



## At Home in OA — Daniel O.

*"Tears in my eyes, I said what I never thought I would. "I can't quit overeating! It's been a problem all my life, and I know it doesn't sound like a legit addiction, but if I can't get some serious help soon, it could kill me!"*

When I was twenty-five, I landed in Las Vegas, homeless. After four days on the streets, I found a homeless shelter, which also held a one-year residential recovery program. Thinking only of a roof and hot meals for a year, I fed them some lies of being addicted to alcohol and cocaine (I didn't know OA existed...no one at the shelter did).

After two days at the shelter, a caseworker called me into his office and told me to cut it out. He said "I know you don't suffer from alcohol or narcotics of any kind. I want to help you, but you need to be honest with me. Otherwise, you have to leave." Tears in my eyes, I said what I never thought I would. "I can't quit overeating! It's been a problem all my life, and I know it doesn't sound like a legit addiction, but if I can't get some serious help soon, it could kill me! I eat when I'm bored, I eat when I'm tired and even happy, but I eat the most when I'm stressed. It even led to a stroke and heart failure when I was twelve and weighed over

five hundred pounds. Please help me!" Not sure what to do, they kept me in the recovery program and put me on a diet.

A few weeks later, a box of books were donated to the shelter and someone gave me a book that happened to be the beginning of my journey: "Twelve Steps and Twelve Traditions of Overeaters Anonymous". I drank the pages in with a thirst I've never known, blown away by how much I related to almost every story...well, aside from the fact that I'm not a housewife and mother, but a single man. But I sat on the floor for hours, crying, reading, laughing and finding myself, as I realized I had a place where I belonged.

I walked up to that same caseworker the next day, and said "Hey! It's going to be okay — I have an 'A'" and showed him the book. Months later I walked into my first OA meeting and haven't looked back.

Not long after, I started

using the tool "of service" — I am a representative for my home group, am its chip person, and I seize the chance to lead a meeting whenever I can, because I've never felt more comfortable and more "in my skin" than I do in OA. I take the end of "Our Invitation to You" seriously, and can't help but smile with gratitude when I hear "Welcome to Overeaters Anonymous, welcome home".

Like in any home, some service is required. Not sweeping floors or cleaning windows, but service like leading, a meeting, being a group representative, giving out chips, or simply reading the Promises or sharing during a meeting. I seek out ways to serve out of personal obligation, not obedience. To be clear, I love every meeting I attend and, if I were to miss one, I would feel unfulfilled, but I also know that if I am not personally responsible in one way or another, the laziness of my disease would persuade me to stay indoors.

—Reprinted from Las Vegas OA Intergroup Newsletter, October 2014

October 2016

### Announcements

**Oct. 1 & Nov. 5**  
9:45am Step Study, Church of Reconciliation

**Oct. 8 & Nov. 12**  
9:45am Intergroup, 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,

**Nov. 19**  
Speaker Meeting, 6pm, Abiding Presence Lutheran Church, 14700 San Pedro, 78232



**“Step Ten is like weeding the garden. I might have done a good job the first time through the Steps, but weeds have a way of creeping back in among the flowers if I don’t tend to them continually.”**

## Freedom Isn’t Free

This year marks thirty years since my first OA meeting. I came and have never left. The miracle happened; today I am living life, rather than simply enduring it, and holding on to the miracle with a daily routine of actions.

I remember that first meeting well: ten women and me. I had no clue what was going on. I was drunk on food and didn’t know it. They were telling stories about their eating and laughing about it, and I didn’t quite get what was so funny.

Thirty days earlier, I had written the note, cleaned up my stuff, and in the middle of the night quietly left my home and drove to the bridge. I parked at one end, left my wallet and keys in the car, walked to the center of the bridge, and climbed the railing. I stood there, holding a wire, needing to take one small step into oblivion.

It was the culmination of obsessing for years about ending my life. I chose the

bridge as the most humane way for the sake of my spouse and kids. I would be washed out to sea and become fish food.

...The other OA members told me the first thing to do was to detox from the addictive junk food I was endlessly consuming. I didn’t believe in addition, but I decided to pretend and see what happened....

I trusted the process even though I didn’t understand it. Eventually I did begin to understand. I had to change how I ate, how I thought, and how I believed. Physically, I had to learn the nature of my food addiction and a new way of eating that keeps it in check. Emotionally, I had to uncover the attitudes, beliefs, and values that are counterproductive to a good life. Spiritually, the Steps took me on a journey to get in touch with the spirit within, which some people God.

Holding on to the miracle means staying in fit spiritual condition. It particularly means living in Steps

Ten, Eleven, and Twelve. Step Ten is like weeding the garden. I might have done a good job the first time through the Steps, but weeds have a way of creeping back in among the flowers if I don’t tend to them continually. The Eleventh Step in the morning is my daily renewal of my faith. If I don’t renew my subscription every morning, it runs out sometime during the day. And Step Twelve is about passing it on. To stay clear and clean, a lake needs a flow in and a flow out. My flow-in is working the program. My flow-out is passing on the message to those who are still suffering and practicing these principles in all my affairs.

—Reprinted from *Overeaters Anonymous*, Third Edition, 2014

## Newcomer’s Corner

### Slogan to the Rescue

“Keep Coming Back!” We say it at the end of every meeting. But hearing those words in a new way helped bring me back from a long, painful relapse. I struggled so hard to regain my abstinence, to break my isolation, to redevelop a relationship with my Higher Power. But I seemed to always slip back into the grips of the disease. And then I

heard, “Keep Coming Back” one day, and I made a decision to do just that. If I slipped away from my abstinence, I was determined to “Keep Coming Back” to it. If I stopped talking to my Higher Power, I was determined to “Keep Coming Back” to Him. If I found I wasn’t using the tools to trying to work the Steps, I decided to “Keep Coming Back” to them. It’s not easy to “Keep Coming

Back” to the principles of our program when the disease whispers in our ear that we’re hopeless. But the decision to “Keep Coming Back” has led me out of the despair and back into the light of recovery. Keep coming Back – it works!

— *OAsis Newsletter*, Tulsa OA, October 2012



## 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 78210

### 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: Laura E.  
Archives: Barbara F.  
Communication: Latoya T.  
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)

**“The best way I know how to deal with anger and resentment is to take steps four through nine as often as necessary, and step ten daily.”**  
**June 17, 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, <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"