



"We are not a glum lot..."

Alcoholics Anonymous pg. 132

What I learned from the OA convention:

We all face the same problems, regardless of length of abstinence

Why service is so important

Doubletree hotels have recently-baked, chocolate chip cookies

The cost of downtown parking rivals that of my last binge

Some OAers would starve if they had to sing for their supper

Doubletree hotels have recently-baked, chocolate chip cookies

Having extra food with you is ALWAYS a good idea in case your meal isn't served on time

We are not a Glum Lot!!

Doubletree hotels have recently-baked, chocolate chip cookies

Those of you who worked to produce the convention did us proud

I have more, but I just remembered, "What people think of you is none of your business." -Ken

Relating to the Traditions: TRADITION 4

Guiding principle: IDENTITY

Each group should be autonomous except in matters affecting other groups or OA (Overeaters Anonymous) as a whole.

This tradition gives each group a great deal of freedom. In fact, autonomy means self-governing. It is generally accepted that each meeting will start and end with some sort of prayer, usually the serenity prayer, and a recitation of the steps and traditions. However, these are not required. If the group decided that it wanted to start each meeting with a prayer from a specific religion, that would be against this tradition. Why? Because Overeaters Anonymous is nondenominational; we do not favor one religion against another and we do not support one religion over another. People who have no religion, say agnostics or atheists, need to be welcomed.

Choices of a group are quite varied. Formats of meetings can focus on the steps, the traditions, specific approved program literature, such as our daily readers or

one of our many books. What a group cannot use is non-approved literature. Why? Because we don't want anything to dilute our message of recovery. We don't want to confuse people, especially newcomers. Each group can decide how people will be called on to speak and how long to speak, as long as each person is allowed to speak.

This tradition also applies to relationships. My partner is allowed to do anything he/she wants as long as it doesn't affect me. For example, if my partner wishes to make a large purchase, it would be expected that this person would talk to me first. It's not, "Look honey, I just bought a yacht!" That would probably affect our budget and affect me.

One day I needed some cash and I didn't have any. So I went to my partner's wallet and took out \$20 and put a Post-it on the wallet saying, "I took \$20."

I didn't want him to think that he had lost some cash. Someone was visiting our house and happened to see this Post-it. This friend thought it was absolutely amazing that I would do such a brazen thing as to take money and then admit it.

Also I have a Higher Power, but my partner is not it. And I am not the Higher Power for my partner. This tradition implies an equality. In a relationship we each accept each other without dominating, but with compromise, of course.

We are partners with every other group of Overeaters Anonymous in the world. Each group is very different, but the traditions keep us from being too different. We all use the same literature, we all use the same steps and traditions and concepts, but our meetings each have a different personality--just like each member.

Swan Staff

Announcements



Apr 6 & May 4

Step of the month mtg
9:45 am, Church of Reconciliation,
Alban Room

Apr 13 & May 11

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

Apr 13 & May 11

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



OA San Antonio Area Intergroup

18th Annual Retreat

Join us for a "Weekend of Recovery" in the serene surroundings of Slumber Falls.

SAVE THE DATE!

•When? June 7-9, 2019

•What time? 5:00pm Friday/11:00am Sunday

•Where? New Braunfels, TX

•How much? Full Retreat: \$130

Saturday Only \$60

This is an abstinent retreat.
Meals are provided.

STEP ZERO DISCUSSION

I scooted into OA through the backdoor. At the time, food and weight-loss, though issues, were down a few notches on my to do list. What got me through the door, sneakily, was my irritability - the way I lashed out at those closest to me. My family could never please me. And I let them know it. I yelled. A lot. And I hurt them. A lot. Why? Why could I not stop? I simply could not get a handle on my temper. My husband took the brunt - I blamed him for everything that was wrong with him, with our home, with our children, and especially with me.

In my quest to fix myself, I listened to a podcast on Henry Cloud's book "It's Not My Fault." Casually, Mr. Cloud mentioned - "If you have an issue with food, go to an OA meeting." Hmmm. Sure. It couldn't hurt. After all, I soothed all that irritability with food, so why not check out why I used food to soothe.

Thank God, I walked through that door. OA has brought healing to my body - but more than that, it has brought healing to my relationships.

