



"We are not a glum lot..."

Alcoholics Anonymous pg. 132

"12 TRADITIONS"

- Pumpkin Pie
- Halloween Candy
- Tamales
- Birthday Cake
- Christmas Cookies
- Cornbread
- Potato Pancakes (Latkes)
- Gingerbread
- Egg Nog
- Chocolate Bunny
- Fruit Cake
- Candy Cane

-Ken

Relating to the Traditions: TRADITION 5

Guiding principle: PURPOSE

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Meetings are considered tools for individuals, but meetings are also designed to carry the message of recovery to compulsive eaters who still suffer. This means newcomers may come to your meeting. It also concerns people who are "in the group" but are still struggling. Therefore, they are still compulsive eaters who are suffering. Some meetings must function in all these ways as a tool and as a vehicle for carrying the message.

How can meetings do all this? If a particular meeting allows or fosters people complaining about how they lost their abstinence or how they're having a problem with a certain kind of food, then that is not very encouraging for individuals or for newcomers. If meetings are filled with complaints about how terrible someone's life is, that likewise is not encouraging or inspiring.

By the way, what is "the message?" The message is that we have found a proven, workable way to arrest this illness of compulsive eating—in whatever form it may take. Whenever anyone tells me that they have relapsed into compulsive eating, there is no bad, there is no good. I simply ask what tools they used. Most of the time I am told, "None." So the work that is required for arresting this disease, is obvious.

What may not be so obvious is how this tradition functions within relationships. Both people, in a committed relationship, may choose to agree to have one primary purpose—to serve as an expression of our Higher Power's love. If we can do this, if we can limit ourselves to this one purpose, we can lessen the possibility our relationship could be fractured or fall apart.

It is implied in this tradition, that

we give comfort to each other. One way to do this is to share with one another. Giving encouragement and understanding to our partners is another way. When the other person does or says things that are harmful or hurtful, he/she is probably not happy with themselves at the time. He/she is probably in need of empathy and tolerance, rather than a disapproving attitude. By remembering and encouraging our partners recovery, we are working on our own recovery.

An exercise to try in cases like this, is to ask yourself, "What would a loving person do?" If you don't know, this is a good 'excuse' to call someone in recovery and ask them. Another exercise is to ask your Higher Power to permit you to see this other person through the Higher Power's eyes. This is always a helpful practice.

Swan Staff

Announcements



May 4 & June 1
Step of the month mtg
9:45 am, Church of Reconciliation,
Alban Room

May 11 & *June 15
Intergroup 9:45 am,
Church of Reconciliation,
Cranmer Room
*Moved to 3rd Saturday
in June only

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



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

- **Date** June 7-9, 2019
- **Venue** SLUMBER FALLS CAMP
- **For more information contact:**
CARRIE (507) 530-5115
GWEN (210) 862-8211
RON (858) 688-3579

STEP ZERO DISCUSSION

I had been "around" OA for a few years off and on, with short periods of abstinence followed each time by more and more insatiable binges. A day or two later, I would crawl back to a meeting and another sponsor who did not want to deal with my "problems." Then things seemed to smooth out and I got a job offer out-of-state.

I, of course, had gotten arrogant again and lost my abstinence. Battling with food every day, I had gained enough weight to *not* fit into any of my clothes. As I was complaining to a neighbor about having to buy new clothes, because my old clothes didn't fit anymore, she said, "Why don't you just lose weight?"

It was as if she had punched me in the face. Lose weight? Lose weight? After all the struggling I had been doing? Then it hit me. I couldn't. "Just lose weight." I had no control over food, my food intake, my binges, when and where and what I ate, etc. I was totally powerless. This was my moment of complete and utter despair.

Yet I knew what to do and where to go. That night I went to an OA meeting and got the first person who was willing to be my sponsor and did whatever this person told me to do. Eventually, I became abstinent and have remained so for a long, long time. Thank You Higher Power.

-Swan Staff

TWELVE STEPS OF OVEREATERS ANONYMOUS

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

Tool Shed

Writing

Writing—"In addition to writing our inventories and the list of people we have harmed, most of us have found that writing has been an indispensable tool for working the Steps. Further, putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking of talking about them. In the past, compulsive eating was our most common reaction to life. When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps better discern any necessary action." (OA Pamphlet, *The Tools of Recovery*)

The Mighty Pen in my Toolbox

It has been said, "the pen is mightier than the sword" (Edward Bulwer-Lytton, novelist & playwright, c. 1839). I find that writing in program is 'mightier than that first bite that will lead me into a downward spiral'.

Yes, the 12-step program in OA does have Steps where I use writing: self inventories; resentments; behaviors. However, I have found this to be such a powerful tool, that it is paramount to my abstinence. To write, I need no more than a pen or pencil; I might find myself writing on a napkin when something I need to address fills my brain and I jot down a note to myself to be addressed at a later time.

There are times when I open my journal and I write endlessly, perhaps even 'nonsensically', whether my emotions be: anger, confusion, fear, elation...I just write. I write without processing; just let the words flow from mind, to pen, to written page. The magic of the pen, whether it be a word that is just jotted on a napkin reminding me to go back to an issue -- positive or negative;

or perhaps pages long... then I lay it to rest and upon coming back to this, at times a 'tome', allows me to read through and visually pull the main points that may have been locked within my head, thus allowing me to process emotions that, had I not written, I would most certainly have eaten.

