



Focus on Step Eleven Principle: SPIRITUAL AWARENESS

November 2017

Announcements

Nov 4 & Dec 2
9:45am Step Study,
Church of Reconciliation

Nov. 11 & Dec. 9
9:45am Intergroup,
Church of Reconciliation

10am Newcomer/
Welcome Back,
Church of Reconciliation

Nov 18, Saturday
IDEA Day
International Day of
Experiencing
Abstinence,
Theme: Gratitude
1-3 p.m., Church of
Reconciliation,
Brown Hall

Dec 12, Tuesday
12th Step Within
Day,
7 pm, Alamo
Heights Baptist
Church

OA Step 11:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

"In OA we share a belief that we can each recover through a spiritual relationship with a Power which is greater than ourselves alone....Our program does not promote or favor any particular concept of the exact nature of this Power."

OA 12 & 12, P. 92

A Member's Story

Step 11 contains both instructions on how to improve our conscious contact with our higher power and why we would want to do that. In my disease my prayers were about not gaining weight: "God, just please let me eat whatever I want and not gain weight." I meditated on what a great thing that would be, because food was my solution for how to live life on life's terms.

Then the solution became the problem, and I was fortunate enough to find OA, where I learned that my compulsive eating was just a symptom of a need for a relationship with a higher power. I am glad my eating problem had "beaten me into a state of reasonableness," because at my first meeting, when I heard talk of a higher power, I thought, "I'll try anything - even God."

My journey began first by admitting powerlessness, then conceding

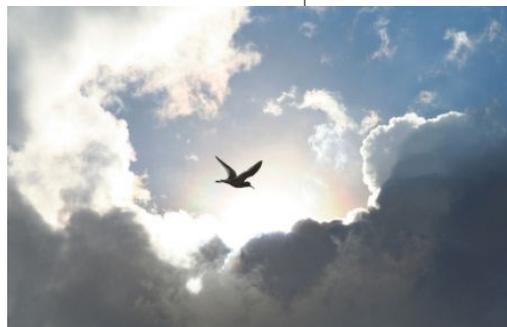
there must be a power greater than me that could work this out, then deciding to hope that I could access this power. The instructions on how to do this were clear: Do Steps 4-9. I was asked to continue looking at things that got in the way of accessing this power in Step 10 and to seek this relationship and improve it by prayer and meditation in Step 11.

How do I practice the Step 11 principle of spiritual awareness? I stop praying for things I want and meditating on unrealistic scenarios. I know that it is God's will for me to maintain my abstinence, and through prayer and meditation I can find the power to carry that out. *Alcoholics Anonymous* (Big Book) gives me concrete ways to do this on pages 86 - 88. There are questions to ask myself when I retire at night. There is consideration about the day ahead upon awakening. There are actions to

take during the day. All along I ask my Higher Power to forgive me, direct me, and refocus me.

My spiritual awareness is that I don't get as far from this conscious contact as I used to. The blessing of recovery is that I am just a phone call, a meeting, or prayer away from this reminder. This awareness not only keeps me out of the food, but also gives me so much more: a life I never even knew I really wanted. The insatiable quest for more is satisfied at last. The only word that comes close to describing this is miraculous. I am so glad my friends in OA have told me to stay for the miracle.

Lynn G.





“In order to recover from compulsive eating, we need a living, developing, ongoing relationship with this Higher Power, and we find having complete freedom to seek that relationship is a vital aspect of our program. It takes more than spiritual freedom, however, to establish and develop a relationship with a Power greater than ourselves. WE HAVE TO TAKE ACTION. OA 12 & 12, P. 92

Principle 11...Members Share on Spiritual Awareness

When I consider the Step 11 principle of spiritual awareness, a daily practice I use to improve my conscious contact with God as I understand him is...

“Each day I start my day with an acknowledgement of the healing, guiding and protecting energies which surround me for the entire day.”

“I use a “God Box” to help symbolize me giving my will, problems, etc. to God. I say a prayer and give myself space to hear an answer.”

“I thank God for another day in the morning, and do readings from spiritual literature. I offer up my prayers for others.”

“Read my Bible prayerfully. Also, talk to God as I go through my day, knowing He cares about me and everything I deal with, big and little.”

