

Published January 12, 2008

The Swan

OA Meeting/Information Line:
210-492-5400

SAAIG Website:
www.OASanAntonio.org

SAAI Email Address:
OASAAIG@hotmail.com

SAAIG 2007-08 Service Board:

Chair: Susan D.
Vice Chair: Pam F.
Treasurer: Kelly M.
Recording Secretary: Open
Communications Secretary:
JoAnne R.
Parliamentarian: Jackie R.
Delegate: Connie C.

SAAIG Committees:

Newsletter: JoAnne R.
Public Information: Bill W.
Media: Open
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Information Line: Lori
Literature: Michelle
12 & 12: Lynn G./ Dolores
Archives: Barbara F.
Newcomer Meeting: Marjory
Lifeline Representative: Marjory
Tape Library: Connie C.

Dates to Remember

February 1st
Send Input for the "The Swan"

February 2nd
Region III Convention Planning
Meeting, Austin

February 5th
Literature Orders due to Michelle

February 9th
SAAIG Monthly Meeting
SAAIG Monthly Newcomer
Meeting (February Leader:
Monday 9:30 A.M. Group)

February 23rd
OA Unity Day

March 1st
Deadline for room reservations
and reduced registration rate
for Region III Convention in
Austin (April 4-6)

"The Swan" is prepared by the San Antonio Area Intergroup (SAAIG). SAAIG is a service board organized for the support of, and directly responsible to, local member OA Meetings (Re: Ninth Tradition). SAAIG is duly registered with the World Service Office (WSO) of Overeaters Anonymous and may be reached at: P.O. Box 5458, San Antonio, Texas, 78201.

OA "Unity Day"

On the last Saturday in February, OA members across the globe will participate as individuals and in groups in activities and events to recognize and celebrate the strength of the OA Fellowship worldwide. Our San Antonio Area Intergroup Unity Day celebration will be held:

Saturday, February 23rd, 2008, from 1:00 – 4:00 P.M.
(Registration at 12:30 P.M.)
at Coker United Methodist Church
231 East North Loop Road, San Antonio, Texas 78216

The program begins at 1:00 p.m. At 1:30 p.m. we will join other OAs worldwide in saying the "Unity Prayer." Please plan to join us. See you there!

Events

Date	Sponsor	Event	Location
2/23	San Antonio Area IG	OA Unity DAY For more information: www.OASanAntonio.org	San Antonio TX
4/4-4/6	OA Region III	Region III Spring 2008 Assembly and Conference "Twelve-steppin' to Recovery" Contact Lynn G. if you are interested in attending planning meetings or helping http://www.oasanantonio.com/Announcements.html	Austin TX

SERVICE

Unity Day – Contact Lynn G. to offer to do service tasks large or small for this event.

Newsletter – Thank you for service contributing to "The Swan" each month. Please keep your experience, strength and hope along with your favorite recovery one-liners coming. Send to: OASAAIG@hotmail.com by the first of each month.

Intergroup – Contact Susan D. if you are interested in serving on one of the committees or helping with other tasks.

SAAIG Newcomer Meetings - Groups are scheduled to provide leaders for the SAAIG Newcomer Meetings held the Second Saturday of each month at 10:00 a.m. Carrying the message to newcomers is so important for them and for us. Contact Marjorie or check www.OASanAntonio.org for the schedule.

Happy Birthday

On January 19, 1960, the first Overeaters Anonymous meeting was held in Los Angeles, California.

Now 48 years old, OA is a worldwide fellowship with over 6,500 groups in 75 countries.

What a Gift! "Happy Birthday, O.A."

Step by Step

Step One

“We admitted we were powerless over food – that our lives had become unmanageable.”

