



Focus on Step Eight Principle:

SELF DISCIPLINE

OA Step 8:

Made a list of all persons we had harmed and became willing to make amends to them all.

“Clearly, if we were going to remain abstinent and find serenity, we had to learn better ways of dealing with other people...Step 8 is designed to help us with this process...We look at our relationships for the purpose of *discovering patterns which have done harm to us and others.*” OA 12 & 12, P. 67

A Member’s story :

Making a list of all the persons I had harmed (Step 8) would not have been possible without working the preceding steps with an abstinent sponsor. The Big Book (p. 62) described me as “an extreme example of self-will run riot” in the discussion leading up to taking Step 3. Step 8 began to transform “self-will run riot” into self-discipline, as with the help of God and my sponsor, I became willing to make a list of those harmed.



When we reviewed the list, my sponsor helped me identify and remove those toward whom I had felt resentment but had not actually harmed. She also helped me clarify the nature of the harm done. She

recommended praying the 9th step promises for those I had harmed. Doing so helped me forgive those listed and affirmed what I wanted as a result of working the steps. The latter helped me keep moving forward.

For me part of the self-discipline associated with Step 8 came from the realization that I would be making amends to those harmed by my

behavior in Step 9 and would continue doing so in Step 10.

I began to ask God’s help to practice self-restraint so that I would have fewer amends to make in the future.
Anonymous

The principle of self discipline...”

In steps eight and nine we looked at the damage we had done others and set about repairing it. Now we apply the same principles of self-discipline and love for others to all of our actions. Self discipline makes us less likely to hurt other people and quicker to make amends when we do.” OA 12 & 12, P. 10

From your editors:

Friends, beginning this month Alice G. and Carrie H. will co-lead our monthly Swan/El Cisne newsletter. We are grateful to be able to serve in this way.

We will highlight the step of the month and principle each month. We encourage you to think about how you would like to participate!

Contact us at playswithwordz@gmail.com or oacarrie@gmail.com.

We want to thank Elaine L. for her service as Editor during the past year and express our gratitude for her help in this transition.

August 2017

Announcements

Aug 5 & Sept 2
9:45am Step Study, Church of Reconciliation

Aug 12 & Sept 9
9:45am Intergroup, Church of Reconciliation

10am Newcomer/ Welcome Back, Church of Reconciliation

Aug 19
Developing and Practicing Spirituality in our Recovery 1–4 p.m., Church of Reconciliation

Sept 23
Region III Theme Party 5:30 p.m., OA member’s Home, BYODinner, have fun, and help us select the Region III 2019 Theme!



“Yes, we harmed other people, **but we have also damaged ourselves with our self-destructive thinking, eating, and living habits. We have learned that a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been essential to our recovery.**”

OA 12 & 12, P. 69

Step 8—Principle 8...Members Share

When we consider the Step 8 principle of SELF DISCIPLINE, share an example of how you see recovery ...

“Self discipline is essential in my recovery. I can only access self discipline through total surrender and dependence on the daily guidance of HP.”

“One of my best disciplines is a 10th step every night. Helps me see my day, etc., clearly and then sleep.”

Asking God for help is great, but it is my responsibility to take care of working my steps, calling my sponsor, praying, reading, working a program and using all of the tools.”

“That morning meditation becomes a natural, normal part of my life. My relationship with God has grown leaps and bounds, and this helps me see the miracles of recovery.”

What is a self-discipline practice you employ that helps your recovery?

“Removing trigger foods from my home.”

“Daily contact with fellow compulsive overeaters—reading the Big Book and OA literature.”

“Following my food plan without exception. When I think I am being deprived and crave a trigger food, I remember, ‘I have had enough’.”



“The 4th Step. It is such a gift to have a tool that I can use at any time or on any problem. Also, looking at my part. Keeps me from blaming things on everybody else.”

“Daily surrender to my Higher Power.”

*“I am grateful for **obedience, as self-discipline**, because I have to surrender and be willing to do whatever it takes to stay in recovery. It is my life and my responsibility. I am empowered by the strength of God and the love and support of the group.”*



“The Simplicity Project is a simple idea to help YOU stay abstinent! Got program? Got an index card and a pen? Write the essentials of your program on the front and back of an index card, then carry that card with you wherever you go. Take the card out and read it anytime you need to reaffirm your program. Your card should have whatever information, reminders, prompts, or action items you need to remember in times of stress. Keep it simple...it all has to fit on one index card.”

For more on the Simplicity Project go to oa.org website <https://oa.org/members/working-the-program/abstinence-resources/>

Newcomer’s Corner

Tools of Recovery—Telephone

Member to member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. -The Tools of Recovery, P. 3.

I came into the OA rooms via phone meetings just over four years ago. The people I heard on the line were telling my story; they expressed their

hope, struggles, strength and recovery. They were a lifeline to me then, and continue to be so today.

My phone can be oh-so-very-heavy, and I have heard others say the same. But ANY TIME I pick up the phone, I am encouraged by the conversation with an OA friend, and I come away from the call so very glad for the tool of telephone! -Carrie H.

If you are interested in trying a phone meeting, go to oa.org, Find a Meeting, and Telephone meetings. You can search by day of the week and time of day. All calls are free. Generally, when you call into a meeting you are muted. You do not have to speak. Day-long marathon phone meetings are held on most holidays— you can connect with program even when you cannot leave the house!



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

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SAAI Standing Committees

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

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 Lifeline Rep:
 12 Step Within: Ron J.
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 IDEA Day
 Unity Day
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 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

For consideration:

**Have I worked up through Step 7 with a sponsor?*

**Am I willing to start a list of people I have harmed?*

**Am I willing to go to any length to be free?*



Region III and World Service OA News

**Have I made an amends to myself for past self-destructive behavior? What does a "living amends" mean to me?*



Region III 2019 Convention and Assembly Updates

Join us on Saturday, September 23 at 5:30 pm at an OA member's home to help us select the 2019 theme.

- 5:30-6:30 Bring your own dinner
- 6:30—Recovery scavenger hunt
- 7:00 -Theme selection
- 7:30—8:30—Speaker

Have you read an issue of Lifeline lately?

Lifeline has been described as a meeting in your pocket, filled with experience, strength and hope in living in and working toward recovery!

Subscribe online at <https://oa.org/members/lifeline-magazine/subscribe/> for delivery to your home or an online subscription!

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

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|---------|------------|---------------------------|--|--|
| 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" |