

"We are not a glum lot...."

Alcoholics Anonymous pg 132

You know you have a bad sponsor when:

-She says it's an all-or-nothing program, like a bear who hibernates.

-He tells you he doesn't have a sponsor, because he's already been in the program for 10 years.

-She lets you define your abstinence as "Anything you ate yesterday."

-He suggests you put a lock on your refrigerator...from the inside.

-She makes you type your assignments double-spaced...with footnotes.

Heard at a meeting: "If you are sponsoring yourself you have an idiot for a sponsor."

But seriously, all are encouraged to get a sponsor.

Ken

Relating to the Traditions: TRADITION 8

As a new year of the Swan's editorship begins, we decided that instead of continuing with the Steps, we would focus on the Traditions. Each tradition and its principle contribute to a well-meshed, well integrated and fully functional service body, whether it's the group, intergroup, region, and/or world levels. Likewise, the Traditions provide the guidelines for successful relationships—friendships, significant others, spouses, family, and even work relationships can all benefit by the application of the Traditions.

In keeping with our monthly newsletter, we are beginning with Tradition Eight for the month of August. Its guiding principle is Fellowship.

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

At first glance this tradition may seem self-explanatory. However there is greater depth to it than its surface. The organization of Overeaters Anonymous needs to remain nonprofessional. Every single one of us, each member, is responsible for the workings of our entire organization. And since we are not professionals, but rather compulsive eaters, we each hold the same position in this organization: one member. We are all equal. None of us can be singled out to be the boss or leader.

This is true for our meetings, intergroups, regions, and world service. At all levels, no person can be singled out for special treatment. However, as a group each of our service centers can designate the

need for special workers. Special workers are needed at the world service level, for example, with printing and publishing needs. Yet when someone calls for help at any Overeaters Anonymous level, a compulsive eater should be available.

Tradition Eight can be applied to relationships. It is helpful for each person in a committed relationship (friend, significant other, spouse, family member) to remember that it is by freely committing to the fellowship of that relationship, that the relationship will succeed. Each person in a relationship and/or family needs to be a fully recognized member of that group. Unless they can't talk,

i.e. babies, each person should have a voice. And, when the parties agree to it, they may select special workers to help with certain jobs. For example, my husband and I both agreed that neither one of us wanted to do the yard work around our house. So we hired someone. We were both willing to do most of the cleaning around the house, but not that heavy duty cleaning work. So we hired someone. These are some of the special workers we employ. We came to these decisions by accepting each other for our strengths and weaknesses and by allowing each of us to grow and be flexible within our commitment to the relationship.

-Barbara D.



Aug 4 & Sept 1
Step of the Month meeting 9:45 am, Church of Reconciliation, Alban Room

Aug 11 & Sept 8
Intergroup 9:45 am, Church of Reconciliation

Aug 11 & Sept 8
Newcomer/Welcome Back meeting 9:45 am, Church of Reconciliation, Alban Room

August 18—Sponsorship Workshop
1 pm—3 pm
*UUMC
Room S304
5084 De Zavala (at Vance Jackson)
78249

*University United Methodist Church—Location of the 5pm Sun. & 7pm Fri. meetings

STEP ZERO DISCUSSION

That place of grappling with the idea that there is something different about the way we relate to food that cannot be fixed by willpower, diets, therapy or support groups. The Big Book of Alcoholics Anonymous pg 30 describes us as "bodily and mentally different from our fellows." This realization can lead to hopelessness, but there is a solution found in the steps of Overeaters Anonymous. The Big Book continues on pg 58, "If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps..."

Please share your STEP ZERO stories:

news@oasanantonio.com

Tool Shed

Sponsorship

A Plan of Eating

Telephone

Meetings

Literature

Action Plan

Anonymity

Service

Writing



Sponsorship—Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence....(OA Pamphlet, *The Tools of Recovery*)

Members share on the tool of Sponsorship:

We can use sponsorship from the first day in program to years beyond. When people say they can't sponsor because they don't know enough, I recall Bill W. and Dr. Bob cosponsored each other for a long time. Nobody knows everything, only our own experience, strength and hope.

