



## Focus on Step One Principle: **HONESTY**

### OA Step One:

**We admitted we were powerless over food — that our lives had become unmanageable.**

*“In Overeaters Anonymous we begin our program of recovery by admitting that we’re powerless over food. Some of us have difficulty with this admission because we have had so much experience in trying to control our eating. At one time, or periodically, most of us were able to do so... For all of us, however, the days of controlled eating grew farther and farther apart, until at last we came to OA, looking for a new solution.”*

OA 12 & 12, P. 1

### A Member’s Story

My reason for coming to Overeaters Anonymous was to lose a lot of weight, because I was in a contemplation stage of having a permanent medical procedure performed. I came to OA three years ago with expectations that are slowly vanishing in life today. I was looking for a place to show me how to eat like a normal person. In OA, I have learned that I do not have the answers to my life difficulties, and OA has given me opportunities to learn more about my professional and personal relationships.

I remember attending my first meeting in OA, feeling that I might be judged or not accepted. I found a fellowship that would be my support in recovering from the disease of compulsive overeating, one day at a time. In OA, I needed to become very honest about the food consumption, train of thought and life behaviors that were blocking me from the sunlight of the spirit.

Honesty in the OA program has shown me that, when I get honest with myself about my food compulsion it allows me to grow spiritually. I have also learned to use the tools of OA in my life, which results in getting a healthy lifestyle. When I first came to OA, I was looking for a solution to my weight problems; I felt very disgusted and ashamed about myself. I remember my childhood years, growing up in early stages of compulsive eating habits. Growing up overweight affected my ability to find interest in extra activities such as sports and outdoor events, which led to low self-esteem later.

In OA, I have found much more than I was looking for in the beginning, I have found a solution for my compulsive food addiction. The program has worked in my life spiritually, mentally and physically, which allows for a continued healthy lifestyle. After entering OA, I realized that in the fellowship, there are many other individuals suffering from this disease of compulsive overeating as well.

The word “abstinence” can be misunderstood in many ways when entering the program of OA. I thank my Higher Power that today he allows me to remain abstinent from this disease. By taking suggestions from the members in the program and using the tools of OA, I can live a happy, joyous and free life today. The 12-step work of recovery has shown me how to build a relationship with my Creator. Today I have one job in OA: to live abstinently one day at a time by carrying God’s message to the still suffering compulsive overeater.

— By Noé G.

January 2018

### Announcements

**Jan 13 & Feb 10**  
9:45am Intergroup,  
Church of Reconciliation

10am Newcomer/  
Welcome Back,  
Church of Reconciliation

### February 24, Unity Day, 1:30 p.m.

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA’s unity.





***“The disease of compulsive eating is threefold in nature: physical, emotional, and spiritual... Clearly, if we are to live free of the bondage of compulsive eating, we must abstain from all foods and eating behaviors which cause us problems.... But this, too, has proven impossible for us to do by our willpower alone.... Another power, greater than ourselves, had to be found to relieve us of it, if we were to stop eating compulsively....”***  
 OA 12 & 12, P. 2-3

## Principle One Members Share on Honesty

**When I consider the Step One principle of honesty, an example of how the program has saved you from destructive food behavior...**

*“I learned I can’t ‘make deals’ with God like ‘I’ll take care of day-time eating if you take care of night!’ It has to be all HP. When I slip I pray for help.”*

*“Listening to people share honestly about their food issues has helped me recognize ways in which I am not being honest with myself about my food. Then I can pray for willingness to discuss more clearly with my sponsor what I am or am not doing.”*

**In what areas—spiritual, emotional or physical—do you see you have been given freedom to change...**

*“There is always someone out there to encourage me. I have prayers and promises from the Big Book. I have phone meetings, podcasts, CDs, and phone calls that give me alternatives to brooding, self pity and guilt. I learned I need help.”*

**I practice honesty when I...**

*“Stop telling myself from telling little white lies and half truths to keep from looking bad.”*

## Newcomer’s Corner

**What is “working the steps”?**

While there may be many answers, the OA 12 & 12, p. ix states, “We of Overeaters Anonymous have found in this fellowship a way to recover from the disease of compulsive overeating...Our solution is a program of recovery—a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively.”

## From 12th Step Within Day

**I’m glad I attended the meeting tonight because...**

*“Renewed my commitment and program. Inspired.”*

*“I’m encouraged to see folks talk about returning after relapse and be successful.”*

*“It was uplifting, empowering, strengthening.”*

*“I needed the support going into the rest of the holidays.”*

*“Met some new people.”*

*“I was reminded about the cunning, baffling, powerful nature of my disease and all the hope and encouragement I am offered in OA.”*

*“It’s so encouraging to see how many we are, all working a program of recovery.”*

*“It is encouraging to know that no matter what has happened or will happen, I am not alone.”*

*“I heard what I needed to hear. Keep Coming Back! The deeper the surrender, the greater the freedom.”*

*“What a turnout! I got to see all of the familiar faces from the different meetings throughout San Antonio. It was great to have a different format and have the speakers share their experiences. Thanks for all of it! Great Job!”*

*“I realize that I’m not alone in my struggles! Others have walked my path and have survived and have been able to get through it.”*

*“Just come back. You’ll be glad you did.”*

*“We have value, worth and love in this fellowship.”*

**I am grateful for this program because...**

*“I have a life, fellowship and community.”*

*“You all care about me and understand how I feel.”*

*“Without it I would isolate and get depressed. I didn’t feel like I fit in anywhere else.”*

