



Slumber Falls Retreat 2017 - Experience, Strength and Hope

John K., from Los Angeles, spent the weekend helping attendees learn about the Twelve Steps and sharing his recovery journey, especially recovery from multiple relapses. There was ample opportunity for sharing and fellowship.

Here is a sample of what OA members received:

"A key take away from the retreat is"

My take away was, trying to work an OA program without a food plan is called AI Anon.

Got and will take home with me:
 30 days, no change food plan,
 "entirely" ready, from Step 6
 Sometimes you have to not be around certain people, even family.
 Sponsor - Get; Sponsor - Call; Sponsor - Use.
 Read the literature.
 Solutions are in the steps.



I am so very glad I came. I take away hope, courage, and determination. Thank you. Patricia G.



Take away is my "5-year old" needs to be heard before the adult can be effective.

Key take away: Start - Stop list; list of people to call.

A key take away for me is to not think, Oh, I've got this, I am cured, good to go. That is a recipe for relapse and I do not want to go there.

My take aways - a sponsor! - your friends who died - pages of great notes on your talk.

"I am glad I came because"

John K had so many slogans. He was very funny. I learned so much. I got a different perspective on many things in program. There was a lot of useful information.

I am glad I came because we had an inspiring and thought-provoking national speaker. Very helpful.



July 2017

Announcements

July 1 & Aug. 5
 9:45am Step Study,
 Church of Reconciliation

July 8 & Aug. 12
 9:45am Intergroup,
 Church of Reconciliation

10am Newcomer/
 Welcome Back,
 Church of Reconciliation

August 19
 1p-4pm
 Church of Reconciliation
 Developing & Practicing
 Spirituality in our Recovery

September 23
 5:30pm
 Region 3 Theme
 Party at OA member's home. BYOD,
 have fun, and help us select the Region 3 2019 Theme!

"A key take away for me is to not think, Oh, I've got this, I am cured, good to go. That is a recipe for relapse and I do not want to go there."

Slumber Falls —continued

"I am glad I came because"

I am glad I came because God is bigger than my fears and my inertia. I loved re-connecting with OA friends and comrades and meeting new ones.

I met just the people I needed to meet and heard some great things. Thank you, BA

"An important revelation is"

An important revelation is that my relapse was a cycle and necessary for my recovery.

An important revelation is I am not alone!

I learned that to recover I need to start with the physical (abstinence), then emotional, then spiritual. I was deluding myself before the retreat hoping to get abstinence through focusing on the other two, but not the physical aspect first. Now I know the answer to the chicken-egg debate in my head. First abstinence, then working the steps.

I have been helped by many simple yet powerful statements like...

- ◇ You cannot think your way into right acting; you must act your way into right thinking.
- ◇ The price of abstinence is eternal vigilance.

The retreat speaker and leader, John K., is a tremendous, deep well of experience, strength and real life examples. He kept most of us riveted and writing as we were hearing so much that we knew we wanted to remember and share.

"I learned that to recover I need to start with the physical (abstinence), then emotional, then spiritual. "

— Thanks to Carrie for this submission

*Don't Be
Ashamed
of your story*

*It Will
Inspire
others*

Newcomer's Corner

Wrong Image!

I came to OA six months ago, desperate and beaten down by six months of daily bingeing and purging, preceded by two years of anorexia. To get out of the insanity that had become my life, I was willing to try anything, even sitting around in the dark sharing shameful stories with other faceless, food stained overeaters. That was my image of

OA before my first meeting.

Wow, this image could not have been more wrong! In the rooms of OA I found warm, welcoming, caring individuals who were willing to help me, despite the fact that I was weak and didn't deserve it — or so I thought. I didn't understand Tradition Twelve and couldn't comprehend why they were willing to go to such lengths to help me. They

accepted my phone calls, explained the Steps, listened to my rambling shares and mopped up my tears. I will be eternally grateful that they did.

...As I took Steps One to Three with my sponsor, I developed a relationship with a Higher Power who helps me daily, and I have been abstinent...for five months....
— Newcomers Corner, Lifeline, Sept/Oct 2009, p. 26 (edited)



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

2017-2018 Board

Chair: Lea B.
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**“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.

2017-2018 Committees

Audio Library: Carolyn
Archives: Barbara F.
Communication: Jody H.
Swan/EI Cisne: Carrie H. & Alice G.
Website: Jody H.
Public Information: Karen R.
Professional Outreach: Mary Rose J.

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

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

“I do not compare myself with anyone, rather, appreciate each of us for what we are.”

July 1, For Today

Region III and World Service OA News

Region 3 2019 Convention and Assembly Update

Join us on Saturday, September 23 at 5:30pm at an OA member's home to help us select the 2019 theme.

5:30-6:30—Bring your own dinner
6:30—Recovery scavenger hunt
7:00—Theme selection
7:30-8:00 Speaker

WSO News
Support OA when purchasing literature!

Did you know that the largest segment of OA's annual revenue comes from the sale of OA-approved literature? Your best options are the OA bookstore at www.oa.org and your local bookstore, which may be able to special order OA books for you.

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 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.	Barbara (210) 508-8727	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"