Alone in the sunroom. Food strewn across the table. Physically, emotionally, and spiritually a hopeless mess. With about a year of sometimes, “pretend” abstinence, I once again temporarily and conveniently “forgot” that I am a food addict. I can remember certain things- dates and days of the week from decades ago, songs that played on the radio at the time and every slight anyone inflicted on me. But somehow, I cannot remember that I am a full-blown food addict whose life has become unmanageable. The veil of denial is one of my many ploys to forgetting. I use it to hide behind in an attempt to trick myself from the truth; to believe a lie. To say that the hiding works, is to continue to pretend. The hiding feeds my disease and robs me of growing up and being the person I could be. The connection to my true self, to my Higher Power, and to you is blocked by unwillingness to be

honest and ask for the only help that would finally cease the utter remorse, horror, and hopelessness of my disease. My addict brain said that night, “I will again show you who is in control. I will remind you that you are powerless over me and that I’ve got you again and I will continue to get you.” What a desperate place to be. But the thing is, I had to get there to finally get out. The food addict was jumping up and down with little mini pom poms saying, “Nanny nanny boo boo, I got you!” But what happened next was, God entered the room. I went to an early morning meeting the next day and spoke my truth. There was no “pretend girl” sitting in my chair that morning. There was realness, vulnerability, and surrender. I could no longer pretend that I was OK, or in control. There was no place to go but right where I was. And God joined me there and hasn’t left. I realized that day that the only way I

can stay in recovery from this debilitating disease is to be honest and face the truth. I am powerless over food and my life is unmanageable. I cannot expect to stay in recovery without a constant contact with my Higher Power.

The image of my last (please God) attempt to believe the lie that I could control my food and emotions still reminds me of the power of this disease. It is a picture of an addict, totally lost, out of control, desperate to stop and unable to. I keep that snap shot in my mind. I do not forget. I remember that I am a food addict. I am powerless over food- that my life is unmanageable. I can look to my Higher Power for the only solution there is to this disease. And that power is greater than the power of my addict if I am willing to believe. But...oh! That is the next step!

Step One Reading

AABB: Preface

AABB: Forwards to all editions

AABB: “The Doctor’s Opinion”

OA 12&12: Step One

AA 12&12: Step One

OA (Basic Text) “Keep Coming Back: Rozanne’s Story”

Living “Another Way”in Recovery

Coming Attractions

- *Step Two*
- *“Living Another Way...”*

“My mind is a dangerous neighborhood—I dare not go there alone.”

“Insanity: the seeming inability to learn from ones mistakes”

“Life is not painful, it’s my resistance to life that causes me pain.”

“I don’t believe in miracles—I depend on them.”

“Humility is a state of mind that comes from a realistic and relatively accurate knowledge of ones abilities and limitations.”

“Today’s THE day.”

NOW

Today, this moment is delicate –
 the finest bone china
 through which light glows softly.
 I want to hold this day in my hands –
 hold it gently, breathless
 at the wonder of now –
 how fleeting it is – how soon
 it becomes the past.
 Like a small bird cupped in my hands,
 I want to feel the beat of this day’s heart –
 count the pulse of seconds
 and let each be rich with life.
 At day’s end, I will release the light,
 let it take flight into nocturnal dreams.
 There, I will be the small bird held – my
 heart aquiver with now.

.By: Pamela F.

Published February 9, 2008

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Dates to Remember

February 23rd
OA Unity Day

March 1st
Deadline for Region III
Convention room reservations
at special OA rate

Deadline for Region III
Convention reduced
registration rate

Send Input for the "The Swan"

March 4th
Literature Orders due to
Michelle

March 8th
SAAIG Monthly Meeting

SAAIG Monthly Newcomer
Meeting (March Leader:
Monday 7:00 P.M. Group)

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(Registration at 12:30 P.M.)

Coker United Methodist Church
231 East North Loop Road,
San Antonio, Texas 78216

The program begins at 1:00 p.m. At 1:30 p.m. we will join other OAs worldwide in saying the "Unity Prayer." Please plan to join us. See you there!



