



## Remembering Marilyn— Sharon V.

*"I remember this little bubbly sprite who came to our meetings and spread cheer whenever she spoke. Marilyn graced several of the meetings I attended and I was able to witness her in action."*

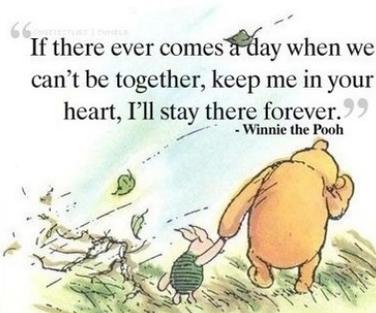
*Marilyn W. served as Group Representative and Inter-group Treasurer and was a regular at the Thursday noon and Saturday 8:30am meetings. She lost her battle with cancer on September 4, 2015.*

When I first "came to" program I was looking out for myself. I came because I was so depleted. I had no self-reality. I "could not differentiate the true from the false". That statement we have, "Let us love you until you can love yourself" was one that used to make me sick to my stomach. "If you really knew me, you would never say those words".

Over the years of "Keep Coming Back" I have grown through others loving me to love myself. One miracle of that is that I have been able to love you with all your foibles, pimples, and warts and all your goodness plus everything in between. That brings me to Marilyn.

I remember this little bubbly sprite who came to our meetings and spread cheer whenever

she spoke. Marilyn graced several of the meetings I attended and I was able to witness her in action. When Marilyn smiled she made me think of one big giggle ready to take over the room. She lit up and her eyes sparkled. When she was frustrated or un-



sure, she seemed to find the solution after great pondering and prayer. She loved OA and talked about how her life had changed. She had been in program years before and had just come back when I first met her six years ago.

I learned from Marilyn that "no matter what I may lose in this life, I can never lose my relationship with God." I learned and saw joyful attitude in the midst of chaos and pain. I saw

how much she loved her husband, Doug, and her children, and do not forget the dogs!

Marilyn died September 4, 2015, and in her passing I have missed her every day and I also celebrate what she gave me and so many others during too brief a life. I witnessed at her memorial service many others besides OA she had touched.

Her giving spirit remains as several of us in the Thursday noon meeting recently celebrated her life by dedicating the meeting to her on September 15, 2016. After the meeting, her husband, Doug, joined us for lunch and we continued the remembering of her.

In this recovery I never know whom I will meet. I never know who will touch me and I never know whom I will touch. The miracle of life abounds and my life is richer for having been touched by Marilyn.

Thank you.

November 2016

### Announcements

**Nov. 5 & Dec. 3**  
9:45am Step Study,  
Church of Reconciliation

**Nov. 12 & Dec. 10**  
9:45am Intergruop,  
Church of Reconciliation

10am Newcomer/  
Welcome Back,  
Church of Reconciliation

**Nov. 19**  
International Day of  
Experiencing Abstinence,  
10am to  
2:30pm, University  
United Methodist  
Church, 8900  
DeZavala

**Jan. 13-15, 2017**  
OA 57th Birthday  
Party, Language of  
the Heart, Hilton  
LAX Hotel

**March 24-26, 2017**  
Region 3 Assembly  
& Convention, DFW:  
Discipline, Faith,  
Willingness

NO ONE is ever  
too broken,  
too scarred,  
or too far-gone  
to create change.  
Never stop fighting.  
Never lose faith.

**“My diabetes was out of control – my health was shot – spiritually, physically, and emotionally.”**

## Why I Came to My Second Meeting - Tuesday 7pm Members

I came to my second meeting because:

I told myself I would NEVER do a gastric surgery and I found myself contemplating it because I had tried EVERYTHING else.

I was in the deepest bottom ever. I knew that if I didn't return, I'd die in my disease.

I had been online for about a year and I felt hungry for face-to-face meetings. It was HP's grace and I had hit bottom.

My diabetes was out of control – my health was shot – spiritually, physically, and emotionally.

I really wanted to get help with my addiction. I was desperate and willing to listen and I craved seeing recovery in my friends in OA.

I had tried everything else and OA was the only thing I had seen work. If I was able to get to goal weight, this was the way to keep it

off. This works – nothing else has worked.

I cashed a check that I thought might bounce because I did not have enough money to get ALL I wanted to eat at my favorite fast food restaurant. Having attended the first meeting enabled me to question why not being able to get all my usual order was so upsetting that I risked writing a bad check. I wrote the check, ate all the food, and went to my second meeting.

Elaine was so welcoming and inviting for my first meeting three-and-a-half years ago. I needed help. I looked up the telephone number of OA online and Elaine was the OA member on the other end of the line.

