



Focus on Step Five Principle: **INTEGRITY**

OA Step Five:

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

“By the time we have completed the fourth step, most of us feel ready to move ahead quickly with step five...we realize that sharing the details of our past with another human being is an important step toward freedom...Now, with God’s help, we leave rationalization behind and begin to practice integrity... We see the part we ourselves have played...we are learning a new way of life.”

OA 12 & 12, P. 46

A Member’s Story

I recently conducted a science activity with some kids in a homeless shelter. We put on goggles and used hammers to crack open geodes, dusty, usually round, hollow rocks with cavities that are typically lined with crystals. I think a geode is a great metaphor for the underlying message of Step Five “Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”

Over the years, I have taken several Fifth steps. I made my lists and read them to my sponsor, but, inadvertently, I neglected the integrity of the process, namely, the part that calls for a scrupulous examination of the “exact nature of our wrongs.” It is the “exact nature” that is key to the integrity or completeness of the process. Exploring the exact nature requires that we go deeper than just an admission of our wrongs to reveal the “why’s” of our actions, thoughts, motives, and feelings relevant to those wrongs.

Necessarily, we must hammer away at our stated admissions, to

break away our defenses to get to the core of the issues. Only then can we experience the extraordinary beauty of the spirit that emerges in the light of crystal clear honesty and integrity.

That is why the geode is a great metaphor for Step Five, because similarly, we hammered away at our dusty rocks until we cracked them open to reveal their crystals in all of their splendor and inner beauty, much like we did with our admissions of wrongdoing.



Once the why’s of our wrongs are uncovered, it is important to take a gentle approach to determining the contexts and circumstances of our motives and actions. I recommend writing in a free association

manner to improve the success of processing and understanding revelations concerning the why’s of our wrongs. The integrity of rigorous truth will free us.

The freedom from the subconscious grip of the psychological underpinnings of our wrongs and the beauty of spirit that we gain as we take Step Five with integrity assure our continued growth in the program. The success of acting with integrity also provides an approach to life that encourages us to practice these principles in all of our affairs.

— Carolyn O.

May 2018 Announcements

May 5 & June 2
Step of the Month meeting
9:45 am, Church of Reconciliation, Alban Room

May 12 & June 16
Intergroup
9:45 am, Church of Reconciliation

May 12 & June 9
Newcomer/
Welcome Back meeting
9:45 am, Church of Reconciliation, Alban Room

Save the date:

June 8-10, Slumber Falls Retreat

Registration is open — Sign up today!

Oasanantonio dotcom.wordpress.com; click on Announcements/ Alerts and look for Slumber Falls Retreat Flyer.

"It is important that we choose a trustworthy and understanding person with whom to complete step five... What we need is a loving witness, someone who will keep our confidences and will listen without judging us or seeking to fix us. Also, we want to confide in someone who'll be objective enough to tell us if there's something glaring we've omitted and who can guide us through this process if needed. Step five is usually our first attempt to fully open our hearts to another human being. Most of us need loving guidance in learning this new skill."

OA 12 & 12, P. 48-49

Principle Five— Members Share on Integrity

When we consider the Step 5 principle of Integrity, I have become more honest with myself in....

"Step 5 really opened my eyes to practicing rigorous honesty. There were things in my life that I was too embarrassed to face. It was tempting to overlook them. God already knew ALL my defects, so why go through a sponsor. I found that my willingness led to humility and this led to freedom. Today I look for opportunities to practice integrity in my life. It could be an amend, to be of service, reaching out to others. It's getting out of my comfort zone and taking the action. For me if I truly believe in OA, I have a responsibility to walk the talk..... "

"I have become more honest not only about my food but also how I view myself and others. By working step 5 I have learned to be more a part of the world not better than or less than. The principle of integrity has made me be more accountable of my feelings and less opinionated than I used to be."

How do I see that working with a sponsor or other trusted OA friend helps me become more honest?

"Working with my sponsor or trusted friend helps me feel more accountable, both to myself and to that friend, because I have made the commitment to communicate and to be accountable. It also helps me to feel more accountable to others in the OA world, as in the greater world of my life. Because I have made the commitment to OA, to get a sponsor, to work the Steps, I need/want to fulfill 'other duties as assigned or requested,' including answering this question."

"Working with a sponsor and getting to know others in the program from outreach gives me a feeling of safety. This safe feeling allows me to be more honest about my feelings also. The sharing of others lets me know I am not alone in my feelings, opening the door for a safe place to be honest."

"I am more accountable. When I am accountable to only myself, I can rationalize my behavior. If I don't do an assignment or don't own up to not being abstinent, the only thing that registers is the tremendous guilt I feel. When sharing with my sponsor it becomes real; it becomes specific. Luckily I have had great sponsors who don't judge my behavior. 'I'm not a bad person trying to get good; I'm a sick person, trying to get well.'"

How have I experienced (practiced) new measures of integrity in all areas of my life because of OA?

"I have experienced new levels of integrity due to having a sense of belonging in this world and not a sense of uniqueness or aloneness."

"One way integrity manifests itself in my life is admitting when I am wrong. The other way of living my life with integrity deals with raising my son. It turns out that displaying my integrity with him and in front of him with others is good role modeling and good parenting."

