly seems strong enough to describe the pain. After three weeks in the

hospital, I was given instructions that would permit the operation to work, and I flew back to Cuba.

– Continued on page 2

April 2017

Announcements

April 1 & May 6
9:45am Step Study,
Church of Reconciliation

Apr. 8 & May 13
9:45am Intergroup,
Church of Reconciliation

10am Newcomer/
Welcome Back,
Church of Reconciliation

May 13
Region 3 2019
Planning Meeting
@11am, Church of
Reconciliation

June 9-11
Slumber Falls Re-
treat

Under the Knife — continued

It would be nice to say that going under the knife did turn out to be the easy way out, but it didn't. When I returned for a physical eighteen months later, it seemed the ultimate irony that I weighed exactly 337 pounds.

That was the end of my search for the easy way out. Insane as it is to think of surgery as "easy," it was really an extreme example of everything else I tried; it dealt only with the physical part of me, not with my problem. There may be some for whom this operation has worked, and if it solved their problem, I'm happy for them. But it didn't work for me, except to propel me toward a different way — a way that does work.

Writing about my experience brings tears as well as

smiles. The tears are tears of growth in Overeaters Anonymous. OA has given me new vision and I can now see the sadness of putting my life on



the line to deal with my problem. The smiles, too, are smiles of OA growth. I know now that help is there for me, that I don't require knives, pills or other drastic measures.

I've been abstaining for two months and I've given away 29 pounds. I can't say it has been easy. I was reborn in OA and I am growing and learning, just as I did as an infant. When I fall down, I pick myself up and start where I left off. I am a slow learner, but the falls are not as frequent as they used to be.

With the help of my Higher Power, I try to work the program every minute of every day. When I can do this, I'm OK. The list of what OA has given me could go on and on, but most important, I think, is the ability to look in the mirror and like the person looking back at me.

— Reprinted from *Lifeline Sampler*, pp. 333-334.

"Writing about my experience brings tears as well as smiles."

Newcomer's Corner

New Possibilities

Before I stepped into the OA rooms 61 days ago, I was hopeless....

For the past 61 days, I've averaged five to six meetings a week, sometimes going to two meetings a day. I took advantage of the two complimentary *Lifeline* issues in my Newcomer Packet and plan to purchase a subscription. I call

my sponsor every weekday. I make and take outreach calls and volunteer to call newcomers at meetings. I am willing to hand over my will and life to my Higher Power's care. At one of my meetings, I took a service commitment. I speak when members ask me to lead a meeting. I'm only 60 days into my recovery, and an entire world has opened up for me. ...

...Now my day's highlights are when I'm out-and-about living and achieving my dreams, and connecting with people within and without program.

— Edited from *Lifeline*, December 2010



San Antonio Area Intergroup—Service Board

SAAI is duly registered with the World Service Office of Overeaters Anonymous.

Our primary purpose is to aid those with the problem of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous and to serve and represent the OA groups from which the Intergroup is formed.

SAAI can be reached in the following ways:

www.oasanantonio.com
Phone: 210.492.5400
Email: oasanantonio@gmail.com
US mail:
SAAI
PO Box 5458
San Antonio, TX 78201

2016-2017 Board

Chair: Curtis M.
Vice Chair: Lynn G.
Treasurer: Lenora M.
Recording Secretary: Kara M.
Communications Secretary: Jody H.
Parliamentarian: Julene F.
WSO Delegate: Mary Rose J.
Region III Representative: Noé G.



“Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship...”
— Tools of Recovery

SAAI Standing Committees

SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

2016-2017 Committees

Audio Library: Carolyn
Archives: Barbara F.
Communication: Jody H.
Swan/El Cisne: Elaine L.
Website: Jody H.
Public Information: Karen
Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.
Literature: Valerie
Lifeline Rep: Lea B.
12 & 12: Ron J.
Sponsorship
IDEA Day
Unity Day
Slumber Falls
Welcome Back/Newcomer: Barbara V.

OA and AA literature can be ordered and picked up at Intergroup meetings.
[Literature forms online](#)

Place literature order at:
oasaliterature@gmail.com

Want to receive The Swan/El Cisne via email?

news@oasanantonio.com

“But today in recovery, I feel like OA’s repetition has a beauty and a rhythm.”
Voices of Recovery, April 2

Region III and World Service OA News

Region 3 Convention and Assembly planning meeting on **Saturday, May 13 at 11am**, after Intergroup.

- Provide trend data on rooms needed/filled, cost and overall attendance to the Convention and Visitors Bureau along with the preferred dates (March 1-3 or March 29-31, 2019) - assigned to Elaine & Lynn

WSO News

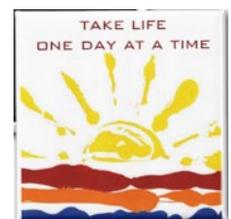
The focus of the 2017 strategic plan is Growing OA Unity Worldwide

The 2017- 2019 strategic plan is [Keeping OA Strong Worldwide](#)

- Lifeline articles and other OA resources will be available on topic of Growing OA Unity Worldwide

Looking for recovery while on the road? Try one of the dozens of OA Podcasts on workshops, step study, interviews, and literature at <http://www.oa.org/oapodcasts/>

OA Online and Phone meetings:
<https://www.oa.org/membersgroups/find-a-meeting/>



The Meet Up

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church Main Entrance Second Floor, Room 210 5084 De Zavala (at Vance Jackson) 78230	Step Study/ Discussion and Speaker (2nd Sun)
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church North Building, Room 128, Interpark Entrance, 12615 San Pedro 78216	Literature: Currently Big Book
	7:00 P.M.	Graciela (210) 219-9660	La Iglesia El Divino Redentor (la casa en frente de la iglesia—por favor entrar por la puerta del costado)	Literatura/ Discussion
	7:30 P.M.	Ken R. (210) 520-3727	St. Andrew's Episcopal Church 6110 NW Loop 410 78238	Discussion
TUES	7:00 P.M.	Noé (210) 392-8031	Alamo Heights Baptist Church 6501 Broadway 78209	12 & 12 Study/ Discussion
WED	12:00 P.M.	Kay (404) 286-9169	Unity Church of the Hill Country, 1016 Jefferson St., Library, Kerville 78028	Steps/Traditions
	7:30 P.M.	Barbara D. (210) 637-7203	Church of Reconciliation, Brigid Room, 8900 Starcrest 78217	Step Study Newcomers' Ask It Basket
THURS	12:00 P.M.	Mary Helen (210) 534-5875	Crestholme Presbyterian Church 1602 Goliad- Room right behind church	Discussion
	7:00 P.M.	Elaine (210) 332-0551	Unity Church, Life Room, 408 Gruene Rd. New Braunfels 78130	Step Study
FRI	9:30 A.M.	Gwen (210) 862-8211	N.E. Christian Church 2839 Woodbury (at Nacadoches) 78217 (.6 miles outside Loop 410)	Literature Discussion Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St. Laredo	English/Spanish
	7:00 P.M.	Heather L. (210) 884-9466	University United Methodist Church Main Entrance Second Floor, Room S211 5084 De Zavala (at Vance Jackson) 78230	Speaker/ Step Study/ Discussion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest 78217	Literature/ Discussion
1st SAT	9:45 A.M.	Lenora (210) 287-5292	Church of Reconciliation Alban Room 8900 Starcrest 78217	Monthly Step Study
2nd SAT	10:00 A.M.	Barbara (210) 508-8727	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"