"Unity Day"
Contact Lynn G. to
offer your help

SAAIG Committees
Contact Susan D. to
volunteer to help
with committee tasks

"5 on 5" Make 5
reach-out calls to 5
people you haven't
seen in awhile on the
5th of each month

Calendar of Events

Date	Spons or	Event	Location
2/23	San Antonio Area IG	OA "Unity Day" For more information: www.OASanAntonio.org	San Antonio TX
4/4-4/6	OA Region III	Region III Spring 2008 Assembly & Conference "Twelve-steppin' to Recovery" Hosted by: Heart of Texas IG (Austin and surrounding areas) March 1 st <ul style="list-style-type: none"> Deadline for discount registration rate Deadline for special hotel rate For more information: http://www.main.org/hotig/oaevent.htm	Austin TX
5/30 - 6/1	Central NM IG	OA Weekend Retreat For more information: http://www.oaregion3.org/calendar.html	Albuquerque NM
6/6 - 6/8		Serenity in the Rockies For more information: http://www.oaregion3.org/calendar.html	Silverthorne CO

"The Swan" needs YOU.

Please submit your experience, strength and hope along with your favorite recovery one-liners, quotes or readings to: OASAAIG@hotmail.com by the first of each month for the next edition.

Step Two

“Came to believe in a Power greater than ourselves could restore us to sanity.”

Step by Step

When reading this step in the OA 12 & 12 it didn't start making sense to me until pages 16-17. There are a few words that seem to stand out on these pages. They are: **came, become, willing** and **acted**. I am not an English major and cannot give their full depth and meaning, but as a layman of the English language, I found they were all words that showed or implied some kind of **action**.

Once you have given up the battle of trying to control this horrible disease, you **come** to believe that there must be Something Bigger than ourselves that can handle our world of compulsive overeating.

Then you **became willing** to **act**. You began to see or hear what others did and/or do. You **acted** like them in some little way. You tried some new things. You read something that “clicked” and motivated you. You felt. Your Higher Power pitched in and gave you a break! Your HP shouted, “You can do it, you can do it, you can do it.” You said, “I will do it, I will do it, I will do it!” And, **you did it**. And, **you're worth it!**

BAM! Things start happening. All we really want is sanity. Isn't “**acting as if**” a great way to move towards sanity. “Progress not perfection.”

I have been blessed with an HP that moves and shakes me often. My spiritual journey in abstinence continues to mature in such a way that blows my mind. Thank you HP for taking me out of this solution. I am not in control. The more **I believe**, and **I act**, then, **I become!** Abstinence is all I have to hold on to today. I work in the here and now. I choose to seek, ask, and receive from my HP in times of joy, hunger, fullness, sadness, and anxiousness. (Just to name a few.) My HP gives me the peace I need to make it. I choose transformation. It is my sanity. By: Melanie

Step Two Reading

AABB: Bills story

AABB: *There is a solution* “We came to believe..”

AABB: *More about alcoholism*

AABB: *“We agnostics”*

OA 12 & 12: Step 2

(AA 12 & 12: Step 2

Living “Another Way”in Recovery

”

“D.E.N.I.A.L. Don't even notice I am lying.”

“Once I understand that it is the disease creeping into my thoughts I can pray like everything depends on my Higher Power and work in recovery like everything depends on me.”

“I know every change or transformation that I experience is at HP's hand not mine.”

“I no longer need to test the theory that I can overpower this addiction to food – cunning, baffling, powerful and patient.”

“I am surrounding the hard places with more prayer.”

“Surrender as much of yourself as you understand to as much of God as you understand.”

“The palest ink is stronger than the best memory.”

“O, Lord, manage me because I can't manage myself.”

“It's not who's right. It's what's right.”

“God-sufficiency” versus “self-sufficiency.” (Bill W.)

Coming Attractions

- Step Three
- “Living Another Way...”

