



Focus on Step Twelve Principle: SERVICE

OA Step 12:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

"We now have a message of hope to carry to other compulsive overeaters. We who once suffered from complete powerlessness to control our eating and our lives have now discovered the saving strength of a Power greater than ourselves. We have experienced the miracle of physical, emotional and spiritual healing, just as we were promised when we began these steps."

OA 12 & 12, P. 99

A Member's Story

OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion: for this, I am responsible." (WSO 1977) Upon first entering OA, I had no idea what that meant or how to practice the Fifth Tradition. I also needed to learn how important that responsibility was to my personal recovery.

Early in program an OA saying caught my attention: "Service is slimming." Since I wanted to be "Slim," I determined to learn about service. A number of "old timers" asked constantly: "What service are you doing today?" I didn't understand what that meant or what was involved, but I wanted the kind of recovery they had – one that lasted for decades. I was more determined than ever to learn how to be of service.

At that time it was popular in San Diego to have Step Studies in one's home. My sponsor had been doing one for several years. She suggested I try it, so my husband and I started a Step Study in our home.

It was so fulfilling and encouraging! In that group I learned about the importance of sponsoring and have sponsored ever since. I discovered a proven way to incorporate the Twelve Steps into a way of living and a life beyond our wildest dreams for both myself and my sponsees.

Another concept of Service that I clung to for dear life was: "You can't keep it, if you don't give it away." I started serving at the meeting level by serving on the board of one of the largest and oldest meetings in San Diego. Then I became meeting Secretary and later was responsible for finding speakers. Again I learned the value of being connected and being part of a group of recovering Compulsive Overeaters.

After moving to Texas, I started serving at Intergroup, Region and World levels. As Region III Representative, I flew to Phoenix, AZ, for my first Region Assembly. What an amazing experience that was to meet so many

Compulsive Eaters in the region and learn even more about service! As World Service Representative, I was privileged to see more than 180 delegates from around the globe come together to develop new ways to "extend the hand and heart of OA to all who share my compulsion." I had an amazing awareness about the importance of Unity. Diverse beliefs and vantage points somehow came together in unanimous decisions, which I saw as miraculous.

Service works! Just like the program, it works if you do it.

— By Mary J.



December 2017

Announcements

Dec 2
9:45am Step Study, Church of Reconciliation

Dec. 9 & Jan13
9:45am Intergroup, Church of Reconciliation

10am Newcomer/Welcome Back, Church of Reconciliation

Dec 12, Tuesday
12th Step Within Day
7 - 8:30 pm,
Alamo Heights Baptist Church,
6501 Broadway,
San Antonio, 78209



"Looking back at how far we've come, many of us have been tempted to think we have arrived at the end of the journey. The truth, learned from the experiences of thousands of OAs, is...we still haven't arrived. The twelfth step invites us to continue the journey one day at a time for the rest of our lives. We need to keep moving forward in recovery, keep developing our spiritual consciousness..."
OA 12 & 12, P. 100

Principle 12...Members Share on Service

When I consider the Step 12 principle of service, what is the message of hope I have to carry to other compulsive overeaters?

"I talk about how bad my health was. I share that I could not bend over and pick up something on the floor or tie my own shoes. I could barely climb one flight of stairs, taking one step at a time. After less than a year with OA's help I can do all those things and more? That's hope!"

"In my experience, sharing with others and for others, frees me from myself and allows me to know that my ego is in check."

"It's true what they say in this program....when I give service, I GET so much MORE than what I give. I am always encouraged when I give service."

What part has service in OA played in my recovery?

"The example of others has challenged me to do so as well. By calling others, sharing, listening to their stories, I learn, I grow. I realize I, too can change. It makes me do more!"

"Representing my group in intergroup has helped me to grow spiritually and emotionally. Thinking of others is so freeing."

"Doing service has been a way to keep me coming back. I 'have to' go to a meeting, if I have volunteered to do service. I 'have to' answer a call, if I have made a plan to talk. Service has sometimes been a substitute for willingness, and I am grateful!"

How do I share my OA experience with other compulsive overeaters?

