

**"We are not a
glum lot..."** 😊
Alcoholics Anonymous pg 132

**"They said there wouldn't
be any math"**

60,000,000,000 The number of dollars spent on diet and weight loss products each year. *What a 7th tradition!!!*

417- The page number of the statement on acceptance in BB (449 in 3th edition).

100- The % of people who lie to their sponsor. Of course, this figure doesn't include you.

93- Average number of days of anxiety taken before attempting 4th Step.

87- The number of words in the run on sentence in 'Invitation to You' after it asks if we can promise you these results.

41- Average number of days needed to accomplish 4th Step w/o the anxiety days (don't freak out if it's taking you longer).

10-The % of people reading Welcome Packet the first week.

10- The % of people reading the Welcome Packet at all.

4- The average number of days dieters go before breaking their NY resolution.

3- The average number of times each day people weigh themselves, prior to OA.

2- The number of reasons to go to an OA mtg: 1) because you want to and 2) because you don't.

0- The number of people who died eating nothing between dinner and breakfast the next morning.

-Ken R.

Relating to the Traditions: TRADITION 10

Guiding principle: NEUTRALITY

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

What is controversy? The Random House Dictionary defines this very "controversial" word as: 1. A prolonged public argument or debate. 2. A dispute or quarrel. There are other dictionaries and other words used to describe the meaning, and basically, they are all the same definition. I know that in my personal life with my spouse I have many opportunities to practice TRADITION 10. There are outside issues such as politics and religion that can alter our relationship and cause dissension between us. What happens is we focus on issues that do not foster unity in our compassion for one another. That is what happens when outside issues create fighting and right/wrong opinions in the meeting environment of Overeaters Anonymous.

When I first came to the rooms of OA I heard the words, ABSTINENCE, STEPS, and KEEP COMING BACK. It wasn't until I had been active in SERVICE that I began to hear about TRADITIONS. I also heard that the STEPS were for the individual and the TRADITIONS were for the groups;

both aiding in the well-being of these two entities.

The spiritual principle of TRADITION 10 is NEUTRALITY. How does our INTERGROUP in San Antonio practice NEUTRALTY? When I observe our Intergroup at work I see a very functioning body adhering to the TRADITIONS as a whole. When a seemingly controversial topic is brought to our table we, as a group, deliberate it and apply it to the principles of OA.

Just recently the topic of including O-ANON literature at our Region III Convention to be held in March of 2019, was discussed. Per our TRADITION 10, literature other than OA approved literature is an outside issue. Ergo, it was a necessary decision to vote no to the request. That is not to say that O-ANON literature is not beneficial, it is only saying that it is not in compliance with our traditions. Adhering to the TRADITIONS keeps our Intergroup strong and healthy. If our focus is taken away from the OA message of recovery it jeopardizes that message.

I am reminded of

another Intergroup that was asked if a renowned speaker for a retreat could sell their books at the event. Our Intergroup voted "NO" and was following Tradition 10. The question was then posed; can we sell them out of their car during the retreat. The answer was "NO". When the retreat took place the books were being sold out of the car. There was conflict within the Intergroup for many years thereafter and personalities, rather than principles, became the focus.

Many of the items that are brought to our Group Conscience meetings and our Intergroup as well as Region III and WSC may sound good at the time. It is in looking at the spiritual aspect of our program and what spirit brings to us through our TRADITIONS that helps us to say, "Is this for the good of OA as a whole?" When we can answer, "Yes", then our group conscience can act in "good Godly conscience."

Sharon V.

Announcements

Oct. 2018



Oct 6 & Nov 3

Step of the Month meeting 9:45 am, Church of Reconciliation, Alban Room

Oct 13 & Nov 10

Intergroup 9:45 am, Church of Reconciliation, Alban Room

Oct 13 & Nov 10

Newcomer/Welcome Back meeting 9:45 am, Church of Reconciliation, Alban Room



IDEA DAY—NOV 17

Group or individual to host this event. Contact Carrie H. for more in formation

LITERATURE COMMITTEE CHAIR

Contact Valerie S. for more information

See page 3 for details

STEP ZERO DISCUSSION

My struggle with restricting, bingeing and compulsive exercise began over 20 years before coming into OA. In the beginning I starved myself to the point of having bone loss and heart damage. Later it became an endless cycle of restricting during the day, and then coming home and bingeing at night behind closed doors to the point of feeling sick, then waking up the next day and obsessively exercising. I constantly beat myself up and obsessed about the food, about my body and about what the scale said. Each day I would tell myself that this day it would be different, but it would turn out like the day before. As the Big Book says on page 8, "Alcohol (food) was my master". Many days I told myself that I and the people around me would be better off if I were dead.