Published March 8, 2008

The Swan

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Dates to Remember

April 1st
Send Input for the "The Swan"

April 4th – 6th
Region III Spring Assembly
& Convention, Austin

April 8th
Literature Orders due to
Michelle

April 12th
SAAIG Monthly Meeting

SAAIG Monthly Newcomer
Meeting (March Leader:
Monday 7:30 P.M. Group)

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"Unity Day" ... A BIG Success

We send our special thanks to Lynn G., Delores and EVERYONE who helped to make SAAIG "Unity Day" February 23, 2008, such a BIG SUCCESS. Below is the HAIKU Barbara Diane guided participants to write during the day.

SAAIG "UNITY DAY" HAIKU

Abstinence for me
is Unity with OA
in every way!

OA is great and
a spiritual journey
join us and get well!

Hear, today, you are
our love, and our life forever.
We live in you now.

Across the whole world
loving, caring together
unite forever.

Selfish self-seeking
and afraid I am in charge
God frees me from me!

Sanity is here,
surrender, the only price
you will ever pay.

A sink of dishes
messy desk and pile of bills
breathe the world still turns.

On the flight out west
I finished knitting my socks
you can look at them.

Glaciers of our soul
Cave in on one another
we are inside and out.

to stay connected
is to pray and know our God
listen and no others.

we put our hands together
praying and hoping in our HP
on Unity Day.

Unity means friends
OA means recovery
12 steps is my path!

no bite of bad food
comforts us in daily life
as OA CAN DO!

program gives us hope
to live our life on life's terms
UNITY is KEY!

not desperate now
new hope has arrived, thank
God!
Calms my weary soul

Oh, my clothes don't fit
I'm too cheap to buy new ones –
abstinence saves dough.

abstinence pluses —
close wear out, collar bones
show,
new body of hope

our serenity
depends on our willingness
to ask Higher Power

Acceptance is the key
in sponsorship is my key
to OA success

when I am disturbed
some fact of my life is wrong
because I play god.

When it too much,
then we lose our peace of mind.
Willingness is next.

It was not always possible to discern the capitalization or the punctuation. "True" Haiku usually have no punctuation and capitalization.

Step by Step

Step Three

“Made a decision to turn our will and our lives over to the care of God, as we understood him.”

Step Three Reading

AABB: Chapter Five
“How It Works”

AABB: Step Three Prayer
(4th edition, page 63)

OA 12 & 12: Step 3

AA 12 & 12: Step 3

Often this step evokes two opposite reactions. One: This is great! Now all I have to do, is get up each day “turn my life and my will over to the care of God of my understanding” and then go back to sleep. Hey, this OA program isn’t that hard after all. The other: What! You crazy overeater...“turn my life and my will over to the care of God of my understanding?” What if he doesn’t come through for us? What if he messes up our lives?

As I interpret the third step (and, believe me, I find myself there quite often), this doesn’t mean give “it” to God and go back to sleep. Do you really believe that is God’s will for you?

Before we go further, your sponsor is so important in helping you to understand the steps. I encourage you to discuss this step with him or her. If you haven’t chosen a sponsor, I suggest now would be a good time to do so.

“When the third step is implemented sincerely, our Higher Power will give us the knowledge of our best course in life, along with the willingness and ability to follow that course, even when it seems difficult and uncomfortable.”

It is said that when facing a difficult decision, one should do the “legwork,” as if everything depended on you and pray as if everything depended on your Higher Power. And, for those who find this extremely difficult, I ask you, with your “unmanageable life” what do you have to lose? Is your life going that well, that you have so much to lose? I’ll make you a deal that my sponsor made with me: Try this third step and if it doesn’t work, we’ll give you back your problem with food...and other areas of your life that

have become unmanageable. Believe me, I’m not being flip. My, off and on, quest to do step three has taken me more time than any other step, with the possible exception of step four.

Before I talk about how to implement this step, let me remind you of some things we’ve heard at OA “At some of these we balked, we thought we could find an easier softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.” I remind you of this because for me, and many others, step 3 is different from anything we’ve ever done. Let me temper this by reminding you that we are looking for “...spiritual progress, not spiritual perfection.” To my fellow perfectionists, “This step...and the others, don’t have to be done perfectly. None of these steps can be done perfectly.” We are a work in progress.