Region III Convention News

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

Theme: Steppin' Up—OA in SA
Take your program to a new level

The program committee is creating two program tracks—one track on the 12 steps, one track on various OA themes. The themes are ones that you created last fall at the Theme Party! Thank you again for your contribution to the convention.

Convention Chair: Elaine L
Questions? Please e-mail
elangstl@aol.com



Newcomer's Corner

Afraid to Love

So many times I feel so weak
Unable to find the strength I seek
Unable to follow through with my plan
To get my life together
and be a better man

So many times I feel so lost
Just wanting to feel better
no matter the cost
Only to feel disgust and regret
At the end of the day, my goals
unmet

So many times I feel so alone
Confused and afraid
to pick up my phone
To honestly reach out I do not
dare
Afraid I'll find out that no one
cares

So many times I've been hurt so
bad
I no longer have the hope I once
had
A hope so pure
A hope so true
The vision of a world
In a picture I once drew

A world so pure
A world so true
A vision of love
A love I once knew

-Nick



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

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

2017-2018 Board

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Vice Chair: Lynn G.
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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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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

Want to receive The Swan/
El Cisne via email?
news@oasanantonio.com

Newcomer's Corner, Continued...

*Nick writes about the inspiration for the poem, **Afraid to Love...***

I had only been to about 3 or 4 meetings. I was inspired by my start on the 12 steps, particularly the first step. I was taking a good, hard, honest look at myself and admitting all my problems and how powerless I was to control my life. That sure is a scary feeling.

I felt like I needed to write. Needed to let out all that anger and sadness that was locked inside of me and try to make some sense of it. I was in a really bad place before I began the steps. I felt so ashamed for how much I had screwed up. Especially as a single father. I was afraid. Afraid of trusting people again. Afraid of reaching out to anybody. And reaching out to people is always

a risk. But I knew it was necessary. I knew I couldn't get better on my own.

I am so thankful for the group I joined. It is healing to see that I am not alone. And to be encouraged by people who know what it's like to feel like they don't have any hope for any kind of success in this life. I wanted to write that poem as a way to reach out to those who are having a hard time reaching out. A hard time trusting people enough to share their story.

I am still learning to reach out more. It's a very important part of the healing process, and I aim to get better at it and encourage others to do it as well. I know how bad it feels to feel like you're all alone. I know how hard it is, and I want people to know that they are not alone.

World Service News

Podcasts—recovery available 24/7. Did you know the oa.org website has many, many podcasts available to support your recovery?

A few of the series and titles...
The importance of working the 12 steps—members' stories and application of the steps, with concluding questions to consider.

OA Literature podcasts—each podcast features a member sharing how they use the literature and how they apply it in their program.

Primary Purpose podcasts—Recovery from Relapse, Twelve Freedoms, Using the Twelve Steps on Life Problems, Promises, Abstinence, Tools of Recovery.

So many podcasts, so little time! Listen to one today!
<https://oa.org/podcasts/>

"As we complete step five, we may feel many emotions, among them humility, elation, and relief. We often feel nearer than ever before to our Higher Power and more loving and trusting of other people. Whether we feel these things or not, we can rest assured we are nearer to God and more capable of trusting others. ..Haven taken step five, we are free at last.

...Honesty is a key factor in our recovery from compulsive eating, and so we will want to develop this trait. The best way to do so is to continue working the twelve steps."

OA 12 & 12, P. 51

A Member's Musing:

Welcome back, welcome home!

At the end of every meeting we always say, "Keep coming back." Well, those three words have saved my life. I've stayed in the program through all kinds of ups and downs in my life, my disease, and my program.

Surprisingly, sticking with OA hasn't been too hard, because before attending my first OA meeting I had exhausted all other possible solutions. I'd been to Weight Watchers over and over and over. I'd tried all the popular fad diets including the Dolly Parton diet of all things! I went to variety of weight loss clinics and programs. I'd turned to everyone I could think of for help - my mother, friends, therapists, and psychiatrists. All to no avail.

Then, I heard about OA. At my very first meeting I knew I was home. At OA I finally found people who understood that drive to keep eating. I no longer had to hide my shameful eating behaviors. I had a whole roomful of people I could talk to who understood.

I have been a slow learner in this program. Sometimes I've made slow progress, sometimes I've made no progress, and sometimes I've just sailed along. It wasn't always easy because I was embarrassed about my lack of progress. But, through it all, I have kept coming back because I knew there was no other answer.

And, do you know what everyone says when I walk through that door?

WELCOME BACK, WELCOME HOME!

— Lea

Have an idea for The Swan/El Cisne? Want to contribute content for an upcoming issue? Contact co-editors:

Alice at playswithwordz@gmail.com
OR Carrie at oacarrie@gmail.com

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)
SUN	7:00 P.M.	Elaine (210-332.0551	Unity Church 408 Gruene Road, New Braunfels, 78130	New meeting! Begins May 6
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 2803 W. Salinas, 78207	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, Kerrville 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 Nacodoches) 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.	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/ 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.	Kathy S. (510)506-1756	Church of Reconciliation Alban Room 8900 Starcrest 78217	Step of the Month
2nd SAT	9:45 A.M.	Curtis (210) 487-1683	Church of Reconciliation Alban Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"