Through what I now see as the gift of desperation, I came into the doors of OA and eventually became willing to go to any length to have the recovery I saw in others. That was the beginning of my recovery and today I experience a daily reprieve from this disease, if I work my program. What a miracle that is.

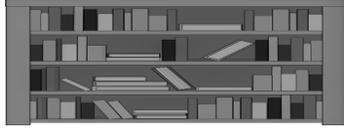
-Lindsay H.
"It was only a matter of being willing to believe in a power greater than myself. Nothing more was required to make my beginning." Alcoholics Anonymous pg 12

TWELVE STEPS OF OVERTREATERS ANONYMOUS

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

Tool Shed

Literature



Literature—"Many OA members find that when read on a daily basis, the literature further reinforces how to live the Twelve Steps. Our OA literature and the AA Big Book are ever available tools which provide insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us."..(OA Pamphlet, *The Tools of Recovery*)

Members share on the tool of Literature:

Literature is a powerful tool for our program. It can enhance our program in many ways. It is information to the newcomer or comfort and encouragement to a member in relapse. There are books, pamphlets, packets, wallet cards, coins, and more. Books can be a great companion in the middle of the night or when we can't get to a meeting. Pamphlets are good to take along or to tackle a specific issue. Wallet cards can be tucked in a small place and read in a waiting room or in the bathroom at family gatherings,

reminding us to stay on program and keep our sanity.

We are fortunate in San Antonio to have access to a large literature resource. There is dedicated information on specific problems, steps, traditions and principles. Please take time to explore these valuable resources. Look it up on our local website or see it in person at meetings. Our Intergroup representatives can get literature or contact the literature committee directly to order. The literature committee has the newest issues and some old and out of print items. Spanish Literature is available too.

-Intergroup Member

If there is one thing that any OA-er hears again and again is literature, literature, literature...approved literature, non-approved literature, literature tables. As a newcomer I remember thinking, "First, they don't give me the information I want (magic diet) and now they are requiring me to buy books that I will never read. Man, I am in graduate school all over again!" I don't think I have been more wrong in my life, because I continue to read those books like crazy. Through the routine of

reading, going to literature meetings, and working with my sponsor, I began to understand the intrinsic value of our life-changing literature. Reading the same words and coming to shared spiritual revelations that have led to so much recovery in our fellowship is a powerfully healing experience. Nevertheless as my program continues to evolve and mutate, so has my need for and use of literature. This evolution has created yet a greater need for the Big Book, 12 and 12, and Abstinence book, and I have recently found much solace in our Lifeline magazine.

Lifeline's claim to fame is that it is a "meeting on the go" and it is exactly what this catch phrase implies and so much more. For me, reading the articles gives me a sense of hope that my struggles are the same for so many people like me around the globe. It truly allows me to realize that my program is part of a bigger picture of recovery and that, as much as I want to think so, I have never been alone in this struggle. This literature that brings me a "meeting on the go" is usually what I need during the day when I can't get to a face to face or just need to relate my momentary problem to my program. Stop by your APPROVED literature table and make Lifeline your next literature fixture today!!

-Richard V

Newcomer's Corner - A New Way of Thinking

I remember when I was seven years old, being at a friend's house and the parent saying, "Oh, the cookie monster is here! We have to hide the cookies!" That was the first time I remember someone saying something to me that indicated my eating was not normal. My parents' nickname for me was 'pumpkin' because I was a little chubby. When I wanted an afternoon snack, my dad would say, "Go look in the mirror before you put something in your mouth." I started to sneak food and eat in private so I would not be scolded. It felt wrong, but I could not help it. It did not matter how much I ate, I never felt full, just empty and sad inside. For the next forty years I struggled with my weight and eating. I have tried a variety of things to lose weight (starving myself, binge and purge, diet pills, gym memberships, countless diets, seeing counselors, and more.) I could never tame the beast inside when it roared for food to fill the emptiness. In May of 2018, enough was enough, and I decided I needed help. I was desperate and tired of feeling so lousy. I knew I had hit rock bottom. I looked up OA online and found a meeting. I was so nervous when I arrived. I was too scared to admit I was a newcomer at the meeting. I had isolated myself for so many years and interacting with others was not one of my best skills. I tried to pretend I was visiting from another group, but I did not fool one of the members who gently confronted me after the meeting and gave me a welcome packet with her phone number.