I learned from many sponsors and sponsees, what to do and what not to do. With a potential sponsee, I first talk about expectations.

I ask, "Are you willing to go to any lengths?" If not, I ask, "What *are* you willing to do?" That begins our discussion and relationship. Being a sponsor means giving that person my love and time.

-Barbara D.

When I first came into program I knew I just wanted to stop doing what I was doing with fooodood, fooodood, weight, weight, self-derision, shame and guilt. A huge job description for a sponsor. How to stop, that was the question. Most people who walk through the doors have some of the same thoughts, and the truth was, I really did not know what I wanted. I just wanted to be thin for the rest of my life and have peace and serenity. Eventually, after being sponsored, I learned, that most people, including myself, just wanted someone to listen. After the listening part came the question, "what do I do in order to get out of the ruts?" I have learned so much from each sponsor I have had.

When I learn and apply through action, I can then pass on through experience, to another what has worked for me.

For me, I have learned and experienced recovery through listening and actually hearing. Sponsoring is a gift and it fulfills that triangle; Recovery, Unity, and Service. Recovery is for self, Unity is for the group and Service is what we do outside of the group. Sponsoring completes the spiritual triad. What experience has given me; I have the responsibility to give to another. As OA's Responsibility Pledge says, "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

-Sharon V.

OA World Service Organization has designated the 3rd weekend in August for Sponsorship Day. **See Announcements on pg. 1 for details**

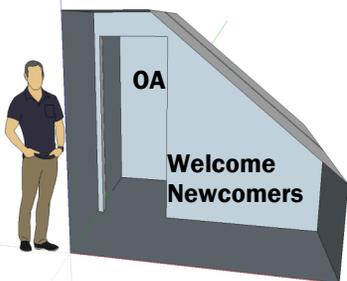
Newcomer's Corner—A New Way of Thinking

I always thought I knew what was best for me. I have led my life, sometimes even convincingly, the "right" way. As you might imagine, things did not turn out quite as I had planned. Truthfully, the belief that I knew what was best was just a thin covering over the real foundation I had built my life on. "I am a failure," was a mantra I told myself over and over, endlessly throughout the day. This meant that I had no ability to have my thinking questioned and still stay stable, so anyone who presented their own beliefs to me HAD to be met defensively. We couldn't both be right, and I didn't have enough self-esteem to be wrong because then I WOULD be a failure. My thinking manipulated me using fear, shame, guilt...

Moving closer to my family confronted me with the reality of my future if I continued down my own path. Thanks to my desperation, I finally admitted that I had no clue what I was doing and needed help. It didn't happen overnight, but I finally made it to OA and I am grateful for every delay—I needed that time to be open to a new way of thinking.

I am unendingly grateful for my sponsor and for the sharing that happens in OA. This program gives me a model for a new way of thinking, one I never knew existed. When I express doubt, my sponsor models humility and reminds me to seek my HP. When I share about my anger, the silence of those who listen shows me patient acceptance. When I bring my sponsor my shame, she models unconditional compassion. The gentleness of this program seems boundless. This gentleness and compassion is what has been missing from my thinking all my life. No more do I find myself saying, "I needed to lose weight or else..." OA has shown me a new way of thinking: "I love myself enough to..."

-Amanda H.



TWELVE STEPS of OVEREATERS ANONYMOUS

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

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

2018-2019 Board

Chair: Lea B.
Vice Chair: Barbara F.
Treasurer: Becca E.
Recording Secretary: Helen
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Parliamentarian: Julene F.
WSO Delegate: Mary Rose J.
Region III Representative: Amanda

Special Thanks to out going Board members Lenora M. and Lynn G.

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

SAAI Standing Committees

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

2017-2018 Committees

Audio Library: Steve M.
Archives: Barbara F.
Communication: Mike H.
Swan/El Cisne: Barbara D., Sharon V., Ken R., Lynn G., Dolores C., Lea B.