*“It’s the only way for me to live a life that is not food focused.”*

*“I came for a diet that would work and got a life that works one day at a time.”*

*“Brings me back to the hope that Step 12 can be possible for me”*

*“This program has given me a new way of living.”*

*“It gives me hope for my future.”*

*“As long as I’m connected to my H.P God, He brings me here and helps me work on myself, and I receive what I need from my fellows.”*

*“I tried to take my life because of this disease and my HP not only kept me alive but gave me the chance to recover and live. I am happy, joyous and free today because of OA.”*

*“It saved my life.”*

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous is a comprehensive study of the 12 steps. The accompanying workbook, The Twelve-Step Workbook of Overeaters Anonymous, offers a series of questions to assist our self-discovery journey of recovery.*

The Workbook states on p. ix, “There is no ‘perfect’ way to use *The Twelve-Step Workbook of Overeaters Anonymous*. You may wish to work with a sponsor, a workbook study group, or on your

own. The sole purpose of the workbook is to guide your personal journey through the Steps, and to explore and discover how compulsive eating has affected your life, your relationships, and your well-being. It may also reveal how far you have come. Completion of the workbook will take you not to the end of your journey, but to the threshold of a new dawning.”

Find these books at your next meeting and begin working the steps!



## 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:

Phone: 210.492.5400

Email: [news@oasanantonio.com](mailto:news@oasanantonio.com)

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

### 2017-2018 Board

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## SAAI Standing Committees

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

### 2017-2018 Committees

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12 Step Within: Ron J.  
Sponsorship  
IDEA Day  
Unity Day  
Slumber Falls  
Welcome Back/Newcomer:  
Barbara V.

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/  
El Cisne via email?  
[news@oasanantonio.com](mailto:news@oasanantonio.com)



## On the topic of literature...

Have you considered shopping at your local meeting for other literature to encourage and aid you in your recovery? Or e-mail [oasaliterature@gmail.com](mailto:oasaliterature@gmail.com) to receive OA literature locally.

**Recovery Checklist (#105P)**

**Strong Abstinence Checklist and Writing Exercise (#415P)**

**A Commitment to Abstinence (#141)**

**Before You Take that First Compulsive Bite (#150P)**

**Just For Today (#410P)**

**12-Stepping a Problem (#420P)**

...find these, and much more!

## World Service News

### OA e-Books Now Available for iBooks, Kindle and Nook

Whether you prefer to read **OA-approved** literature on electronic devices or from a mix of e-readers and print books, you can now find **OA e-books** for popular e-readers and apps:

- iBooks through Apple iTunes
- Kindle via Amazon
- Nook from Barnes and Noble

The best way to find OA-approved literature in these bookstore is to search by author for "Overeaters Anonymous."

There is a royalty share for all e-books purchased from these bookstores. To purchase books and other literature in print, visit [bookstore.oa.org](http://bookstore.oa.org). -WSO website

Use **Maintaining a Healthy Body Weight** for support in preserving your abstinence and "maintenance" weight.

Revised with new stories from members experiencing different manifestations of our disease, the updated pamphlet also has more than a dozen suggestions from individual members for maintaining a healthy weight and now includes OA's Statement on Abstinence and Recovery.

Find **Maintaining a Healthy Body Weight** (#310) in the OA bookstore. —WSO website

*"...We discovered that, far from being a negative factor, the admission of our powerlessness over food opened the door to an amazing newfound power. For the first time in our lives, we recognized, acknowledged, and accepted the truth about ourselves. We are compulsive overeaters...In step one we acknowledge this truth about ourselves: our current methods of managing have not been successful, and we need to find a new approach to life. Having acknowledged this truth, we are free to change and to learn."*

OA 12 & 12 P. 5-6

## A Member's Musing:

### God's will for my life

I have recently had some new ideas about what "God's will for my life" means to me. For most of my life, I have thought about God's will as a destination, such as what major to pursue in college, what romantic relationship was right for me, what job to take, what car to buy. God's will was a vague, big picture, with no specific plan or concrete way to know if I was achieving it.

More recently I am viewing God's will as a series of "next right things", a plan of action for the day, or "an intuitive thought or action." Through OA's 12 steps I have been given a framework for living each day. When I focus on listening for the next right thing and doing it, I am beginning to understand I AM in the center of God's will today. I am thinking about God's will for my life is a journey, lived one day at a time.

My prayer each day is, "May I listen for your voice, hear you clearly and respond quickly." This prayer keeps me focused on God, relying on Him for this day alone. This is a dawning of new understanding of God's will for my life.

— Carrie

## 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 Jack- son) 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/ Discusion
	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/ Discus- sion
WED	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.	Kristy (512) 393-1366	Unity Church, Life Room, 408 Gruene Rd. <b>New Braunfels</b> 78130	Step Study
FRI	9:30 A.M.	Gwen (210) 862-8211	N.E. Christian Church 2839 Wood- bury (at Nacodoches) 78217 (.6 miles outside Loop 410)	Literature Dis- cussion 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/ Discus- sion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest 78217	Literature/ Discussion
2nd SAT	10:00 A.M.	Barbara (210) 508-8727	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcom- er/ "Welcome Back"

**Have an idea for The Swan/El Cisne? Want to contribute content for an upcoming issue?**

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