I heard so many things at my first meeting that made me know I was in the right place. I heard about bingeing and, more importantly, hope. I came to the second meeting so I could learn more about a different way of life.

I was on my way down Broadway to get an ice cream cone and turned around at 7:05pm.

I heard so much wisdom and insight in the first meeting. Also, I could not stop crying! I could relate to so many; I felt God brought me here and I wanted what others had. I was willing to do whatever it takes to get it, and I knew I would get the tools and support I needed.

I was miserable! I couldn't stand my life, my eating, my body, my flakiness, my choices, my sensitivity. I felt hopeless. There was hope for learning to be different, being changed, having peace of mind and health. I wanted that, so I came back.

I believed I belong here. I love to hear people talking about the same things that bother me on a daily basis. I thought coming to the meeting will help me feel better about myself and follow step toward my recovery from being a food addict.

## Newcomer's Corner

### The 10,000 Pound Phone – Part I

Before OA, people (or at least my reactions to them) were the problem and food was the solution. When food and compulsive eating became the problem and I came to OA, it was suggested that I make at least 3 reach-out calls a day to other OA members. I was shocked – what was I going to say to these strangers I was

supposed to call?

In OA we joke about the 10,000 pound phone because for many of us that is one of the hardest tools to start using. I have also learned that an OA voice on the phone is the most effective way to break the obsession with food when I want to eat compulsively.

The good news is that a new-

comer does not have to say much to start a conversation. As soon as a caller says "I am new in OA," we help because we know how difficult it is to make those calls. The caller can just ask questions like: "How long have you been in program?" "How did you get abstinent?" "What exactly is 'abstinence'?" "What is a sponsor?"

Continued next month!

—Alice G.



## 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](http://www.oasanantonio.com)  
Phone: 210.492.5400  
Email: [oasanantonio@gmail.com](mailto:oasanantonio@gmail.com)  
US mail:  
SAAI  
PO Box 5458  
San Antonio, TX 78201

### 2016-2017 Board

Chair: Curtis M.  
Vice Chair: Lynn G.  
Treasurer: Julene F.  
Recording Secretary: Kara M.  
Communications Secretary: Latoya T.  
Parliamentarian: Lenora M.  
WSO Delegate: Mary Rose J.  
Region III Representative: Noé G.



**“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: Vacant  
Archives: Barbara F.  
Communication: Vacant  
Swan/EI Cisne  
Website  
Public Information/  
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](mailto:oasaliterature@gmail.com)

**Want to receive The Swan/EI Cisne via email?**

[news@oasanantonio.com](mailto:news@oasanantonio.com)

**“Situations I thought were impossible have miraculously worked out because I remember to let go of MY will, and let God’s will be done.”**  
**November 1,**

## Region III and World Service OA News

The Region Chairs presented a workshop at the 2016 World Service Business Conference entitled, “Carry the Message”. There are great ideas on how to carry the OA message to friends, co-workers, family, community, and health care professionals at [https://oa.org/files/pdf/Carry-the-Message-workshop\\_Things-to-Consider.pdf](https://oa.org/files/pdf/Carry-the-Message-workshop_Things-to-Consider.pdf)

Did you know??  
OA Young Persons’ Committee is on social media. Younger people learn about recovery through Facebook, Instagram and Twitter. Check out Overeaters Anonymous YP on Facebook.

Anonymity is protected by adhering to [guidelines https://oa.org/files/pdf/Anonymity-Guidelines-V2-proof.pdf](https://oa.org/files/pdf/Anonymity-Guidelines-V2-proof.pdf)

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/>

**IF YOU THINK YOU’VE BLOWN GOD’ S PLAN FOR YOUR LIFE, REST IN THIS. YOU, MY BEAUTIFUL FRIEND, ARE NOT THAT POWERFUL.**

## 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, <b>Uvalde</b> 220 H. High St. (Fellowship Hall)	Big Book, Literature
MON	9:30 A.M.	Vera C. (210) 494-2713	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.	Noé (210) 392-8031	Alamo Heights Baptist Church 6501 Broadway 78209	12 & 12 Study/ Discussion
WED	12:00 P.M.	Sharon V. (210) 863-3338	St. Andrew Lutheran Church, Library 7420 FM 2673, Canyon Lake 78133	Discussion
	12:00 P.M.	Kay (404) 286-9169	Unity Church of the Hill Country, 1016 Jefferson St., Library, <b>Kerrville</b> 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. <b>New Braunfels</b> 78130	Step Study
FRI	9:30 A.M.	Laura (210) 475-1164	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. <b>Laredo</b>	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	<b>Monthly Step Study</b>
2nd SAT	10:00 A.M.	Karen (714) 722-1656	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"