



**Focus on Step Two Principle: HOPE**

**February 2018**

**Announcements**

**Feb 10 & Mar 10**  
9:45am Intergroup,  
Church of Reconcili-  
ation

10am Newcomer/  
Welcome Back,  
Church of Reconcili-  
ation

**February 24,**  
Unity Day, 1 -4 pm,  
Church of  
Reconciliation,  
Alban Room

**Save the date:**

**June 8-10, Slumber  
Falls Retreat**

**OA Step Two:**

**Came to believe that a Power greater than ourselves could restore us to sanity.**

*“Many of us compulsive overeaters tend to look at this step and say: ‘Restore me to sanity? I don’t need that. I’m perfectly sane. I just have an eating problem.’ But how sane are we, really? When we look with complete honesty at our lives, we see that where eating is concerned we have acted in an extremely irrational and self-destructive manner.”*

OA 12 & 12, P. 9

**A Member’s Story**

In the face of life’s challenges and hardships, what keeps us going? For me, it is hope for something better – health, recovery, life. Hope sustains me, keeps me alive, and touches on my faith and trust.

I came to Overeaters Anonymous because I was desperate. I had exhausted every single possible way to "manage" my weight, food, and body issues (not to mention my teeny, tiny, ever-so-slight living problems). As I walked through the doors of OA, humbled in the face of my despair, I must have believed that there was something better for me.

I think we have an inner spirit that pushes toward the light. Just like plants and flowers seek the light of the sun, we seek the light of a power greater than ourselves.

Paradoxically, this power of hope and light

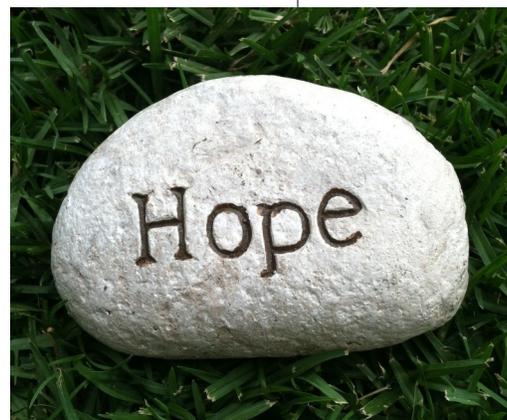
is both inside of us and outside of us. It is our spirit, our hope, and our faith that propels us toward a more fulfilling life. It is the welcoming and understanding members of our OA meetings that encourage us to stay and give ourselves the life that our Higher Power wants us to have.

What does hope look like? It is unique to each of us. For me, hope is a cardinal right on my walking path. It is a heart-shaped leaf, a deer who stands in the woods along my path who looks me in the eyes and does not dart away. It is a sunset on my evening walk that draws my eyes to heaven and helps me remember. Hope is the essence of life. It is a newcomer who stays after a meeting to talk and ask questions. It is an old-timer who has so many years of recovery and keeps coming back to share her/his experience, strength, and hope. It is breath. It is life.

Hope, for me, is tied to

faith. And that brings me to Higher Power. I use the term interchangeably with Spirit, the Universe, God. After the dark, there is the light. The recovery path in OA gives me hope. I see a hand reaching out to me that has HOPE inscribed on it. I take it, maybe tentatively, maybe confidently. I take it and hold onto it because it pulls me toward the Light, toward Love, toward Life.

—Suzanne R.





## Principle Two... Members Share on Hope

When we consider the Step 2 principle of HOPE, Step 2 states, "Came to believe that a

power greater than ourselves could restore us to sanity." There is hope in "restore us to sanity." Can you tell of an example where you have been "restored to sanity"?

"I believe I am being restored to sanity. This restoration comes day by day through a connection with my Higher Power which I call God. As I continue to trust the God of my understanding and I continue to be **willing and open** to His will in all areas of my life, I can more easily catch myself when I'm headed toward insane, selfish, self-centered thinking that would normally lead to food. I can pry open feelings of fear and/or inadequacy and turn them over to God, instead of turning to a food fix. I can recognize when and where I'm wrong and correct it as soon as possible. Amazingly, now at times I can even stop myself before doing or saying the wrong thing. This is amazing because in the past, even if I knew I was hurting someone or doing wrong, my pride wouldn't allow me to stop and/or admit it. Now, I start my day with my spiritual sustenance by praying. Throughout my day I

can stay connected by saying short prayers like, 'God, I trust in you', or 'Your will not mine!', or 'Here I am God, lead me', and by recognizing all that I have and being grateful for everything."

"I was restored to sanity when I put down the food and began to depend on God for my help. Releasing the control and giving up the desire to figure out everything, and wait on God to direct my steps."

"Since childhood, I have been insane when it came to food. I used food as a tool to control my emotions. My pattern was to eat everything I wanted and then starve myself to lose weight. A diet-binge merry-go-round. After coming to OA, I have experienced a spiritual recovery and have been restored to hope beyond my wildest dreams."

**There is also hope in "came to believe." The OA 12 & 12 says, "We had to replace our old ideas about God with a faith that worked." (P. 16). What is a concept of a faith that works for you today?**

"I had to come to the realization that some things I can take care of myself, and the things I cannot, I must turn over to God. Then it is in God's hands, to do in his wisdom, not mine."

