



Focus on Step Nine Principle:

LOVE

OA Step 9:

Made direct amends to such people whenever possible, except when to do so would injure them or others.

“This step has freed us from the shackles of our past mistakes in a miraculous way. Our lives are changed, our broken relationships are mended, and the ill will which poisoned our hearts for years is washed away.
OA 12 & 12, P. 75

A Member’s story :

The “Big R” (RESPONSIBILITY) is the lesson I learned in doing Step 9. I worked very closely with many sponsors throughout the years to attain love and understanding of my fellowman and myself. For many years I resented others without seeing that I caused harm. My first 4th Step blamed everyone else. In my first amends, my Mother did not respond well, when I told her, “I forgive you for all you did to tick me off.”

I held onto resentments towards my Mother for 13 years in program, did the steps many times, thought I had made amends, but forgiveness was not there. In 1986 a wise woman said, “If you accepted your Mother just as she is, it wouldn’t make any difference to you what she did.” Sometimes, the statements in program that I haven’t liked have been exactly what I needed.

When I took responsibility for what I did to harm my Mother, without saying what she did, my ill will was erased. I owned my part in 1993, and, until she died in 2012, we had a very peaceful and loving relationship. She had not changed, but my mind and heart had.



Step 9 has changed my life. It took – and still takes – courage to face myself and begin to recover the innocence and love of life that is inherent in all of us.

“Keep Coming Back. It works when we work it.”

- From Sharon V.

The principle of love, with responsibility...

“Our only job is to clear off our side of the street by doing whatever we can to right our wrongs...Clearing off our side of the street requires us to be sincere and direct in our approach to people we’ve hurt.

To amend something means to change it.

We complete our amends for our wrongful actions of the past by changing our actions in the future....Only by permanently changing our harmful attitudes and actions can we make it up to ourselves and our loved ones for the hurts of the past.”
OA 12 & 12, P. 78-79

Sept 2017

Announcements

Sept 2 & Oct 7
9:45am Step Study, Church of Reconciliation

Sept 9 & Oct 14
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Sept 23
Region III Theme Party
5:30 p.m., OA member’s Home, BYODinner, have fun, and help us select the Region III 2019 Theme!

Nov 18
IDEA Day
International Day of Experiencing Abstinence



TEACH
encourage
instruct
MENTOR
PRAISE
influence
GUIDE
INSPIRE

“Much of what we need to do in order to make amends won’t be easy, but those who have gone through with step nine have always found it to be more than worth the effort.... we can face the future with a new confidence. We no longer need the crutch of excess food because we have discovered a way of life which nourishes us. OA 12 & 12, P. 80-81

Principle 9...Members Share

When we consider the Step 9 principle of LOVE, an example of how I practice self-love and self-care in recovery is....

“Daily devotion to reading and praying. Asking for blessings only if to help others. Meet with my sponsor...and get real. I also listen to others and ask God for the willingness and honesty to cooperate with His and Her wishes for me. I go inward to go outward.”

“To share my recovery with others openly. It teaches me that acceptance and love of myself benefits others who may need to hear this message, but most importantly me.”

“To keep my commitment to ‘my time’ to exercise in the morning and attend my home meeting even when my husband or children think they need this or that.”

“I have learned to practice self-care by setting boundaries that honor ‘me-time’ that I need to

attend meetings, meditate, and de-stress. My self-love comes in the form of my self-talk. When I catch myself putting myself down, I put my hand on my heart and offer words of love to myself. ‘I love you. You’re doing your best. You’re growing.’”



I practice a living amends when...

“I pray for those I have resentment towards. Pray for his or her blessings. Go to that person, admit my flaw and sincerely apologize, asking for forgiveness. Treat the person in a better way; give love.”

“Refrain from talking about others.”

“I do intentional acts of kindness.”

I experience love in OA when...

“I hear people share at meetings and (when people) ask about me afterwards.”

“When others reach out to me during the week. I feel that connection and understand it as the love between people who understand and just want to help and support.”

“People come to me after a meeting with hugs, and words of love, care and encouragement.”

“I am told ‘thank you for sharing’ ‘I really

listen to what you say’. When someone hugs me and reaches out by phone, text or in person. If someone calls me because they need someone to talk to.”

“I come and listen and share.”

“I know people here understand me. Sharing our real lives in a context of ‘experience, strength, and hope’, I know I am loved, accepted, cared for.”

Newcomer’s Corner

Tools of Recovery—Literature

Need a way to connect daily with program? Read **For Today and Voices of Recovery**, two daily mediations for OA.

Want to know the history of OA and how our program came about? Read **Beyond Our Wildest Dreams**. OA founder, Rozanne, tells her personal story of struggle with compulsive eating as she

chronicles the early years of OA.

Ever delved into the **Big Book of Alcoholics Anonymous**? It is the foundation of all 12-step recovery programs, first published nearly 80 years ago, and as powerful and relevant today!

Lifeline, is a meeting in your pocket—hard copy or electronic.

But wait, there’s more...

Need support for living just for today, developing an eating plan, using the tools of recovery, maintaining a healthy body weight, working a strong program, or 12-stepping a problem? **OA has a pamphlet for these topics and many more.**

Literature—available at every meeting and online at oa.org. **Get your literature today!**



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:
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 Phone: 210.492.5400
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Thoughts about Step 9:

“Many of us have found it advisable to discuss the actions we are about to take with a sponsor or other person who understands the 12-step way of life. “ Am I willing to take this first step?”

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

be good to yourself

Region III and World Service OA News

Region III 2019 Convention and Assembly Updates

Join us on Saturday, September 23 at 5:30 pm at an OA member’s home to help us select the 2019 theme.

5:30-6:30 Bring your own dinner
 6:30 - Recovery scavenger hunt
 7:00 -Theme selection
 7:30 - 8:30 - Speaker

From the Spirituality Workshop...

OA fellows met on Saturday, August 19 to discuss the topic of developing and practicing spirituality in recovery. Several people shared their own spiritual journey and we experienced two types of meditation.

Members said, **I am glad I came today because...**

“It showed me how critical my spirituality is to my recovery and everyday life.”

“I learned a simple but powerful short meditation that allowed my mind to be free-er.”

“I felt open to people when so often I want to hide.”

“I heard how spirituality is key to program. We all have something to share.”

“It made me think more about my journey in developing a relationship with God. It also helped me get more motivated to go further in the journey.”

“I was encouraged to keep on keeping on.”

“I reconnected with those in OA I hadn’t seen in awhile.”

“Great people, amazing atmosphere, insightful sharing.”

“The purpose of Step 9 is to clear away guilt and ill will so that we may establish better relationships.. Am I willing to let go any expectations I have of how the other person will receive me?”

OA 12 & 12, P. 76

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.	Elaine (210) 332-0551	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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