

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

Alcoholics Anonymous pg. 132

**OA sayings and acronyms that didn't quite make it:**

**Cease rationalizing and pray (CRAP)**

**Bake it, till you make it**

**FEAR—Forget about Eclairs and Rumcake**

**If you plan to fail, you fail to plan**

**Finding abstinence is the right thought (FART)**

**Stay on your side of the avenue**

**EGO—Eliminating "Great Options"**

**We are not glum a lot**

**It's not all about them**

**More is better**

-Ken

## Relating to the Traditions: **TRADITION 6**

**Guiding principle: SOLIDARITY**

**An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**

If you read in the AA 12 and 12, this is a tradition the Alcoholics Anonymous groups discovered by disasters. That is what happened when they let themselves be distracted from their primary purpose. If you read in the OA 12 and 12, we were not immune either and had our equally devastating experiences.

Following this tradition is a little tricky, because most 12-step meetings are at churches, and twelve-step programs, such as OA, have no religious affiliations at all. That is completely up to the individual. So newcomers and outsiders may think, because of all the church locations, that we are somehow endorsed by these "related facilities." We are not. (That's why we have the next tradition and are self-sufficient and pay our own way.)

However, it is easy to follow this tradition in each meeting. As an expense or endorsement comes up, we can ask ourselves, "Will this divert us from

our primary purpose?" A discussion usually follows and a group conscience is taken.

Where this tradition gets interesting is in relationships. I need to remember that whatever my partner and I are doing cannot divert us from our primary purpose—to serve as a loving expression of God's love. Each person in the relationship cannot meet all the needs of the other. Sure, we need to be supported in spiritual, emotional and physical aspects. But to do for the other what that partner should be doing for him or herself, might cripple not one but both of us.

No one's self-esteem can be bound up in to taking care of someone else. If one partner is deriving ego fulfillment from over-assisting their mate, it does not bode well for a healthy relationship. Partners need to complement each

other but not be caretakers of one another in any area of their relationship.

Unlike the question that can be asked at an OA meeting, "Will this divert us from our primary purpose?" relationships can be more subtle and lines of communication need to be kept open. I can love and support someone and yet allow them to fail. I can allow my loved one to have different ideas; I can disagree without being disagreeable.

Swan Staff

**Solidarity—Mutual Agreement and Support:** harmony of interests and responsibilities among individuals in a group, especially as manifested in unanimous support and collective action for something



## Announcements



**June 1 & July 6**  
Step of the month mtg  
9:45 am, Church of Reconciliation,  
Alban Room

**June 15 & July 13**  
Intergroup 9:45 am,  
Church of Reconciliation,  
Cranmer Room

**June 8 & July 13**  
Newcomer/Welcome  
Back meeting  
9:45 am, Church of Reconciliation,  
Alban Room

**June 15**  
**Election of Officers**  
**Proposed Slate:**  
**Chair—Carrie H.**  
**Vice Chair—Barbara F.**  
**Treasurer—Becca E.**  
**Recording Secy.—Helen**  
**Communication Secy.—Mike H.**  
**Parliamentarian—Richard**  
**Region Rep—Amanda**  
**WSO Delegate—Ron J.**

**Next SAAI Function—**

**August 17**

**Sponsorship Workshop**

**Details to follow**

## STEP ZERO DISCUSSION

"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." Alcoholics Anonymous pg. 58

This is step zero. There is a decision involved. OA suggests attending 6 different meetings before *deciding* if OA is right for you. Hopefully by attending meetings newcomers will find something they would like to have, but now there needs to be a commitment to going any length.

