



Website Redesign Coming – Elaine L.

“The Internet has made getting the OA message out easier....Website visitors these days are more tech-savvy...”

Website Development Guidelines, 2015. oa.org

We owe our current website to the efforts of some brave, forward-thinking members. I can still remember Chuck M., showing us our first website. It was well beyond my comprehension or skill set! In time, JoAnne R., stepped up and took over the web. For the last several years, Gwen B. has been maintaining our website, which requires HTML skills. Thank you all for your service!

In the next month you will see a new San Antonio Area Intergroup website at www.oasanantonio.com.

As Communications Secretary, I considered the following needs in the web redesign:

1. Update the website quickly using a simple platform
2. The best way to inform potential newcomers
3. A common look and feel that ties back to oa.org

The next step was to gather ideas from Re-

gion III and other Intergroups. Some of the best ideas included:

- ◆ A Newcomer page
- ◆ Newsletter or announcements sign up
- ◆ Video
- ◆ Bilingual
- ◆ Balance between text and graphics



At the January 2016 Intergroup, the SAAI Board, Committee Chairs, and Intergroup representatives looked at the current website and the possibilities. There was consensus to move ahead, exploring different platforms, and coming up with a draft site. Lenora M. and Lynn G. volun-

teered to work with me on the redesign.

By February, I had completed the draft redesign and shared it with Intergroup. Again, the group was unanimous to continue the work.

At the March Intergroup, I will make a motion to move the oasanantonio.com

website to a new platform and go live with the new design. If it is approved, I will send an email that the site is live.

Once the redesign is live, I hope you will provide feedback on better ways to attract newcomers and returning members.

March 2016

Announcements

March 5

9:45am Step Study, Church of Reconciliation

March 12 & April 9

9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

March 19

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

Spring 2016

Region III Convention & Assembly, April 15-17, 2016, Abilene, TX

June 10-12, 2016

Slumber Falls Retreat, <http://oasanantonio.com/events.html>

Sept 1-4, 2016

2016 World Service Convention, Boston, MA



“These practices are done regularly so as to provide structure to my life.”

A Plan of Action — Anonymous

When OA announced a ninth tool - A Plan of Action - I was skeptical and resistant. There were no explicit guidelines or explanations about what this new tool was or how to use it. We were told that it could be whatever we chose, because it would be a whole year until the World Service Business Conference considered its definition and guidelines for use.

“Great!” I thought. Whatever I decide will only be valid until the —“real” definition was implemented. Why bother? So I didn’t.

Even after WSBC defined the tool and included it in the pamphlet —Tools of Recovery, I was still skeptical and resistant.

It wasn’t until I read the January 2012 edition of *Lifeline* that I gained an appreciation for this new tool and the myriad ways it could be used to support recovery.

So I had to ask myself why

I had been so skeptical and resistant to accept and embrace this new tool. Some of the reasons were:

- Since it wasn’t clearly defined initially, there was no one “right” way to use it so I couldn’t use it perfectly.
- Here was another tool that I could use to beat up on myself because I was not using it or not using it perfectly.
- I have difficulty with change, especially as I grow older. I dislike feeling uncomfortable and my resistance goes back to not feeling proficient in the tool’s use early on, thus making it impossible for me to use it perfectly.
- Because it wasn’t clearly defined, I was on my own in defining it and how did I know I was doing it —right? Heaven forbid that I should have to bring it to my Higher Power or trusted friends in

OA to discuss it and get feedback.

I am able to laugh at myself now, as I look at my reasons for resisting this new tool, especially because I find that there is no one right way to use it. The good news is that, after reading the *Lifeline* articles, I realize I’ve been using it all along, even before it was designated as a tool.

My Plan of Action includes prayer and meditation daily, walking and yoga regularly, a 10th Step with gratitude list each night before bed, reading OA and/or AA literature on a daily basis, journaling regularly, sponsoring and being sponsored, attending meetings regularly, giving other service as I am guided, eating healthy foods, keeping in contact with other OA members whose recovery I admire, spiritual reading and reflection, and other practices that support my recovery.

The key is that these practices are done regularly so as to provide structure for my life.
—CNMI Newsletter, March 2012

Newcomer’s Corner

My weight had been slowly increasing for some time and due to a prior accident involving my back, I knew I was susceptible to back issues by carrying too much weight. I was progressing from a size 3X to 4X, and sensing I would soon be hard pressed to find any clothes to fit....

A close friend suggested I give OA a try, but, in denial, I dis-

missed the suggestion as appropriate for someone “bigger than me.”

A health scare and a \$2,300 hospital bill was a wake up call....I arranged to visit an OA meeting [with] a friend I respected.... After attending meetings for a couple of months,...I took the plunge.

I got a sponsor and a food plan. After six months, I have lost more than 70 pounds. I call my sponsor daily, attend two meetings a week, call others, serve as Intergroup Rep and work with newcomers. I look forward to more self-discovery....

—Dave H., Las Vegas OA Intergroup Newsletter, December 2013 (adapted)



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 78210

2015-2016 Board

Chair: Lynn G.
 Vice Chair: Mark S.
 Treasurer: Lindsay H.
 Recording Secretary: Oralia L.
 Communications Secretary: Elaine L.
 Parliamentarian: Susan D.
 WSO Delegate: Mary Rose J.
 Region III Representative: Curtis M.



“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.

2015-2016 Committees

Audio Library: Laura E.
 Archives: Barbara F.
 Communication: Elaine L.
 Swan/EI Cisne
 Website: Gwen B.
 Public Information/
 Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.
 Literature: Valerie
 Lifeline Rep: Deandra S.
 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.
 Place literature order at: oasaliterature@gmail.com

Want to receive The Swan/EI Cisne via email?

saoaswan@gmail.com

“Abstinence is no longer the struggle it was when I was trying to abstain by willpower alone.”
March 1, Voices of Recovery

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, Uvalde 220 H. High St. (Fellowship Hall)	Big Book, Literature
MON	9:30 A.M.	Laura (210) 475-1164	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 (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.	Deardra S. (210) 391-1638	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. 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"