What is God’s will for us? Do you think God wants us to overeat? ...abuse our bodies in any other way? Step 3 in OA’s 12 X 12 tells us of an inner resource...intuition. It is supposed to be God’s direct line into our minds and hearts. Our problems and our self-will have interfered with this connection. As we work the steps, the interference begins to be removed, and intuition begins to function properly, helping us to focus on God’s will, both for our eating and for the living of our lives.

Quoting from OA’s 12 X 12, “ In learning God’s will, we may again refer to our experience, knowledge, common sense, intuition and the wisdom of spiritual mentors. If something has repeatedly worked well for us or for someone else in a similar situation, we may assume it will in our present situation, ultimately bringing good to us and to others, which is God’s will.” For example, the person who volunteers for everything and resents other people for putting them in this position. After realizing the pattern, this person says “no” the next time they are in this position. The results are, no added work he or she didn’t want, and no resentment.

“When faced with choices, we earnestly seek guidance from our Higher Power, and when that guidance comes we act on it.”

Step three “requires a new way of thinking, acting and living,” words that echoed in “How it Works.” “...we found that we could not work the program until we let go absolutely.” Let go of our preconceived notion about what is right for you.” If you presently can’t do this step, you might pray for the willingness to do this step. I agreed to read Step 3 in OA’s 12 X 12, every night until I was willing to try it. The steps are designed to find a new, healthier way of dealing with life.

I’ll leave you with something I heard the other day: There were three birds sitting on a wire. One decided to fly away. How many birds were left? Three, because the one bird only **decided** to fly away.

Monday Morning OA Meeting

Coming Attractions

- Step Four
- “Living Another Way...”

Published April 15, 2008

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May 1st
Send Input for the "The Swan"

May 6th
Literature Orders due to
Michelle

May 10th
SAAIG Monthly Meeting

SAAIG Monthly Newcomer
Meeting (March Leader:
Tuesday 7:00 P.M. Group)

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Region III Assembly & Convention: A Big Success

Our San Antonio Area Intergroup Delegate, Connie C., reported that the Retion III Assembly & Convention hosted by Heart of Texas Intergroup (Austin and surrounding area) was a big success. There were many San Antonio OA members attending and they agreed:

"It was wonderful.

"It was so well organized."

"I loved just being surrounded by the fellowship."

"The main speaker was telling my story."

The baskets sent for the raffle by local SAAI OA Groups were beautiful, Austin appreciated our efforts and support in sending the baskets, helping with the Hospitality Room, the Registration Desk, as speakers and as session facilitators. It was a fine example of the fellowship working together in unity, service and recovery for a successful convention.

Special thanks to Lynn G, our SAAI 12 & !2 Committee Chair, for coordinating with Austin and to everyone, for your service.

Events

Date	Sponsor	Event	Location
4/25 -7	Galveston Bay Area IG	7 th Annual OA Spring Retreat http://www.oagalveston.org/events.html	Camp Allen TX
5/8 -10	WSO	2008 World Service Business Conference (WSBC) For more information: http://www.oa.org/ws_business_conf.html	Albuquerque NM
5/30 - 6/1	Central NM IG	OA Weekend Retreat "Blooming in Recovery" For more information: http://www.oaregion3.org/calendar.html	Albuquerque NM
6/6 - 6/8		Serenity in the Rockies For more information: http://www.oaregion3.org/calendar.html	Silverthorne CO
6/6-6/8	Arizona Serenity in the Desert IG	"Annual Summer Retreat – Joy – Recovery"	Prescott AZ
6/13-15	Pikes Peak Serenity IG	"Big Book Comes Alive for OA" Retreat For more information: http://www.oaregion3.org/events/061308event.htm	Colorado Springs CO
9/19-21	South-eastern Arizona IG	Region III Assembly & Convention http://www.oaregion3.org/events/r3_conf_fall08.htm	Tucson AZ

Step by Step

Step Four

“Made a searching and fearless moral inventory of ourselves.

