



What Abstinence Means To Me

“...abstinence means...I have been given sanity and self-worth;... the opportunity to find and work for [them]....”

Immediately two words come to mind: sanity and self-worth. I can't separate the two words to give one more importance over the other.

Newcomers may be puzzled by the implications of sanity. “But I'm not crazy, I'm just overweight,” they might say. That was my reaction in the beginning when I heard of restoring one's sanity. Perhaps some of you can identify with this: never overeating in front of normal eaters, then going home and devouring everything in sight that was over 200% carbohydrate in content; sneak eating at home, in the dark, carefully and stealthily, so as not to rattle paper wrappings or cupboards.

How about the ingenious methods used all hours of the day and night in search of the overpowering and all-consuming food? For example, finding different stores to go to so as not to be recognized; then concocting fantasies at the check-out counter to explain phenomenal quantities of junk food at such strange hours!

I'm sure we all have our little games that we can add to those above. None are rational or sane; they are insanity. I will be eternally grateful for no longer having to live with such torment as I experienced at the thought of being found out. With sanity I can, with a clear mind, make the choice to overeat or not to overeat.

The insanity of the sneak eating—the guilts, anxieties and fears—destroyed my self-worth. I felt I was worse than anyone who ever lived; my habits were the worst, I was the most obese and if it happened that someone larger than me was present, either my fat was uglier than hers or she was far superior to me mentally or emotionally. It was a subtle form of egotism; everything was self, only it was diverted and limited to solely the negative aspects.

Even though I have always been strong-willed and outgoing and functionally happy (laughter and comedy are cunning methods of self-defense), in the end I always came out with the short end. My opinions seemed val-

id, but they were different than “theirs,” so naturally I was wrong and not just wrong, but strange. This was carried over into the minutest detail: “She cleans house differently and more often than I do! She must be doing it right and I must be doing it wrong!”

I agonized over these differences, hiding my pain from others and most especially from myself, not only by consuming junk almost continuously, but also by looking for and finding, with amazing skill, the flaws and foibles of those around me. I could then say, “Well, see there, at least I don't do that.”

So abstinence means that I have been given sanity and self-worth. I say “given” carefully; the abstinence simply presents the opportunity to find and work for both sanity and, especially, self worth, for the old habits are hard to break....

— Edited and Reprinted from Lifeline Sampler, pp. 163-164.

February 2017

Announcements

Feb. 4
9:45am Step Study, Church of Reconciliation

Feb. 11 & Mar. 11
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Feb. 11
Region 3 2019 Planning Meeting @11am, Church of Reconciliation

Feb. 25
1pm to 4pm, Unity Day, Church of Reconciliation

March 24-26
Region 3 Assembly & Convention, DFW: Discipline, Faith, Willingness, Hyatt Regency DFW Airport

Tools Workshop



“At Thanksgiving when she renewed her commitment to abstinence, she began making at least two phone calls a day...”

The first tool we put to use was Meetings and we did it by calling in to the phone meeting. Some of us had never done such a thing before. But the power of the group was strong enough for us to take our cell phones and follow the guidance of our facilitator, Carrie.

A couple of members shared how using the telephone had strengthened their recovery. Though one member had been in recovery for several years, she had never really used this tool. At Thanksgiving when she renewed her commitment to abstinence, she began making at least two phone calls a day, and not repeating calls to members. She expressed how solid

her abstinence becomes, day by day, adding this tool to her repertoire.

We practiced the tool of writing and some members even

how to access OA literature in PDF and e-book formats. Some of us find having For Today, Voices of Recovery and other literature on our phones is a boost to our recovery.

While we were at our small group tables, we shared technology that supports our recovery. We don't endorse any of these, as that would violate Tradition Six, but here are a few gems:

- ◇ YouTube—OA, AA and Big Book Study speakers and meditation
- ◇ Apps— Track food plan, monitor mood and exercise

We had a great turnout for the Tools Workshop on Saturday, January 21, 2017. We wanted you to see all of us in action, but the Traditions of anonymity precluded showing our faces. So we turned around!



received their own journals. Val had all our OA literature available and attendees had ample opportunity peruse pamphlets, workbooks, and books. I saw many members making purchases. Speaking of literature, we even learned

Newcomer's Corner

Wisdom from First OA Meetings

We Don't Need to Punish Ourselves

We stuff in “a little snack” in an attempt to stuff down feelings of guilt, anger, disappointment, self-pity or whatever. We “reward” ourselves with special treats to celebrate birthdays, weight loss, moon landings and you-name-

it. But the truth is, we are punishing ourselves with self-destructive thinking and unnecessary food, which benefits nothing except that roll of fat around our middle. But OA offers us ways to treat ourselves well, which in the long run means to free ourselves from the obsession with food.

One Day At a Time

I will be abstinent. For this

one twenty-four hour period I can get through life with all its joys and problems and resist the urge to overeat. One day at a time, with the help of my Higher Power, I can improve my outlook on life and keep my outlook on food in its proper perspective.

—Lifeline Sampler, pp. 28-29



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: Vacant
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/El Cisne via email?

news@oasanantonio.com

“It meant that God is greater than me, that He loves me enough to restore me to sanity...”

Voices of Recovery, February 1.

Region III and World Service OA News

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

Agenda:
Elect Convention Treasurer and Hotel Liaison
Review Region 3 critical tasks and timeline
Select possible Spring 2019 dates

WSO News
Remember your days before OA? What “magic” words or great idea would have gotten you to visit the OA website or attend a meeting?

We need an idea like that from you to create our next public information poster.

The Fellowship will choose the winner by vote, and the winning **design will be sold in the OA bookstore.**

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/>

LEARN TO LET GO.. AND LET GOD.



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. | Karen (714) 722-1656 | Church of Reconciliation Brigid Room 8900 Starcrest 78217 | SAAI Newcomer/ "Welcome Back" |