



Focus on Step Ten Principle:

PERSEVERANCE

OA Step 10:

Continued to take personal inventory and when we were wrong, promptly admitted it.

“One aspect of this program that keeps us here is the promise of permanent recovery....We read on page 204 of our For Today book, “Repetition is the only form of permanence that nature can achieve.” If we are to experience permanent recovery from compulsive eating, we will have to repeat, day after day, the actions that have already brought us so much healing.”

OA 12 & 12, P. 83

A Member’s story: The perseverance I didn’t know I needed

Before I started my recovery in OA, when I was still trying to manage my eating disorder and my anxiety on my own, I remember telling a friend that it seemed like it took a special recipe of a dozen different things that I needed to do each day to feel okay. At the time, this included getting enough sleep, exercising, praying or meditating, eating well, and going to therapy. Little did I know then that I was talking about the 12 Steps of OA, along with other basic aspects of self-care, and the recovery available to me through the program.

I have to admit that when I first started the program I had one foot in and one foot out. I thought I could attend for "maintenance" because I had just completed several years

of therapy. I was fine, I thought, until I encountered a health scare related to my 20-year eating disorder that put me right back on the road to recovery.

There, I was introduced to perseverance. There, at an unexpected low point in my life, I began to discover that recovery is forever for me, and that thought was comforting. I didn't have to try to keep all of my balls in the air so that I could attain the perfect standard of getting "over" my disorder. I'd heard the saying of "taking it one day at a time" before, but I didn't find peace until I put it into practice.

It was humbling to see that symptoms of my disease could sneak back up on me at any time. It was also humbling to see that the same food and body issues appeared for the friends I've met in my OA meetings. What's the answer to the long path we're going to walk together for the years to come? Perseverance, I've

learned. Putting one foot in front of the other. Taking it one step (and ultimately 12 steps) at a time.

Nobody likes to be told that they'll have to put continuous and even life-long effort toward maintaining their health. My first question was: Shouldn't it be easier? But as I'm coming to the close of completing my 12 steps with my sponsor, and I'm reaping many of the benefits of recovery, now I start to ask myself: Would I change my disease and my path if I could? Many days, I don't think so. My eating disorder brought me to OA, which brought me to a supportive community unlike any other, which brought me to the perseverance I need to stay happy and healthy. At least, for today.

— Bethany R.

October 2017

Announcements

Oct 7 & Nov 4
9:45am Step Study, Church of Reconciliation

Oct 14 & Nov. 11
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Nov 18
IDEA Day
International Day of Experiencing Abstinence

Dec 12
12th Step Within Day





**"The 10th Step
Check up:**

A

Abstinence. Was I abstinent today?

E Exercise. Did I exercise mind and body today?

I What did I do for myself today?

O OTHERS. What did I do for others today?

U Uncover. Is there something unresolved I must talk with someone about immediately?

-Adapted from John K. at Slumber Falls

Principle 10...Members Share on Perseverance

When we consider the Step 10 principle of perseverance, what do I do each day to persevere in my recovery?

"Follow my food plan, make time to read literature and write, pray and meditate, look for ways to practice my program in the daily challenges, share my recovery with others and do service. Remember there is more recovery ahead and not get complacent or comfortable with the recovery I have."

"I take it day by day, reminding myself that I only need to tackle one anxiety—or meal—at a time."

"When I consider 10th step each day and what I do for my recovery and a good night's sleep...I use page 138 of the green 12 step workbook. I ponder 5 things I'm grateful for, 5 things I like about myself (that's hard some days). Then I work the list: was I resentful, selfish, dishonest, jealous, fearful, restless, irritable, discontent? Was I kind and loving towards all? Do I owe an amends? What did I do for others? What could I have done better? What did I do well?"

"I exercise; I focus on my body and try to feel if I'm hungry or not. I also pray."

How do I continue to work my program during times I feel it isn't working or not working fast enough?

"I try to just surrender the struggle. This disease is like quick sand- the more you struggle, the worse it gets. I go to meetings or listen to a phone meeting, call someone in program, call a sponsor. I like the phrase 'Easy does it'."

