



Another Way – Dara L.

“At a certain point, I recognized I was trying to control my eating and my body, so I gave up, surrendered to a Power outside myself, and enlisted the help of those around me.”

When my sponsor suggested I write an article for Lifeline, I was resistant and felt a surge of rage toward the program because, to be honest, my experiences in OA have not been perfect. For years I used OA to reinforce my eating disorder. I am an anorexic, bulimic, compulsive over-exerciser, and a compulsive over-eater, and I've been in OA for five years.

When I first entered the rooms, I'd already been in and out of treatment facilities. I was also hopeless and resigned to dying on the bathroom floor after a purge. My bulimia was aggressive, up to twelve episodes and three hundred dollars per day, so my whole life was spent eating and vomiting.

When I started going to OA meetings and working with a sponsor, something shifted. I asked my Higher Power for relief from bulimia, and for a long time I stopped purging. But my disease morphed into anorexia and compulsive over-exercising. I ran 6

miles a day, five days a week and was under-eating. I called in my food to a sponsor, but since I wasn't purging, we both thought I was doing great. I didn't have weight to lose, but I lost a lot of weight and became even crazier in OA.

I became obsessed with my eating, my

AWOL
ANOTHER WAY OF LIFE

body, and the number on the scale. I thought weighing and measuring and no flour and no sugar was the only way, and I held myself up as a recovering person when in fact I was emotionally overwrought and spiritually bankrupt.

At a certain point, I recognized I was trying to control my eating and my body, so I gave up, surrendered to a Power outside myself, and enlisted the help

of those around me. I decided my abstinence is about conscious surrender, so I make no rules about my food. Instead, I trust my partner, who prepares my meals and tells me what to eat. I don't restrict, binge, purge, or over-exercise.

My plan of eating looks different than most, because I am not in charge. I eat every food in moderation, with guidance and support. I eat three meals and one snack per day. Today I eat to live.

OA has offered me a bridge back to life, but I sometimes feel different when I hear people share about what they can't eat or how they weigh and measure. So I write this for my anorexic, bulimic, and compulsively overeating siblings so they know there is another way....

– Edited and Reprinted from Lifeline, September 2016, pp. 14-15

January 2017

Announcements

Jan. 7
9:45am Step Study, Church of Reconciliation

Jan. 14 & Feb. 11
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Jan. 21, 2017
1pm to 4pm
Tools Workshop, 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

Start 2017 off Right

Join the fellowship for **Putting OA Tools to Work in 2017 on Saturday, January 21 from 1pm to 4pm** at Church of Reconciliation.

Learn new ways to put the tools to work for you in the coming year and share your best tools with others. Come away with a personal plan of action! Need to practice tool of service? Call Carrie at 507-530-5115 to volunteer!

Lifeline — A Meeting on the Go

Why not start 2017 off right with a subscription to **Lifeline**? Give your program a boost with OA's international magazine. Read what OAs all over the world have to say about their experience, strength and hope whenever you need support.

Since 1962, Lifeline has been OA's "meeting on the go." The magazine is a convenient size to fit in purses, backpacks, suitcases, etc. It is also available digitally so it is a wonderful tool always at our fingertips. In fact, check out the Lifeline website: <http://www.oalifeline.org/> It is easy to order online at <https://oa.org/members/lifeline-magazine/subscribe/> or use the form below.

START

Stop putting it off
 Try again
 Accept it requires action
 Realize you are not alone
 Tell God you are grateful for the opportunity

Words of wisdom from Lynn G.

Lifeline Subscription Form

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 Lifeline is mailed in a plain unmarked envelope. Please allow four to six weeks for delivery.

04/15

Newcomer's Corner

Titanic Transformation

...I went to my first OA meeting and participated in the readings. I felt love and acceptance from a few people. They sold me some literature. I went home feeling odd— a transformation was starting to take place. I was curious.

I started purchasing and downloading all the OA literature I could find. I listened to

podcasts. I went to meetings, a marathon, and an inter-group meeting. Miracles began to change my life.

...When I realized where my negativity and resistance were coming from, I prayed and cried and gave it to God and then boom, boom, boom— three miracles came in a row: After attending two meetings a week for a few weeks, I found a sponsor; I bought a

workbook and began working the Steps; and I took an "OA spa day" and drove through the countryside to three different meetings on a sunny day...

Then miracle number four happened. The cravings and compulsions I felt for excess food just left me.

—Edited and Reprinted from Lifeline, August 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 78201

2016-2017 Board

Chair: Curtis M.
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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: Vacant
Archives: Barbara F.
Communication: Jody H.
Swan/El 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/El Cisne via email?

news@oasanantonio.com

“We begin this process with step one: surrender.”
For Today,
January 8 .

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

Post [public information posters](#) in local libraries, community centers, and coffee shops.

Make sure your group has enough Newcomer and Welcome Back packets.

Offer to be a temporary sponsor for newcomers.

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.	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"