"It is important to bear in mind that knowledge of ourselves and our nutritional needs is useless without the kind of help we find through working all of OA's Twelve Steps." Overeaters Anonymous 12 Steps and 12 Traditions, 2nd Edition.

Tool Shed

Telephone

Telephone—“The telephone helps us share on a one-to-one basis and avoid the isolation which is so common among us.” (OA Pamphlet, *The Tools of Recovery*)

The tool of telephone calls has helped many with their recovery. Compulsive overeating is a disease of isolation. To indulge our overeating, many of us hide. Even when we're with people, we tend to hide emotionally...disengage. Talking to someone about what's going on, who understands our addiction, can be so helpful. You can share what has you isolated and ready to break abstinence. Remember, the food is but a symptom. Hopefully, a phone call will be made prior to isolation/desperation. Have you ever heard, "Make three program calls a day?" If not, stop reading and get a sponsor! Since many of us are still obsessed with weight, let's talk about the "300 pound" phone. Who will I call, what will I say, what if it goes to voicemail, what if they can't talk, what if they can talk, what if they have a jealous partner, what if the

sky falls? I'll help you with the first two. Who to call? Write down the name/number of people you can identify with when you go to a meeting. Yes, that's why we have a meeting list, not to exonerate us if a crime is committed during the meeting time...consider that a perk. If you're new to OA, hopefully you received a newcomer pamphlet with phone numbers. Maybe somebody will ask you to call them. Ask them who they are, and make a checkmark after their name. Incidentally, I encourage everyone to ask if it's OK to call another OA member. This helps avoid "What if they have a jealous partner?"

Now, what to say. I know it can be scary. You might say something like (I'm not kidding), "Hi ____, this is ____ from OA, my sponsor told me to call" or "You told me to call" or "This call is way outside my comfort zone."

I find calling, while in the desperation phase, a little harder, but I did have a positive experience while just about to break my abstinence. This also might help give you insight if you receive a call under such circumstances. I was

driving home about a half mile from The Promised Land (I mean HEB) and two miles from home. My blood sugar was low and I hadn't eaten in seven hours. My thinking can only be described as fuzzy, at best. I called and was able to describe my circumstances. She asked if I was near a place where I could get an abstinent meal. I reminded her I was only two miles away from my house. She acknowledged that and asked me again. I told her there were four such places. She told me to drive to one. I asked which one, unable to make a decision at that point. She told me which restaurant I drove there, had an abstinent meal, and felt great as I called her back. I was so grateful she actually told me which restaurant to go to. She probably sensed my inability to make a decision at that point. Did I get what I needed on that phone call? Absolutely! How could this person, not my sponsor, know what to say? It wasn't rocket science. There's a saying in OA. **"Luckily, we're not all crazy at the same time!"**

-Ken

Newcomer's Corner - A New Way of Thinking

BEFORE AND AFTER

The Big Book tells me that "Acceptance is the answer to ALL my problems" but before I was able to COMPLETELY ACCEPT DEEP DOWN IN MY HEART that I am powerless over food (and always will be) and that my life was truly unmanageable, my vision about how to recover from this seemingly hopeless disease was very different.

MY FOOD PLAN

Before surrendering, I had an immature attitude; expecting that some "Abstinence Fairy" would leave healthy and colorful plates ready to eat in my refrigerator, I complained all the time about such things as not being able to eat "spontaneously" wherever, whenever, and whatever. I had very "unreasonable reasons" of why I couldn't follow my food plan. I even complained to one sponsor that I did not want to get my hands cold washing veggies in the winter! Ridiculous, I kept having binges, thinking that "This is the LAST ONE, and that **I HAD THE POWER** to start my abstinence tomorrow...FOREVER.....

Today, I accept that my disease is FATAL and I do not play with my abstinence. Just For Today I do all that it takes on my part to be entirely abstinent. I pray for HP's protection, report my food plan to my sponsor, buy groceries, cook meals, and plan. I need to put in the time and the work. If I fail to plan, I plan to fail.