"I exercise; I paint, draw or sing and I pray."

persevere

to persist in anything undertaken; maintain a purpose in spite of difficulty, obstacles, or discouragement; continue steadfastly.

"Go to meetings! When I feel stuck, I am encouraged and reminded by other OA members of the progress I've made. Even showing up is progress in the program."

Newcomer's Corner

30 Day Abstinence Story

Hi, my name is Kristi, and I'm an anorexic. Today is my 30 day mark of food abstinence, and while it's only the beginning for me, I am so grateful to have a glimpse of what sanity around food can be.

When I first joined OA in late May, I didn't really understand the program. I just knew that I had been told, as an athlete, to lose weight...but to not starve (which

has totally been my "go to" program). All that I had ever known was how to starve, and so any "diet" shot me straight back into anorexia. It was a part of my life that I DIDN'T want to go back to.

Then I found OA. The first meeting? Well—let's just say I wasn't prepared for it! No one had told me that these meetings were ACTUALLY like what you see represented as AA on TV....and THAT WAS WEIRD!

"I rely on meetings and hearing how others are recovering. I can see them change before me and I am reminded growth will come for me, too. I also talk to others about how discouraged I am in my program and ask them how they get through such times and know I am not alone."

As I look back over time, I see how perseverance has resulted in growth/change in....

"My relationships. I am more patient with those closest to me and less worried or focused on getting my needs met. I realize there is so much in the world and I can relax and enjoy this moment with the people I love."

"My anxieties. Working the steps has led me to real moments of peace and happiness I've never had before."

"My eating and my life. Is it perfect? No! Yet it is so much better than it was. I am grateful I found OA and made the decision to keep coming back. Thank you OAs for being there for me when I was buried in this disease with no way out."

Plus, everyone around me (who I now consider family) said they were a compulsive eater. I knew only that I was NOT. While the stories I heard were about how difficult it was to STOP eating, I was thinking how hard it was to START.

But, for the first time, I heard something I'd never heard before: other people had "crazy" ideas when it came to food!
(Continued on P. 3)



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
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“The tenth Step begins with the word ‘continued’, our first clue that perseverance is about to become a key aspect of our recovery program.”

SAAI Standing Committees

SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

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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



“The purpose of Step 10 is to identify and remove from our path ... pride, fear, anger, self-pity greed, and other emotions which are bringing pain into our lives and keeping us from growing today.

OA 12 & 12 P. 84

A helpful nightly inventory is found in AA’s Big Book, P. 86 beginning with “When I retire at night ...”

Region III News

Region III 2019 Convention Updates

We had great fun and turnout for the Region III Theme Party on Sept. 23. We began the evening with fellowship and a meal, followed by an interactive scavenger hunt to get our creative juices flowing. Groups then created possible theme ideas for the Convention. Everyone voted on their favorite theme.

And the winner is...
Steppin’ It Up—OA in SA Take Your Program to a New Level.

Newcomer’s Corner, Cont...

Hours of mental battles spent thinking about what to eat? Obsession with weight and exercise? Umm, HELLO! That’s ME!!!!
And I slowly began to feel at home in the meetings. My HP blessed me so much in that there was always another anorexic in most of my early meetings I went to (I am told this is rare!) But it helped me to find my place in OA.

My journey to abstinence didn’t happen quickly. Although I DID find a sponsor fairly soon—it took SO MUCH LONGER to get on track. I think I went through at least 4 or 5 different food “plans” before I finally found one that worked. And my sponsor’s difficult words to me of

“you need to be honest with yourself about your recovery” really hit home. You see- It wasn’t enough to just eat (even though that still feels HUGE to me!) It didn’t matter if I was eating...if that stuff was junk. Because how was that recovery? I am so very grateful for my sponsor and my HP. She had the guts to just be real with me.

Today, at day 30, finally abstinent for that precious month, it feels like FOREVER. But I know that it’s only a start. There’s so much more healing, recovery, and ultimately service for me to do. But for today—I can say—30 days feels AWESOME! One day at a time. It is so worth it, and for once, I am starting to see that life can just be that...life...NOT food!

—Kristi, 30 days abstinent :)

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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