**"As we responded with 'action'..." (OA 12 & 12, P. 17). Describe an action you take which demonstrates your HOPE in OA and recovery...**

"The action I take that I believe demonstrates HOPE is, I keep coming back! For over 30 years, I have been attending meetings. I believe the solution is in OA, my higher power, and the fellowship. Whether I'm in recovery or struggling, I attend meetings. It is unbelievable what changes can occur at a meeting. I really don't know how the miracle happens, but I can leave a meeting with a whole new outlook. Maybe it's the honesty; maybe it's people who understand my disease; maybe I find my higher power at meetings. Whatever the miracle is, I always have a new outlook when I leave a meeting. So, I keep coming back because I find hope at a meeting."

"Believing in a power greater than myself opened the door to a new beginning for me. That my higher power was the key to my willingness to take action opened my eyes to a new world of love and acceptance from others who understood my compulsion. I am grateful to have found OA."

**"Instead of bringing comfort, the overeating backfired... Our true insanity could be seen in the fact that we kept right on trying to find comfort in excess food, long after it began to cause us misery. ...More self-examination revealed many areas in which our lives were out of balance. Clearly a Power greater than ourselves had to be found if we were to be restored to sanity."**

OA 12 & 12, P. 11-12

## Newcomer's Corner

### What is Unity Day?

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 am PST, OA members pause to reaffirm the strength inherent in OA's unity.

Tradition One states: "Our common welfare should come first; personal recovery depends upon OA unity. The OA 12 & 12, says, "Our desire to live free from compulsive eating has forced us to

change these attitudes" (of isolation, overeating without interference, seeking outside help)... "Many of us would not be alive today if it were not for our OA groups" (P. 109). "Thus, the unity of OA is a matter of life and death to us" (P. 110). "This does not mean that all OA members must agree on every issue regarding the operation of the Fellowship... What tradition one suggests is that we give other people's opinions a respectful hearing. We express our own opinions honestly without belittling those who may disagree. As we listen and

speaking, we keep our minds and hearts open to our Higher Power's will in all matters" (P. 111).

"Unity does not mean uniformity. In OA we learn we can disagree with other people on important issues and still be supportive friends. We listen to others with open minds, and we learn to express ourselves without insisting that everyone must do things our way. As we practice these new skills, we begin to better understand ourselves and others" (P. 115).



## 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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Archives: Barbara F.  
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Swan/El Cisne:  
Alice G., Carrie H.  
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Sharon V.  
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12 Step Within: Ron J.  
Sponsorship  
IDEA Day  
Unity Day  
Slumber Falls  
Welcome Back/Newcomer:  
Curtis

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)

## World Service News

### A Message from Our Chair.

Cyndy L., Chair of the Board, Region Four Trustee

Three months have passed since I wrote about our recent labors and harvest as a Fellowship. These last three months have been filled with new experiences for me that offered some challenges and motivated our planning for 2018.

2018 Annual Budget...As with the rest of the world, OA's expenses and costs continue to increase. This year, it was difficult to find areas in the OA budget where we could cut back and still carry out all the responsibilities of the WSO and trustees.

Self-Supporting. The OA Seventh Tradition says we are fully self-

supporting, which means we all pitch in and contribute to keep OA financially secure.

I ask that every meeting mention the need to be self-supporting and that the meeting contribute to every level of OA as funds are available.

The trusted servants of the board's Executive Committee are thankful for your contributions, and we understand when you are unable to give. I just want to voice a reminder that this is a way of expressing gratitude for OA. The money is always used to help carry the message, and even an extra dollar in the basket occasionally will make a difference

—A Step Ahead, First Quarter 2018, WSO website

## Region III Convention News

Convention Dates: March 19-21, 2019. Save the Dates!

Convention Chair: Elaine L.

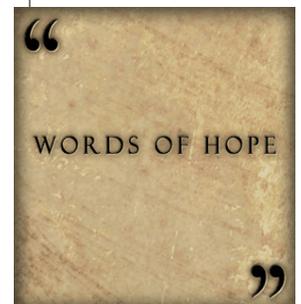
The Region III Convention committee met on January 13 to determine committee chairs and receive the convention planning manual for the respective committee assignments.

Many, many helping hands will be needed to make the convention a great experience for not only our guests, but for our own recovery.

See upcoming issues of The Swan for ways to help!

Questions? Please e-mail [elangstl@aol.com](mailto:elangstl@aol.com)

*"We became willing to start fresh with our Higher Power... coming to believe was something that happened as we began taking actions which others told us had worked for them... Once we took the action and saw it work, we began to believe. Then we tried other suggestions and our lives began to be transformed..."*



*"We had begun to develop a new relationship with a Power greater than ourselves, and we were ready to move ahead with our program of recovery."*

OA 12 & 12 P. 16-17

## A Member's Musing:

### Hope for recovery...

The January 19 reading in *For Today* describes one way I tried to change: "heaping new guilt upon old, I tried to reform myself." AND it describes the way OA works: "Only in OA was I able to lose the weight and keep it off. Without guilt, without shame, without self-hate."

My experience of what works in OA is to live just this day, to take the actions I can in this day alone. By focusing on each day, gradually, over two years, the weight went away, with no need for self-harming words or self-punishing behavior. I began to recognize my Higher Power's gentle manner, especially in contrast to my own harsh inner voice.

When I hear my "stinkin' thinkin'," judge myself, or engage in self-punishing actions, I am beginning to realize I am not in fit spiritual condition. That happens because I have let down my defense shield, allowed a chink in my recovery armor.

I return to prayer and meditation, read literature, use the tools or call a friend. These actions remind me I have a Higher Power I trust and who is trustworthy. This allows me to live just for today in fit spiritual condition.

— 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.	Dawn C. (210) 849-0027	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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Carrie at [oacarrie@gmail.com](mailto:oacarrie@gmail.com)