MY PRIORITIES

Before, I kept going to meetings, (did 90 meetings in 90 days 3 times), looking for "The Magic Click", the one word that someone would say and would change my mind forever in my relationship with food. Today I accept the solution is in the 12 STEPS. **Meetings only, are not going to create the personality change sufficient to bring about recovery from compulsive overeating.** It works if I work it.

MY TIMING

Before, I was anxious to be skinny and recover as fast as I could. The idea of sponsoring really scared me. Today, I accept that the process takes time.

MY SPONSOR

I kept changing sponsors, hoping to find "the right one". Today, I work my relationship with my sponsor accepting that neither she or me are perfect. I speak honestly when we have a disagreement and our relationship is growing stronger in love and trust.

THE BIG BOOK

Before, I hated it; repetitive and complicated and filled with OLD ENGLISH that I did not care for. Today, not only do I LOVE it, I read it almost daily and it is my favorite book. It SAVED MY LIFE.

-Gogo

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

Website:
www.oasanantonio.com

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 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.
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

It has been my privilege to serve as Chair of the San Antonio Area Intergroup Board for the past two years. I have learned so much - lessons about myself particularly! I have also grown to know many OA members well and seen firsthand their generosity and willingness to serve.

But it is that time of year again! Time to elect a new Board for San Antonio Area Intergroup. The 2019- 2020 Board will serve from July 2019 through June 2020. The Board and a summary of responsibilities are:

- ◆ Chair – Set agenda and preside at SAAI meetings;
- ◆ Vice-Chair – serves in the absence of the chair and assists with responsibilities of Chair
- ◆ Recording Secretary – records minutes of the SAAI meetings
- ◆ Treasurer – accepts and disburses funds on behalf of SAAI; maintains account
- ◆ Communications Secretary – receives & responds to correspondence; communicates with WSO
- ◆ Parliamentarian – implements Roberts Rules of Order and SAAI By-laws at meetings
- ◆ WSO Delegate – represent SAAI at WSO Convention and report back to SAAI
- ◆ Region III Rep – represent SAAI at Region 3 Convention and report back to SAAI

Soon the nominating committee will be looking for volunteers and we hope many of you will seize this opportunity to serve at Intergroup!
-Lea B.

Consider a Committee!

So much work to carry the message is done in our intergroup committees. Consider becoming a part of any of the Standing Committees. The committee chair will appreciate it. Many of the standing committee chairs will be stepping down after the June term. If you would like to serve as chair please contact Lea B.—210.396.9295

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.

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*

What an amazing convention! Feedback heard there was very positive. This effort was only possible through service. Not only were those who served helping our intergroup, but they helped the recovery of all who attended as well as strengthened their own. At least that was my experience.

Under excellent leadership and enthusiastic committee chairs a weekend to remember was successfully hosted. Having been the chair of a previous Region III convention, I can say this one was way more enjoyable for me. I especially liked getting to know other members better by being in service together. This is definitely a "we" program. Nowhere is it more evident than among those performing service that, in place of the killing disease of compulsive eating, we receive a life "beyond our wildest dreams."

The Big Book recounts a story and in it the man says, "Quite as important was the discovery that spiritual principles would solve all my problems. I have since been brought into a way of living infinitely more satisfying and, I hope, more useful than the life I lived before. My old manner of life was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could." I am so happy to be a part of this fellowship and to get to experience service with all the great people here!

Thanks for my "next level" convention committee.

-Lynn G.

AREA MEETINGS

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church, South Campus, Main Entrance Second Floor Room S211 , 5084 DeZavala (at Vance Jackson), 78249	Step Study / Discussion / 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 EN ESPANOL
	7:00 P.M.	Ken R. (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	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., 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
THUR	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	Lifeline Discussion
	7:00 P.M.	Kay R. (210) 831-8079	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.
	7:00 P.M.	Dawn C. (210) 849-0027	University United Methodist Church, South Campus, Main Entrance Second Floor Room S210 , 5084 DeZavala (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
	5:00 P.M.	Cassi (210) 485-8100	Northwest Hills Methodist Church 7575 Tezel Rd. - SA, TX 78254 Big Building behind the Church	Workshop-Discussion-Speaker **NEW MEETING**
****MONTHLY MEETINGS****				
1st SAT	9:45 A.M.	Lizanne (210) 240-6667	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/>