

Miracles Found in Willingness – Allan M.

“In the past, my perfectionism would have prevented me from sharing my experience, strength and hope in a written article.”

I started attending OA meetings in January after many years away from the program. I had been isolating myself to avoid the pain that relationships of any kind had seemed to cause me. After years of self-imposed isolation from jobs, relationships, relatives, friends and God, I returned to OA.

When I first returned to program, I got stuck on the question of was I willing to do anything to stop compulsively overeating. My rational mind kept coming up with far-fetched situations where I might not be willing. Finally, I was so desperate that I finally proclaimed my readiness to do anything in order to abstain from compulsive overeating. Once I was able to gain willingness that enabled me to move forward and finally take the leap of faith needed to have God or a Higher Power in my life.

The miracles starting happening after that. I became abstinent on the 13th of January [2015] and remain abstinent, thank God. I found a wonderful generous

sponsor who has a strong recovery. In the past, my perfectionism would have prevented me from ever accepting help from a sponsor or from a Higher Power. My obsession with food was lifted and even my lifelong depression has started to lift. I was reminded to use the many tools available and again was led to telephone meetings which have greatly helped to break the feelings of isolation that I had created. My sponsor has asked me to use the tool of writing which I began after so many years of feeling blocked and began writing again.

After many years of feeling totally hopeless, I am so grateful these miracles have happened. I know people in OA from many years ago that I now see at meetings and they have remained abstinent through all these years which gives me so much hope.

In the past, my perfectionism would have

prevented me from sharing my experience, strength and hope in a written article because I would never allow myself the luxury of being human and anything less than Shakespeare would not suffice. Now I realize that as I focus on spiritual progress, I can allow myself the freedom to share these miracles with other suffering compulsive overeaters.

—Reprinted from Serenity Press, Arizona Serenity in the Desert newsletter, March 2015

August 2016

Announcements

Aug. 6 & Sep. 3
9:45am Step Study, Church of Reconciliation

Aug. 13 & Sep. 17
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Region 3 in 2019, 11am, Church of Reconciliation

Sep. 17
11am Archives Meeting, Church of Reconciliation

Sep. 17

Speaker Meeting, 6pm, Abiding Presence Lutheran Church, 14700 San Pedro, 78232

August 20

Sponsorship Workshop, 10am to noon, Church of Reconciliation, Alban Room

Sept 9-11, 2016

[Region 3 Assembly & Convention, Austin, TX](#)



“The important thing is to acquire a belief in some force that is external and more powerful than we are.”

Message of Hope

In Step One we admit total, complete defeat. Step Two follows with its message of hope that in spite of our powerlessness and defeat, there is help for us. In Step Two, we come to believe in three things: 1) the existence of a force outside and greater than ourselves; 2) the fact of our own insanity and 3) the ability of that greater force to take care of that insanity.

The search for a Higher Power and its nature is a very personal matter.

Many of us have no trouble accepting God as our Higher Power. Others who shy away from the word God can accept the presence of some sort of universal forces, while still

Have I come to believe that I need to change? How?

How has my conception of a Higher Power changed since I came to OA?

What would I like such a Higher Power to be and to do in my life today?

“To us, the Realm of the Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.” Alcoholics Anonymous, 4th edition, p. 46.

others take their OA group or OA as a whole as their Higher Power. The important thing is to acquire a belief in some force that is external and more powerful than we are.

Many of us boggle at the word insanity. As we grow in the program, we look back on things we once did (such as driving at high speeds with one

hand while shoveling food in our mouths with the other, eating “at” other people, etc.) and acknowledge that our behavior was not sound and that we can still behave in an insane manner when we take back our own will and try to run our own lives. Some of us come to believe quickly; others take weeks, months or years. The important thing is to keep an open mind and to work toward complete acceptance.

—*Lifeline, July/August 1973*

Newcomer’s Corner

An Under-eater Shares

I am writing to offer the perspective of a newcomer that suffers with anorexia and compulsive exercise behaviors.... Because OA seems to be a more established program..., [it] has become a safe haven for me.

...I have been trying to make my body size less of a focal point for many years. The body distortions and body

image challenges that I suffer are very painful. My body size is not something that I can easily convince myself to accept, even when I am underweight or at a healthy body weight. While I recognize the temptation to tell someone with a small body frame that they are beautiful and have nothing to worry about, it is simply not helpful and can actually be rather harmful for me.

...Many bulimics or anorexics I know are very triggered by images they see and constantly compare their body size with others. So I am writing today not just for myself, but for other men and women out there that might attend an OA meeting in the future. I want them to feel supported and heard even if their experience is not one that other OAs can relate to directly.
— Holly, *OA Desert Recovery*, 2016



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 78210

2016-2017 Board

Chair: Curtis M.
 Vice Chair: Lynn G.
 Treasurer: Julene F.
 Recording Secretary: Kara M.
 Communications Secretary: Latoya T.
 Parliamentarian: Lenora M.
 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: Laura E.
 Archives: Barbara F.
 Communication: Latoya T.
 Swan/El Cisne Website
 Public Information/
 Professional Outreach: Mary Rose J.

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

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

“It suddenly occurred to me to pray for a ‘spirit’ of forgiveness. Gradually a peace enfolded me.”
August 1, Voices of Recovery

Resources

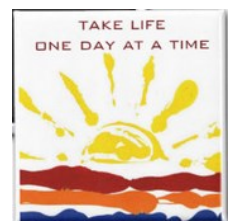
Registered telephone meetings are a courtesy to OA members. Each meeting is autonomous. Some meetings choose to record all or part of a meeting for available playback at a future time. By accessing and using this information, a member agrees he or she has been notified that a telephone meeting may be recorded. A member has the option of listening without speaking; and/or if participat-

ing vocally, have the option of using one’s own name, a fictitious name or none at all.

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

OA Podcasts: <http://www.oa.org/oapodcasts/>

Los Angeles Virtual Speakers:
<http://www.oalaig.org/speakers-podcasts/oa-speakers.html>



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)
	5:00 P.M.	Carol M. (830) 591-4442	First Baptist Church, Uvalde 220 H. High St. (Fellowship Hall)	Big Book, Literature
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church South Building, Room 128 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.	Sharon (830) 899-5810	St. Andrew Lutheran Church, Library 7420 FM 2673, Canyon Lake 78133	Discussion
	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.	Laura (210) 475-1164	N.E. Christian Church 2839 Woodbury (at Nacodoches) 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.	Carrie (507) 530-5115	Church of Reconciliation Alban Room 8900 Starcrest 78217	Monthly Step Study
2nd SAT	10:00 A.M.	Karen (714) 722-1656	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"