For so many years, I hated myself. I obsessed over countless failures to control my eating and over the stockpile of actions and words that hurt the people around me. After I completed Step 4, though, the feeling of self-hatred gradually went away, and it was replaced instead with self-love. For me, the fourth step was a like a bulldozer — it scooped the debris of my past out of my way. The wreckage had, for so long, obscured any love I felt for myself. And, I have found that loving myself has been crucial to my recovery.

But this transformation didn't happen over night. When I walked into my first OA meeting nearly five years ago, I could no more admit my shortcomings than I could control my binging. I was incapable of viewing myself as anything other than a victim. The way I saw it: I had been wronged by everyone around me, and they were to blame for my food problems.

When it came time to take a good look at myself, to

conduct a searching and fearless moral inventory, I just couldn't do it. I prided myself on being a "good" person because people liked me that way. I valued other people's opinions so much because I didn't think mine mattered: I was overweight and weak, I thought. If I wrote down all the things that haunted me — that whispered in my ear all the way to the refrigerator —then there would be the proof, in black and white, that I wasn't a good person.

For two years, I stalled on the fourth step. I started a number of inventories, sometimes getting further than others, only to tear them up. Each time, I told myself I would try a different, more thorough approach. Deep down, I knew that it didn't matter how I got from Point A to Point B, as long as I kept in mind that "nothing counted but thoroughness and honesty," as stated in the Big Book.

Desperate and tired of fighting the daily food battle, I surrendered to my Higher Power, saying I would do anything to get better. I would put all my ugliness on the table and stare at it as long as I needed to if it would lead to liberation. I became willing with His help, and only then was I able to cast aside the fear of facing my flaws.

It's been about a year since I completed this step, and I still continue to use it on a regular basis because there is always new debris, new resentments with which to deal. I know better than to let them pile up because they'll smother that newfound love of self that is so important to my recovery.

So I clear resentments from my life as quickly as I can, except now I don't need a bulldozer. When I am working this program correctly, a rake gets the job done.

Michelle

Step Four Reading

AABB: Chapter Five "How It Works" beginning with "Next we launched out on a course of vigorous action... (4th edition, page 63)

OA 12 & 12: Step 4

AA 12 & 12: Step 4

”

Coming Attractions

- *Step Five*
- *“Living Another Way...”*

Step by Step Booklet

We are pleased to announce our first edition of "Step by Step" in booklet form with selected reprints from 2007 and before. Whether you purchase a copy for yourself or one or more for sponsees, you will not want to miss this.

Contact: OASAAIG@hotmail.com, your SAAI Group Representative or Service Board Member to obtain yours (\$2.50).

“When all else fails, read the directions.”

Our directions are found in the first 164 pages of the AABB.

“The Swan” needs YOU. Please submit your experience, strength and hope along with your favorite recovery one-liners, quotes or readings to: OASAAIG@hotmail.com by the first of each month for the next edition.

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Literature Orders due to
Michelle

June 14th
SAAI Monthly Meeting

SAAI Monthly Newcomer
Meeting

June 22nd
Registration Deadline for
Slumber Falls Retreat

June 27th – 29th
Slumber Falls Retreat

"The Swan" is prepared by the San Antonio Area Intergroup (SAAI).

SAAI is a service board organized for the support of, and directly responsible to, local member OA Meetings (Re: Ninth Tradition). SAAI is duly registered with the World Service Office (WSO) of Overeaters Anonymous and may be reached at: P.O. Box 5458, San Antonio, Texas, 78201.

WSO Update

SAAI Delegate, Connie C., learned along with other delegates from around the world Thursday May 8th during the WSO Business Meeting, in Albuquerque, New Mexico, that SAAI has been awarded an \$800 matching funds grant for our Public Outreach OA Billboards Project. Congratulations SAAI Service Board, Committees and Group Representatives for your commitment and effort to "carry the message to those who still suffer" in the San Antonio Area. Way to Go!!!!

