



Celebrating with Abstinence – Diane H.

"I've learned to replace the comfort of food with other comforts..."

For over three years I have enjoyed the blessings of abstinence and recovery from compulsive overeating. How do I get through holidays and events abstainently? The answer is clear: no matter what the season, event or circumstance, abstinence continues to be the most important thing in my life without exception. "Whatever it takes," as we say in the rooms. We learn to follow spiritual principles and to live life on life's terms.

Societal pressure abounds with holiday celebrations. But for me, celebration is about maintaining solid and vigilant means of staying

the course with my recovery. I don't waver from the way I live when holiday time is here. I've learned to replace comfort food with

other comforts: relaxing with a warm bath; cuddling under my electric blanket with a good

Comfort Ideas

Take a walk

Make time for your hobby

Dance to your favorite song

Listen to a podcast

Watch a favorite movie

Drink a favorite tea or coffee

Take a nap

book; spending time with my sponsees; working with the various levels of program service; praying and meditating; spending time with family, friends, hobbies, and music ministry; and expressing myself as a budding writer.

The habit of staying close to these truths and living out the Steps has helped me maintain my footing and stability. In my addiction, I always found reasons to celebrate with food. Now I celebrate with abstinence! This makes holiday celebration a completely different experience. I can be available for others as

well as take care of myself. I no longer live with the insane focus, pain and guilt of compulsive overeating. I can give thanks and celebrate this freedom daily, not just during the holidays.

Because I've forgiven others and myself, I have a deeper appreciation and understanding to others.

The gift of giving is tied in with service, and it keeps on giving year round. Nothing is more celebratory to me than seeing someone's face light up or getting an email message saying someone finally feels hope. It's not my doing, because my Higher Power is working through me in the lives of others, but I can be a messenger in recovery and help bring hope to those who feel hopeless.

I find joy and fulfillment and get back more than I give. My focus and lifestyle put me on a different playing field of a high purpose for living.

Celebrating with abstinence rocks.

—Reprinted from Lifeline, November 2010, p. 14

December 2016

Announcements

Dec. 3
9:45am Step Study, Church of Reconciliation

Dec. 10
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Jan. 13-15, 2017
OA 57th Birthday Party, Language of the Heart, Hilton, LAX Hotel

March 24-26, 2017
Region 3 Assembly & Convention, DFW: Discipline, Faith, Willingness



International Day of Experiencing Abstinence



While local OA members were hearing a panel tell their stories of Ghosts of Holidays Past, Present and Future; enjoying a speaker share her experience with decades of recovery; discussing in small groups what we bring, good and bad, to family holiday functions; and ending with an OA meeting, other members were also joining together to celebrate the International Day of Experiencing Abstinence on November 19.

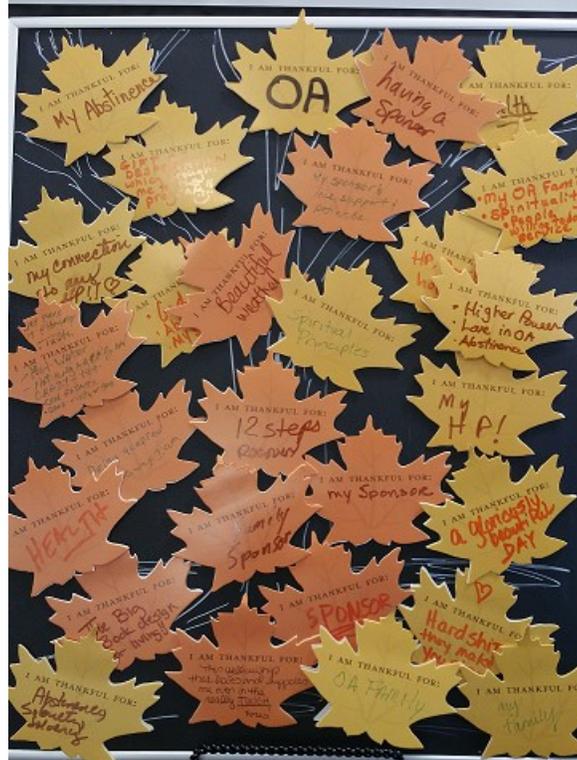
Houston Metro and Galveston/Bay Area Inter-groups.

And far from San Antonio, OA members in Auckland, New Zealand, joined fami-

dog-friendly park and spent the rest of the day in workshops.

This is by no means all that happened in 2016 as OA members gathered to commit or re-commit to abstinence during the holiday season when food and parties are so prevalent.

Instead of focusing on what we may be missing, we were encouraged to practice gratitude, use the tools, work the steps, and remember we have a Higher Power who can always keep us abstinent, no matter the season or festivities. Finally, we were reminded "if we fail to plan, we plan to fail."



Closer to "home", some of our members celebrated in Galveston learning about "Recovering Your True Self" sponsored by the

ly and friends at the Auckland Botanical Gardens. OA members enjoyed the many walking trails in the

"...OA members gather to commit or re-commit to abstinence during the holidays...."

Newcomer's Corner

The 10,000 Pound Phone – Part II by Alice G.

Previously Alice suggested a newcomer begin a call with "I am new in OA," and ask questions like: "How long have you been in program?" "How did you get abstinent?" "What exactly is 'abstinence'?" "What is a sponsor?"

Here is the conclusion: I was afraid I would "bother" people,

but that was really my fear of being awkward and embarrassed in the conversation. It helped me to talk with at least one person after each meeting because then I wasn't calling a stranger. I might even ask if I could call the person or commit to calling the person at the end of the conversation (which could be 2 sentences long) to help me reach out. I remember a day in early

abstinence when I was standing at the sink in my kitchen wanting to eat. I knew I needed to talk to someone but if I moved I was sure I would go to refrigerator, not the phone. I asked God to please have someone call because I did not want to break my abstinence and I could not make a call. The phone rang shortly thereafter and it was a fellow OA member. She was not "bothering" me – she was saving my abstinence (and my life).



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: Julene F.
Recording Secretary: Kara M.
Communications Secretary: Vacant
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: Vacant
Archives: Barbara F.
Communication: Vacant
Swan/EI Cisne
Website
Public Information:
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: 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/EI Cisne via email?

news@oasanantonio.com

“...[T]hrough parties, bar mitzvahs, holidays, and ordinary days, help me nourish my body with the right food in the proper amounts.”
Keep Coming Back, Overeaters Anonymous, 3rd edition.

Region III and World Service OA News

December 12 is Twelfth-Step-Within Day, an annual event established by the World Service Business Conference of Overeaters Anonymous in 2009. Groups and Intergroups around the world are encouraged to plan events to support the still suffering compulsive eater within our fellowship.

Make a plan to call a sponsee who is struggling

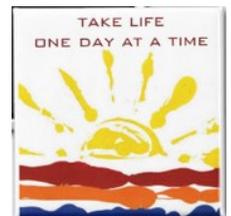
with the physical, emotional, or spiritual part(s) of recovery on December 12th. Offer honesty and support.

Reach out via text, email, phone call or a face to face visit with a member who you miss seeing at meetings.

“Those of us who live this program don’t simply carry the message; *we are the message.*”

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 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.	Noe (210) 392-8031	Alamo Heights Baptist Church 6501 Broadway 78209	12 & 12 Study/ Discussion
WED	12:00 P.M.	Sharon V. (210) 863-3338	St. Andrew Lutheran Church, Library 7420 FM 2673, Canyon Lake 78133	Discussion
	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.	Laura (210) 475-1164	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.	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"