Lastly, I must share with you another way that I use my mighty pen: as 'emotive art'. The joy of writing for myself—especially when I am overwhelmed by a very emotional circumstance that awakens the 'hardened compulsive eater' in me—is what I call 'FULL ON BAT POO CRAZY' on the page. In these circumstances I grab my journal...at times I spill out pens of many colors upon my table/desk/ wherever...this is a 'full on pen to the paper RAMPAGE' of both graphic art and an outpouring of adjectives that describe my current state. Words of many colors just pour forth. I may scribble my rudimentary art upon the page to illustrate the situation, as the words, colors, and pictures rid me of all of the toxic feelings that would once have caused a full on binge.

So, I conclude: I always have a pen, and a small notepad on my being; for I never know when an emotion that would have sent me into the food may occur. The PEN is DEFINITELY mightier than losing my abstinence.

-Jamie

Another Glimpse of the Tool Writing

Why do I write? I love to write. When I first began college in Phoenix, Arizona, I did not know how to write a complete sentence. Of course I had problems creating a paragraph! I have an English professor to thank for her guidance and patience and I persevered under her tutelage.



I wanted to get straight A's and I learned how to write a complete sentence and branched out from there to complete paragraphs. Today I write because it brings me peace and it is my "favoritist" tool in the toolbox; that, and emoting in my car as I drive on I-35 screaming at the top of my lungs emptying out that which I cannot write down while driving. I have often wondered what I would say to the officer should he stop me at one of those poignant moments.

When I came into program, I had already been journaling for a few years. I got a sponsor right away and began doing the steps. That opened me up to a whole new way of gradually thinking and taking responsibility for my actions. Most of my journaling up until then had been negative and self-serving. I began to see how erroneous my perceptions were of myself and others. The writing started to slowly change. I very slowly started to change. The more honest I could get in my writing brought me more "freedom from bondage" of self and all that I thought I was owed by my parents, siblings, friends, enemies, ad infinitum. Today, through the tool of writing and willingness to write the words down that I fear to tell or even let see the light, I am in recovery from the insidious disease of my mind and what my mind leads me to—compulsive eating. Thank you Higher Power and Mrs. Freeburg.

-Sharon V.



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.
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Parliamentarian: Julene F.
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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.
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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



There are two big news stories from Intergroup this month! One is a call to service and the other is an opportunity to pamper yourself.

First, Intergroup needs a few good people. In July, new board members will take over the organization and planning needs of OA in SA. We have had many qualified, talented members step up and we appreciate their willingness to serve. However, we have a few more positions to fill. Intergroup especially needs volunteers with good word processing skills to step up as well as those with the ability to promote OA in the community, good organizers, etc. So, if you have a desire to help keep OA going in SA, please let someone on the nominating committee know: Helen 210-872-7255; Mary Rose 210-590-1976; Barbara F 210-316-9994; or Gogo 210-315-4099. Thanks everyone!

Our next big news item is the Slumber Falls Retreat coming up June 7-9. Slumber Falls is an idyllic spot in the Texas hill country. The encampment is near Gruene with lots of beautiful trees and access to the Guadalupe River. On top of the beautiful setting, you will be surrounded by fellow compulsive overeaters and immersed in recovery. What could be better? So, do yourself a favor and treat yourself to a booster shot of program, meet OAs from around Central Texas, and enjoy spring in the beautiful Texas hill country!

Register online: <https://form.jotform.com/sanantoniooa/slumber-falls-2019-registr>

Lea B.



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*

So, I'm sitting here minding my own business thinking about all the stuff I need to get done today, and a friend reaches out to me and asks me to write two paragraphs on what Service has meant to me. Service has been so instrumental in my program! I have learn-ed that Overeaters Anonymous is much more than just the meetings that I attend - my world is huge! Because of service I have met people from all over.

When I am being of service to others, I am not in my crazy head where the PLOM's hang out (poor little old me). I am not thinking about food, and when I'm done, I feel good about myself. It's a win win win situation. Being of service can take on many different levels—it can be as simple as showing up to a meeting, picking up the phone when somebody calls, calling somebody and asking them how they are, volunteering to put out the literature, chairing a meeting, sponsoring some-body, being a group rep all the way up to the world level. I'm all over the place, but Service just means so much to me! I say often that the only thing I have done right over these years is keep showing up regardless of how I feel. I am not a person that volunteers for service, but I am a person that shows up and puts myself in positions to be asked—and I have learned to say yes.

I am a real food addict and, if I want to stay abstinent, I need more than just a meeting every now and then. The Big Book says that God wants us to keep our head in the clouds with Him, but our feet should be firmly planted on the ground because that's where our fellow travelers are. I know in my heart of hearts that my God has kept me around so I can help others. I encourage everyone

to come all the way in and sit all the way down, raise your hand, open your mouth, show up when you don't want to, step out of your comfort zone just a little bit and you will reap the rewards and you too can have the 'full meal deal' and who doesn't want that?

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 / Discus- sion
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church, North Build- ing (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 & Din- ner 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 Reconciliat ion 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/>