"I have lost over 40 pounds in the past seven months. People comment on it and ask how I did it, and I take every opportunity to share about OA. I also listen, and anytime I hear someone say 'I wish I could lose 10 pounds', or 'fit into this' or.. 'if only'...I jump to tell them my experience with OA."

"Through phone calls, one on one, and sharing in meetings, I share my experience."



HEARD AT IDEA DAY...

International Day of Experiencing Abstinence was celebrated on Saturday, Nov. 18. The day was established to encourage members worldwide to begin or reaffirm their abstinence from compulsive overeating.

Something I heard today that I want to implement...

"It's OK to do it different ways."

"Principles before personalities—it didn't fully click until today that we are putting recovery before what people "like" about us. Even those with big, sparkly personalities are here to love and serve, not impress."

"Releasing others from impossibly high standards releases me to accept myself and my shortcomings."

I am glad I came today because...

"God has restored me to sanity through following a few simple rules. "

"I got to hear the story of a very compulsive dieter I very much identify with, in person. And I feel wholly accepted."

"I get to be with people who understand me."

IDEA Day, Continued....

A message of hope to my fellows I want to share... "The steps work surprisingly well! I finally have day-to-day relief from anxiety, food, obsession and compulsion, over-exercise and bulimia. I am practicing the steps daily."

"It confirms my dream that by the power of God it will happen—abstinence."

"Surrender to your Higher Power because we all deserve to be happy, joyous, and free."

"Just showing up is half the battle."

Newcomer's Corner

What is 12th Step Within Day?

An OA holiday celebrated on December 12 each year. The purpose is to carry the message of recovery in OA to those still suffering in and out of the rooms.

We will celebrate 12th Step Within Day on Tuesday evening, Dec. 12, from 7–8:30 p.m. at Alamo Heights Baptist Church, 6501 Broadway, San Antonio, 78209.

We are people who know and understand what it is like to struggle with compulsive eating, compulsive food behaviors and every manner of destructive food behavior. We will gather together as OA fellows to listen and share our experience, strength, hope and recovery.

To the newcomer, the returning member, the OA member—you are welcome! Come and share your experience and be encouraged. See you there!



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
 US mail:
 SAAI
 PO Box 5458
 San Antonio, TX 78201

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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

“We who began working the steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. ...We gratefully follow in the footsteps of many others who have walked this way before us....”

“Those of us who live this program don’t simply carry



World Service News—Serving Through Giving

Seventh Tradition: Giving Enough and Keeping Enough

- Bonnie L., General Service Trustee, Treasurer

My name is Bonnie and I am a recovering compulsive overeater. I am enjoying the honor, and the challenge, of serving as your treasurer.

MAKE an ARC. Are you familiar with our Automatic Recurring Contribution plan? On the oa.org website, there is a simple “Contribute” button that allows OA members to make direct contributions, and you can choose to contribute monthly or quarterly. In July 2017, ARC donors contributed \$6,214. It works!

If each member of OA were to contribute just \$30 per year, we would be fully self-supporting. Please consider contributing with an ARC. Go to oa.org/contribute. Thank you to those who are already contributing.

Put a Prudent Reserve in the Budget. OA’s World Service Office maintains a prudent reserve, which means having enough put aside to cover three months of expenses. Groups and service bodies should also have a prudent reserve — do you know what a three month reserve is for your group or service body? (Three months is a suggestion; it’s what we do at the world service level.) Do you keep only that amount aside and pass along the excess to your intergroup or region or to the WSO?

Some groups and service bodies are just not aware of our Prudent Reserve Guidelines and therefore carry rather large balances in their treasuries (in rare cases, thousands of dollars sitting in a bank account). You may want to consider this topic for discussion at a future business meeting.

Together We Can! Making an ARC and regularly passing forward funds in excess of a prudent reserve will help us maintain our Tradition of being fully self-supporting.

We sincerely appreciate your continued support! Together we can do what we could never do alone.

-From A Step Ahead, Fourth Quarter at oa.org.

the message; we are the message. Each day that we live well, we are well. We are always happy to share our secret: The twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.”

OA 12 & 12 P. 106

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?

Contact co-editors: Alice at playswithwordz@gmail.com

Carrie at oacarrie@gmail.com