I continued to attend meetings, had the courage to stand before the group to announce that I was a newcomer and accept the desire chip, 30 day chip, 60 day chip, and 90 day chip. I purchased and read the literature. I did everything the literature recommended I do to work the program, and slowly the miracles began to happen. I felt something inside myself begin to evolve and change. I found a member I wanted to be my sponsor and gathered the courage to ask her. I was thrilled when she agreed. I worked the steps honestly and thoroughly. It was really hard to be transparent and tell her EVERYTHING, but I knew I had to be honest and thorough in order to work the program and maintain abstinence. Using the nine tools, having the courage to share at meetings, and giving service to OA has changed my life. My life is not perfect, and I understand that it will never be perfect. It is so much better than it used to be. Thank you, OA.

-Amy

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
Communications Secretary: Mike H.
Parliamentarian: Julene F.
WSO Delegate: Mary Rose J.
Region III Representative: Amanda

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

2018-2019 SAAI Standing/*Special 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.
Lifeline Rep: Richard V.

Public Information: Noe G.
Professional Outreach: Mary Rose J.
Meeting Info/Phone line: Sharon V.
Welcome Back/Newcomer: Curtis M.
***Region 3 Convention:** Elaine

12X12: Carrie H. & Richard V.
Sponsorship Day, IDEA Day, 12 Step Within, OA Birthday, Unity Day, Slumber Falls Retreat

Literature: Valerie S.
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 and important updates via email?
news@oasanantonio.com

HELP WANTED: Literature Chair

We all depend on OA literature to help us find our way to recovery from the disease of compulsive overeating. This means everyone in OA San Antonio depends on Valerie S! Valerie has been the keeper of our literature for over three years. Plus, Valerie served as an assistant/apprentice to Barbara F. for an additional few years. So, a huge thanks to Valerie for all her service. However, it is time for a changing of the guard. We need a new Literature Chair to begin training to take over the position soon. The responsibilities include:

- ◆ Purchasing OA literature from our World Service Office
- ◆ Selling that literature to our OA groups at Intergroup meetings
- ◆ Taking literature to our special events – workshops, conferences, etc.

Please consider volunteering for the Literature Chair position. Valerie is more than happy to provide training and assistance as needed. In the meantime, Valerie needs volunteers to help with literature at workshops and events. Our next workshop will be IDEA Day on November 17th. She will also need many volunteers to help at the literature table at the San Antonio Region III Conference March 29-31, 2019. If you are available to help, please call Valerie at 210-744-8800.

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.

Next SAAI Function—Nov. 17

I D E A
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And/or your home group to be the host of IDEA Day. Please contact Carrie H. or Richard V. to volunteer

Carrie: (507)530-5115
oacarrie@gmail.com
Richard V. (210) 269-2878
richardvhc98@gmail.com

“Next after Next” SAAI function is the 12th Step Within on Dec. 12th at 7:30p.m. Church of Reconciliation 8900 Starcrest 78217 Hosted by the Wednesday night meeting

Make sure you remember



Region 3 Convention
Dates: March 29-31, 2019. **Theme:** Steppin’ Up—OA in SA—*Take your program to a new level*

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

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

Contact us at: news@oasanantonio.com

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*

Now that we have described how valuable literature is, there are many services surrounding literature. At a meeting we can volunteer to set out the literature. This is a great way to get started with a service commitment.

Currently, several of us are putting together The Swan/El Cisne for this month. As you can see authors other than the Swan/El Cisne staff are an important part of bringing you this publication. Anyone can write and submit an article for a future Swan and also submit an article for publication in Lifeline Magazine. Just ordering a Lifeline for yourself and/or your meeting is a service! Carrying literature to your doctor's office to distribute to the rest of their patients is both a service AND the 12th step. Leaving a lifeline with SAAI contact information number ANYWHERE, is a service (such as the locker room at the gym). Literature is a tangible, portable way to carry the message.

-Swan Staff

AREA MEETINGS

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church, South Campus 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	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 (210) 520-3727	St. Andrew's Episcopal Church, 6110 NW Loop 410, 78238	Discussion
TUES	5:45 P.M.	Julene (210) 923-0707	Alamo Heights Baptist Church, 6501 Broadway, 78209	NEW MEETING: Joe & Charlie Big Book Study - Bring BB, Notebook & Dinner if desired
	7:00 P.M.	Noe 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 Newcomers ' 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.	Richard (210) 269-2878	St. Vincent de Paul Catholic Church, Room 2, 4222 SW Loop 410, 78227	NEW MEETING: Lifeline 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 .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 South Capmpus 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"

RESOURCES FOR YOU @ WWW.OA.ORG

Phone Meetings: <https://oa.org/find-a-meeting/?type=2>

Online Meetings: <https://oa.org/find-a-meeting/?type=1>

Podcasts: <https://oa.org/podcasts/>