



An All-In Proposition—Diana G.

Words of Wisdom

“Sponsoring is such a gift, a place where my own dark past becomes useful. Thank you, God, for this mechanism where broken people heal each other.”
— Lynn G.

“And we have ceased fighting anything or anyone...the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid....That is how we react so long as we keep in fit spiritual condition” (Alcoholics Anonymous, 4th edition, pp. 84-85).

in an important way. With physical exercise, if I did half of what was prescribed, I would receive some benefit. With spiritual fitness, however, the benefits I would receive if I did only half the work are explained in *Alcoholics Anonymous* (4th ed., pp. 58-59):

My commitment needed to be an all-in proposition, and I needed to follow the time-tested prescription of the Twelve Steps to achieve a fit spiritual condition.

My first year in OA, I was a sponge. I received the gift of abstinence by absorption. I went to lots of



When I first came to OA, I read the above passage and said, “That’s what I want!” I was tired of the schemes, micro-management, and constant battles with food, weight, purging, and futile attempts to get it all under control.

What would it take for me to get into fit spiritual condition? Just like physical conditioning, it would require exercise. Yet spiritual fitness differs from physical fitness

- “Those who do not recover are people who cannot or will not completely give themselves to this simple program...”
- “Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely”
- “Half measures availed us nothing”

The message was clear.

meetings, hung around my OA fellows, and did no Step work whatsoever. Instead I did the OA two-step. I admitted I was powerless over food—that my life had become unmanageable. Having had a spiritual awakening as the result of Step One, I tried to carry my message of recovery to anyone who would listen, even those who didn’t want to hear it.

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March 2017

Announcements

March 4

9:45am Step Study, Church of Reconciliation

Mar. 11 & Apr. 8

9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Mar. 11

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

March 24-26

Region 3 Assembly & Convention, DFW: Discipline, Faith, Willingness, Hyatt Regency DFW Airport

An All-In Proposition—continued

“They all shared a commitment to working and living the Twelve Steps.”

A year in, I had lost weight and stopped throwing up. Fortified in knowing I was a compulsive overeater, I left OA, certain I wouldn't do that stuff anymore.

A year of additional research followed, then ended when I crawled back to OA 50 pounds (23 kg) heavier, throwing up daily, and blessed with the gift of desperation. I was willing to do what was required to become and remain abstinent. I listened to those who had what I wanted: long-term abstinence; ease around

food, people, places, and things; orderliness and sanity; joy and happiness. They all shared a commitment to

of the deal was to maintain a fit spiritual condition. So I start each day asking God for the ability to live each of the



working and living all Twelve Steps. Through the Twelve Steps, each one has built a sustaining relationship with a Higher Power, and that Higher Power gave them the daily gift of abstinence. Their part

Twelve Steps and Twelve Traditions. I must take, live, and work all the Steps to become and remain abstinent.

Newcomer's Corner

My Providential Blurp

As I sat across from my doctor and focused on entering my next appointment into my phone, another part of my mind took over my tongue.

“I've been gaining weight since I moved here last year. Can you give me some advice?”

For several months I'd been

dithering about asking her for help. Now I felt shock— and immediate relief. She asked how I had been managing my eating. I kept tapping at my phone, afraid to look up. Providentially, that unfiltered part of my brain took over again. “I've never been able to manage my eating.” ...Without hesitation she said I should look into Overeaters Anonymous. She told me OA could help with unmanageable

urges around food, and I could find a local meeting on the OA website....“It is the right place for you,” she said.

...I arrived [at the OA meeting] and walked in to a warm welcome....The members were kind and welcoming, and they represented many sizes and body shapes....Clutching my Newcomer packet, I felt real hope...

— Edited from *Lifeline*, July 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
 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.
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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.

2016-2017 Committees

Audio Library: Carolyn
 Archives: Barbara F.
 Communication: Jody H.
 Swan/EI 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/EI Cisne via email?

news@oasanantonio.com

“If I set my sights short with the thought that weight loss is enough, I may never live life to its fullest, enjoying its pleasures and gifts.”
For Today, March 1.

Region III and World Service OA News

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

Agenda:
 Update on convention sites

WSO News

[Uniting with Diversity Trifold](#)

Use the new *Uniting with Diversity* trifold to strengthen

unity in your group and service body. Download at <https://oa.org/files/pdf/UWD-trifold.pdf>, copy, and share this new, free resource created by the Unity with Diversity Committee to support the strength and hope we find together in fellowship.

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