



Memories of Eva: my friend, confidant, angel from God – Michele D.

“Eva knew how to love, dance, laugh, play, watch movies, go walking, go out to eat, socialize, and play with pets, especially cats. Eva learned how to do one of the most difficult thing in life through OA and that is ‘How to enjoy life daily.’”

On March 21, 2016, a faithful member of our fellowship passed away. Here is another member’s reflections.

Eva was an angel put in my life as a gift from God. I learned a lot about myself, my journey and my need to please other people from Eva.

I had a strong yearning to go to lunch with Eva and continued to ask her to lunch for months before our mutual schedules came together to meet at Luby’s on December 16, 2013. This was the beginning of what became our Overeaters Anonymous (OA) journey together. Eva asked me over lunch what I was doing because she could see my weight loss. I told her that I attended OA and she said that she was interested and would like to attend. I never expected her to follow-up, but Saturday morning she called and said are you still going to OA. I said “yes” and she asked if she could ride with me. I said “yes” and she came and enjoyed the meeting.

After the meeting, she spoke with my sponsor

and asked her to also be her sponsor. My sponsor immediately walked over to me and said the “Holy Spirit” told her that I needed to be Eva’s sponsor. I wasn’t sure if that was a good idea because I had only been in program a short 3 months. I reluctantly said yes only if my sponsor was willing to help me.

I gave Eva the information for Step “0” and she told me the next morning that she was not willing to go to any lengths. This threw me for a loop. I didn’t know how to respond so I called my sponsor for help. She told me to explain to Eva that if she was not done with her research, she could go back out and call me when she is ready to come back. Eva totally panicked at the idea of possibly discontinuing OA and she screeched, “NO, I can’t do that. I have to have OA. I’ve got all of the evidence I need. I don’t need to go back out. I’m an overeater for sure. Ok, ok, I’ll go to any

lengths.” I said, “Are you sure?” She said a very confident and self-assured “YES”.

It was amazing to me how well she knew at Luby’s and after only 1 meeting that OA was home. This was the beginning of our spiritual OA journey together. We did 90 meetings in 90 days and then we did 90 meetings in 90 days again. We both released 50 pounds.

During this time frame, I also decided that I was no doubt, an overeater who like Eva, needed OA for the rest of my life.

Eva often said as a newcomer, “Michele, you are stuck with me for the rest of my life. I will be an overeater for the rest of my life and I will always be your friend—forever.”

I never understood how she knew this so clearly, so quickly, and so strongly. Learning that I was a “lifer” was a concept in and of itself that made Eva an angel in my life.

— Continued on Page 2

May 2016

Announcements

May 7 & June 4
9:45am Step Study, Church of Reconciliation

May 14 & June 18
June meeting moved due to SF Retreat

9:45am Intergroup, Church of Reconciliation

10am Newcomer/ Welcome Back, Church of Reconciliation

May 21

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

June 10-12, 2016

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

Sept 1-4, 2016

2016 World Service Convention, Boston, MA



"She taught me about good food choices and bad food choices. We ate together and she showed me what a healthy meal looked like. We sautéed vegetables and chopped salad together. It was fun and tasty."

Memories of Eva - Continued from Page 1

We often talked about the Big Book page 66 that explains how some of the people in our lives are sick. They don't have the recovery and support that we have so we must not judge them. They do not know what they are doing. We must treat them as we would any other sick person. We visit, console, and pray for sick people wishing they will get better soon; and we must do this for them as well.

Eva also taught me the importance of taking care of myself in a new way. She said "make the date, time, place to go to lunch convenient for you. Don't change your entire schedule to accommodate someone else." I didn't realize just how often I do that until she told me.

Eva left me with a lot of Golden Nuggets that she acquired through OA:

1. Every morning when we finished our conversation, Eva would say, "Let's do our close", and we would recite the 3rd step

prayer together and then begin our day.

2. She taught me how to laugh a lot and enjoy socializing with people.
3. Eva put things in her God box daily and physically turned everything including good things, bad things, and thoughts & actions all over to God.
4. She showed me how to keep a good attitude and a love of God through adversity. She often told me that God knew exactly what she needed and that we did not meet at Luby's that day by accident. It was divine appointment. She said, "God sent me into her life, right when she needed me." She lost her eyesight for a while and we rode together to work, the gym, and OA. I gave her rides to the doctor, the store, and the bank. She said, "I do not know what I would have done if you were not there for me." Her attitude of grati-

tude was so strong she wept as she explained this to me.

5. Eva loved God, her Lord and Savior, unapologetically. Sometimes, during the OA meeting, I would flinch as she shared her love of her Higher Power that she called "God" because I thought this might be very uncomfortable for the atheists in the room. I'm sure even they didn't mind because Eva was raw, authentic, genuine and real as she shared. She said that she had a problem with loving food and sweets more than God. She could not allow food to be her God.
6. She taught me the importance of daily exercise and we often went to the gym together.
7. I learned a lot more about how to value my own opinion of myself from Eva. For the most part, she truly did not care about what other people thought about her. She strived to be comfortable with herself.

Newcomer's Corner

NO CAKE TODAY

When I came to my first meeting on September 28, 2010, I was sure surprised; I think I was expecting a bunch of obese people crying on each other's shoulders but what I found was mostly normal size folks and everyone was so very welcoming. I found people who had done the same crazy stuff I had done with food and had the same crazy

thoughts I had and they were not scared to talk about it; that's when I knew I had found a home. I also heard the word "abstinence" at my first meeting and I just couldn't imagine what that might mean with food. After my second meeting I cornered a guy and was asking him what abstinence meant. "Did it mean I would never ever eat a piece of cake again? Never? Ever?" And, as that was coming out

of mouth, I realized that it wasn't forever; it was just today. No cake today!!! What a great concept. At that time it was 8 PM and all I had to do was make it 'til midnight; that was something I could definitely wrap my brain around and that has been my personal motto ever since.

— Curtis M., San Antonio



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

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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.

2015-2016 Committees

Audio Library: Laura E.
 Archives: Barbara F.
 Communication: Elaine L.
 Swan/EI Cisne Website
 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.
[Literature forms online](#)

Place literature order at:
oasaliterature@gmail.com

Want to receive The Swan/EI Cisne via email?

news@oasanantonio.com

“Those to whom I carry the message may be more likely to listen if I remember that ours is a program of attraction.”
May 2, 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, 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"