



## Region 3 –The Place to Be in 2019? – Elaine L.

*"I got so many ideas of how I could live well and attend to my physical, emotional and spiritual recovery, no matter what was happening at home."*

Admit it. You weren't in OA recovery in 2006. You didn't get the t-shirt. Another opportunity may be coming your way.

On **Saturday, August 13 at 11am**, right after Intergroup, you are invited to learn more about participating in another Region 3 Convention and Assembly

*What happens on August 13 at 11am?*

- ◆ Any OA member can attend this meeting .
- ◆ We will meet for one hour.
- ◆ We will discuss what it takes to host a Region 3 Assembly and Convention, as San Antonio Area Intergroup did in 2006.
- ◆ We will vote on whether San Antonio will host the 2019 Region 3 Assembly and Convention in the Fall or Spring.
- ◆ If we do vote to host this event, we will elect a Confer-

ence Chair, Treasurer, Hotel Liaison, and Program Chair.



- ◆ The most important thing is to bring your voice, express your opinion, and volunteer to do service.

*Who's idea was this?*

As the Region 3 Treasurer, I attend the Region 3 Assembly each fall and spring. I hear which Intergroups are hosting the upcoming Conventions and Assemblies. I was aware San Antonio Area Intergroup had not hosted in over 10 years and it takes about 3 years to effectively plan such an experience. I texted

Lynn, the 2015-2016 SAAI Chair and the 2015-2016 Region 3 representative, Curtis M. while attending the Region 3 meeting in Abilene. I asked their opinion about this matter. They recommended this issue be brought to the local membership for discussion.

*What did I get out of the 2006 Region 3 Convention and Assembly held in San Antonio?*

In addition to the cool t-shirt, I got a big boost to my recovery at a time I desperately needed it. I had been dealing with a family challenge for over a 2 1/2 years and it showed no sign of getting better any time soon. In fact, there was every indication our family member would die and indeed she did in 2013. At the workshops, OA meetings and speakers on Friday and Saturday evening and Sunday morning, I got so many ideas of how I could live well and attend to my physical, emotional and spiritual recovery, no matter what was happening at home.

**July 2016**

### Announcements

**July 2 & Aug . 6**  
9:45am Step Study, Church of Reconciliation

**July 9 & Aug. 13**  
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

**July 16**

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

**AUGUST is AUDIO LIBRARY MONTH**

**August 13**

Region 3 in 2019, 11am, Church of Reconciliation

**August 22**

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

**Sept 9-11, 2016**

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

August 13, 2016  
11am-Noon  
Region 3 - 2019  
Church of Reconciliation

**Save the Date**

Give as if your  
life depends on it!



**OVEREATERS  
ANONYMOUS.**

**“...We can make sensible and necessary financial contributions to OA at all levels, and...this investment in our Fellowship ensures we can continue to carry the message to the still suffering compulsive eater.”**

## Tradition 7

### How much is your recovery worth to you?

Our disease tells us, “There will never be enough.”

Scores of OA members worldwide have discovered that their fears of not having enough food, money, security or love have been lifted by a power greater than themselves. Experience has shown that OA recovery is far stronger than the debilitating disease of compulsive overeating, which also kept us captive to shame and insecurity about the future.

When describing the benefits of recovery, many members point to the promises listed in Alcoholics Anonymous (the Big Book), including: “Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us” (p. 84).

To know the true freedom of recovery is to know that we can make sensible and necessary financial contributions to OA at all levels,

and that this investment in our Fellowship ensures we can continue to carry the message to the still-suffering compulsive eater.

Our Seventh Tradition states that OA is fully self-supporting, accepting contributions only from OA members. While no fees or dues will ever be required for membership, OA needs help to keep its rooms open, provide opportunities for fellowship and spread its message to still-suffering compulsive overeaters.

How do members give? Individual members can send checks and money orders to any OA service body. Credit card contributions to the World Service Office (WSO) can be made at [www.oa.org](http://www.oa.org). Members can also arrange to have monthly contributions charged to their credit cards automatically. To set up this service, visit <https://oa.org/contribute/>

Here are several strategies members use to make their contributions:

- Member A gives an average of \$3 or more each time the basket is passed in a meeting.
- Member B gives at meetings and sends a monthly contribution to WSO equivalent to the amount once spent on a binge.
- Member C gives at meetings and sends an annual contribution for each year in program. (Individual members may contribute up to US\$5,000 per year to the general fund and up to US\$5,000 per year to any special fund.)
- Member D gives at meetings and contributes to the intergroup in memory of a deceased OA member.
- Member E contributes to a virtual group via check, money order or electronic funds transfer.
- Member F makes certain that his or her group makes regular contributions to intergroup, service board, region and WSO.

—*Seventh Tradition of OA, #802, revised 2013*

## Newcomer’s Corner

### A Plan of Eating

As a newcomer, I often confused a “plan of eating” with abstinence so I decided to write out what a plan of eating is, based on several different writings from the OA literature.

Abstinence is the action of refraining from compulsive eating. A plan of eating is one of the ways in which I as an

OA member chose to be abstinent. Developing a healthy plan of eating is one of the first tools of the program I used. Using a plan of eating as a tool allows me to deal with food in a calm, rational and balanced way. A plan of eating gives me a tool for living one day at a time. A daily plan helps separate my eating from my emotions and relieves me of making snap food decisions. A plan of eat-

ing puts food in the proper perspective, so I can devote clear headed energies to working with my Higher Power. A plan of eating also allows me to minimize the time in the day that I have to think about my food.

— Anonymous, OA Tri-County Intergroup, December 2015



## 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](http://www.oasanantonio.com)  
Phone: 210.492.5400  
Email: [oasanantonio@gmail.com](mailto: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/EI 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](mailto:oasaliterature@gmail.com)

Want to receive The Swan/EI Cisne via email?

[news@oasanantonio.com](mailto:news@oasanantonio.com)

**“Let me take steps now to face my defect of pride and use it as an incentive to grow. Then I can be free of competitiveness and share in the joy of someone else’s virtues and strengths.”**

**July 1, For Today**

## 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, <b>Uvalde</b> 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. <b>Laredo</b>	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	<b>Monthly Step Study</b>
2nd SAT	10:00 A.M.	Karen (714) 722-1656	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"