“I begin my day with my journal and OA literature. As I read For Today and Voices of Recovery, I find I want to respond to what I have read and how it applies to my program. Writing has become my prayer to HP—gratitude, releasing character defects, renewed willingness, complete honesty. My prayer journal has become an intimate connection with HP.”

Tell of an experience when you knew you were aligned with your Higher Power?

“During my meditation one morning, as I was asking for help, I heard a voice (not unusual by now) telling me to drink no carbonated beverage or coffee. Later, I found that those foods would have—and had—harmed me. I still refrain from coffee and soda.”

“When my son was diagnosed with cancer, I felt God holding me.”

“As I look back over time, I see how my spiritual awareness has grown....”

“Over time, I see how my trust in my HP has grown and strengthened. The intuition that comes as described in the Big Book is often there for me.”

“By observing my growth of self-compassion. As my belief in a HP grew, my love for myself grew; and as I loved myself more, I saw that my HP loved me more. They have grown hand in hand.”



“I knew I was aligned with my HP when I became very upset over a person’s message to me. I was able to calm myself and affirm myself, and then reach out. My HP was present and speaking for me when I couldn’t speak for myself.”

Applying Step 11:

PAUSE

**Pause
And
Use
Step
Eleven**

Newcomer’s Corner

What is IDEA Day? Thanks for asking!

IDEA Day—International Day of Experiencing Abstinence—is celebrated each year on the third Saturday in November. The day was established to encourage members worldwide to begin or reaffirm their abstinence from compulsive overeating.

Join OA friends from the San Antonio area on Saturday, November 18, from 1–3 p.m. to

celebrate IDEA Day. The theme will be Gratitude. We will have a speaker and break out sessions. IDEA Day is hosted this year by the Monday and Friday, 930 a.m. meetings.

What is Twelfth Step Within Day?

Twelfth Step Within Day is celebrated on December 12 each year. It is a day to give Twelfth Step service to a OA members still suffering or in relapse.

This year Twelfth Step Within Day will be celebrated on Tuesday, December 12 at the Alamo Heights Baptist Church, beginning at 7:00 p.m.

Come out and give service to other OAs by participating in this special Tuesday evening meeting!



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

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“Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unending source. Practiced regularly they open our lives to the comfort we sought in food but could never find.

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: Steve M.

Archives: Barbara F.

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Alice G., Carrie H.

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Public Information: Karen R.

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Lifeline Rep: OPEN

12 Step Within: 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/El Cisne via email?

news@oasanantonio.com

Region III News

Want to connect with regional events?

Check out the calendar at www.Oaregion3.org or

View Region III intergroup websites for their upcoming events at www.oaregion3.org/r3-welcome/directory/

Coming....Spring 2018
Region III Convention
April 13-15, 2018
Salt Lake City, Utah

<http://www.oautah.org/events.html#archRecover>

World Service News

“Sponsorship Success” Podcasts—

Sponsoring others is a vital service in OA. Our “Sponsorship Success” podcast series can help you prepare for your first sponsee or give you fresh ideas for your existing sponsorship service. VISIT oa.org/podcasts to listen to these latest additions in our series:
Episode 7: What are some different sponsoring types?
Episode 8: How do you work the Twelve Steps with a sponsee?
Episode 9: How do you work the Twelve Traditions with a sponsee?

WSO Service News taken from WSO website at oa.org.

Each Tradition Explained in a Three-Minute Video

“Take a Walk Down the Traditions” is a series of video presentations designed to quickly explain each of our Twelve Traditions. The Traditions can be applied effectively to all human relationships and help with problem-solving both inside and outside the rooms of OA.

These videos support our strategic effort to grow OA unity worldwide. Do your part by watching these videos and encouraging fellow members to do the same. Find the first five videos at oa.org/podcasts, and keep an eye out for more to come.



Through prayer and meditation we align ourselves with a higher spiritual power which gives us everything we need to live to our fullest potential.

OA 12 & 12 P. 98

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.	Kristy (512) 393-1366	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"

Have an idea for The Swan/El Cisne? Want to contribute content for an upcoming issue?

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Carrie at oacarrie@gmail.com