Website: Mike H.

Public Information: Noe Meeting Info/Phone line: Sharon V.

Professional Outreach: Mary Rose J.

Literature: Valerie S.

Lifeline Rep: Richard
***12X12:** Carrie H. & Richard Sponsorship Day, IDEA Day, 12 Step Within , OA Birthday, Unity Day, Slumber Falls

Welcome Back/Newcomer: Curtis

*GRACIAS, MERCI, and many, many THANKS!!

If you have attended an OA workshop or retreat in the last FIVE years (Yes, you read that correctly – five years!), then chances are good that you have experienced the excellent work of Ron J and Graciela M. For the last five years Ron J has chaired the 12 & 12 Committee with Graciela M at his side. San Antonio OA owes these two much gratitude for the quality workshops they provided. Their service and commitment to carrying the message has been immeasurable.

We are now happy to introduce our new 2018-19 dynamic duo for the 12 & 12 Committee. Carrie and Richard are taking on the duties which include organizing several workshops throughout the year. For example, IDEA Day (International Day of Experiencing Abstinence) and Unity Day are a couple of the workshops held by OA worldwide every year. They can plan the workshop on their own or find an individual or group who might volunteer to do so. We look forward to all the creative ways these two will facilitate our events in the coming year.

Region III Convention News

Convention Dates: March 29-31, 2019. Save the Dates!

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

The Region III Convention committee met recently to continue the work of establishing a convention budget.

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

Contact us at: news@oasanantonio.com

TWELVE STEPS (Continued)

- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him.***
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**
- 7. Humbly asked Him to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong, promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.**

AREA MEETINGS

TWELVE STEPS (cont.)

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.



Service Station

As I think about a service station with an old-fashioned gas pump it brings to mind memories of the past. I remember my first sponsor who took much time out of her busy schedule just for me. That was a service she gave to me that catapulted me into recovery. Today I think of two individuals who have given service willingly and selflessly by producing our newsletter every month for the past year. Thank you Carrie and Alice for your gift of service.

I look forward to what a new group of individuals, who ordinarily would not mix, will edit and write for the Swan this next year. We do mix and have been together for over 10 years working the steps and now we have volunteered to do the next right thing, which is **THE SWAN/EL CISNE**.

-Sharon V.

With a long time in program, it is easy to become complacent. Two activities to avoid smugness are more attention to meditation and to service. When the opportunity to write for the SWAN became available, I felt this would stretch me out of complacency and into more commitment. I feel fortunate to be able to return some of the benefits I have received.

-Barbara D.

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church, Main Entrance Second Floor Room S210, 5084 DeZavala (at Vance Jackson), 78249	Step Study/ Discussion and Speaker (2nd Sun)
	7:00 P.M.	Elaine (210) 332-0551	Unity Church, 408 Gruene Road, NEW BRAUNFELS , 78130	New meeting! Literature/ Discussion
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church, North Building (Interpark Entrance) Room 128, 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/ 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 G. (210) 392-8031	Alamo Heights Baptist Church, 6501 Broadway, 78209	12 & 12 Study/ Discussion
WED	12 Noon	Kay (404) 286-9169	Unity Church of the Hill Country, Library, 1016 Jefferson St., KERVILLE , 78028	Steps/Traditions
	7:30 P.M.	Barbara D. (210) 637-7203	Church of Reconciliation, Brigid Room, 8900 Starcrest, 78217	Step Study New-comers' Ask It Basket
THURS	12 Noon	Mary Helen (210) 534-5875	Crestholme Presbyterian Church, Room right behind church, 1602 Goliad, 78223	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 .6 miles outside Loop 410), 78217	Literature Discussion Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St., LAREDO , 78043	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), 78249	Speaker/ Step Study/ Discussion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Literature/ Discussion
****MONTHLY MEETINGS****				
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"