Events

Date	Sponsor	Event	Location
5/30 - 6/1	Central NM IG	OA Weekend Retreat "Blooming in Recovery" For more information: http://www.oaregion3.org/calendar.html	Albuquerque NM
6/6 - 6/8		Serenity in the Rockies For more information: http://www.oaregion3.org/calendar.html	Silverthorne CO
6/6-6/8	Arizona Serenity in the Desert IG	"Annual Summer Retreat – Joy – Recovery"	Prescott AZ
6/13-15	Pikes Peak Serenity IG	"Big Book Comes Alive for OA" Retreat For more information: http://www.oaregion3.org/events/061308event.htm	Colorado Springs CO
6/27-29	San Antonio Area IG and Heart of Texas IG	Save the date Slumber Falls Retreat Seventh Annual "OA Retreat on the Guadalupe" Slumber Falls Retreat The deadline for returning the registration information along with payment by check or money order is June 22, 2008. There are a limited number of slots available for the weekend. You will not want to miss this one-of-a-kind event so be sure to register early. For more information: www.OASanAntonio.org	New Braunfels TX
9/19-21	South-eastern Arizona IG	Region III Assembly & Convention http://www.oaregion3.org/events/r3_conf_fall08.htm	Tucson AZ

Step by Step

Step Five

“Admitted to God, ourselves and another human being the exact nature of our wrongs.”

"We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. NOW THESE ARE ABOUT TO BE CAST OUT." (Big Book p. 72) What a powerful promise!! The completion of Step Five marks the beginning of our personality change or spiritual experience. The goal is a new relationship with a Higher Power.

In the chapter Into Action, we are given specific instructions on how to choose someone to listen to our fifth step, reasons for taking Step Five "The best reason first: If we skip this vital step, we may not overcome drinking (compulsive overeating)." My life depends on it. Good reason.

Only by experiencing the previous steps, especially the

fourth, was I ready, willing and eager to give it away to someone...anyone. After months of listing, writing, seeing how much I wanted my own way, turning to things and people instead of God, the lies I told myself, self-seeking behaviors, and the fears that ruled my life, drove me to overeat, judge, manipulate, give others the power to determine my worth, was I ready to part with this heavy load of baggage, these old ways of thinking and acting?? Oh, yes!! PLEASE Higher Power, remove these "obstacles in our path to a relationship with our Creator". I was prepared for "a long talk". I first experienced true forgiveness during my fifth step. I felt totally accepted

and part of the human race even after sharing sordid details (or so I thought until my sponsor matched these with her experiences.) The love and laughter of my Higher Power through my sponsor left me feeling "hey, I'm not unique, not so bad after all" enabled me to be more tolerant of those about me. Most of the ten promises on page 75 came true for me. I can be alone without being lonely;"the feeling that the food problem has disappeared will often come strongly. We begin to feel the nearness of our Creator". Trust me, I needed those promises coming true in order to continue the healing process of the next four steps!! Anonymous

Step Five Reading

- AABB: Chapter Six: "Into Action"
- OA 12 & 12: Step 5
- AA 12 & 12: Step 5

Coming Attractions

- Step Six
- "Living Another Way..."

Living Another Way ... In Recovery

Renoir was painting with only his fingertips because arthritis twisted and cramped his hands - when asked why he continued to paint he answered "The pain passes, but the beauty remains."

Suffering because life cannot satisfy selfish desire is like suffering because a banana tree will not bear mangoes. (Buddha)

A joy shared is twice the joy, a pain shared is half the pain.

Acceptance: What is ...IS; what isn't...ISN'T.

When we are new, we are used to short term gain for long-term pain. As we grow, we gladly choose short-term pain for long-term gain.

"The Swan" needs YOU. Please submit your experience, strength and hope along with your favorite recovery one-liners, quotes or readings to: OASAAIG@hotmail.com by the first of each month for the next edition.