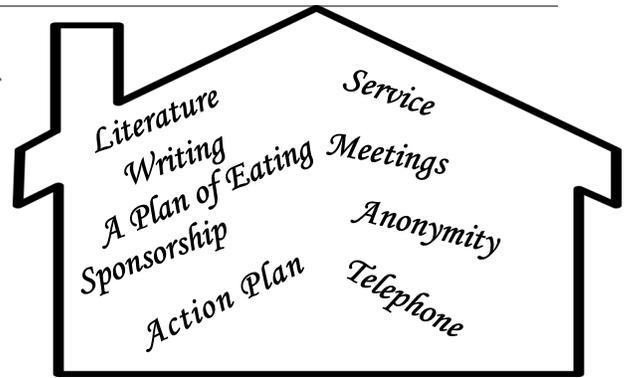
What does that mean, any length? Never eat again. Make sure there is nothing fun to do in life any more. No, it really means that you are ready to go through with the steps. You are ready to be honest first with yourself, then with someone else. Then be ready to ask for help, and learn about working the steps. On this foundation of willingness great structures of recovery are being built in the lives of many in the fellowship of Overeaters Anonymous.

-Swan Staff

## TWELVE STEPS of OVEREATERS ANONYMOUS

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

# Tool Shed



**Tools**—"As defined by Webster, a **tool** is any person or thing used as a **means** to get something done. The nine **tools** of the program help us recover on a daily basis."

In the last 10 months, this column has featured one of the tools or talked about using all the tools. Editing the Swan offers many opportunities to use tools: writing an article, calling someone to ask if they will write an article, asking a sponsee to write an article, submitting an article anonymously, suggest making reading or writing an article for the Swan

as part of an action plan, making sure the meeting list in the Swan is current, reading the articles in the Swan as part of the OA literature that helps your recovery, making sure the Swan is available at Intergroup so group reps can provide the service of bringing the Swan back to their meeting every month, all while committing to a plan of eating.

Nothing makes you feel how fast the one day's at a time go by than having to get a monthly publication together. Even with a 6 person crew the consistency can be difficult, but the experi-

ence is quite rewarding. It has been such a pleasure to work with this group to make the Swan available to the groups.

This will be the last Tool Shed column for our tenure as Swan publishers. We hope you have enjoyed the concept.

Please note there is a need for someone or many someones to step up and take over the Swan publication starting with the August issue. Please consider this opportunity to support SAAI and your recovery by considering this service.

Much love to all our readers—  
Swan Staff

## Newcomer's Corner - A New Way of Life

I didn't come to Overeaters Anonymous to find a new way of thinking. I didn't come for a new way of life. I definitely did not show up on the basement stairs of a church at my first meeting to find God. I came to lose weight, plain and simple. I wanted to figure out how to eat like a normal person. However, I didn't realize it at the time that that was what I wanted. When I came and found out this was a spiritual program, complete with hand-holding, hugs, and prayers, I grew skeptical. I stayed because I didn't know what else to do. All my diets had failed and the therapist I was seeing wasn't stopping me from spending weekends locked up in my apartment with enough food to feed a family of four.

OA is truly the last house on the block. It works, but only if you work the program.

I found solace in the friendships I gained from the fellowship. I worked with a sponsor, who I would call daily to complain to about whatever issue was happening in my life. For a short period of time, I even became abstinent and lost a good amount of weight, but abstinence and recovery are not synonymous.

I found this fact out when I lost my abstinence, gaining all the weight back plus some. After three and a half years in program, I left. It took me four and a half years to get back. I was 278 pounds at five-foot-one. God led me to a woman who said she used the Big Book for sponsoring. By then, I was lucky to be desperate enough to agree to anything. **THAT BOOK SAVED MY LIFE.**

It's not the 95 lbs. that I've lost since coming back to program, although that is a nice bonus. It is the new way of living the steps have given me. Today, I know that food and weight aren't my real problems. Abstinence deals with the food problem. Honestly working the steps daily deals with the mental obsession that precedes the first bite. The steps have given me a pathway to God and has allowed me to live in the experience of God. No longer do I have to be a victim of my fears, resentments, selfishness, or plethora of other character defects. Through daily inventorying, prayer, and taking the actions dictated by my Higher Power, I am freed of obsessive thoughts. I can get outside of myself long enough to be of service to my fellows.

I didn't initially come to the rooms of OA for any of the above, but if I knew what I needed, I wouldn't have eaten myself up to almost 300 lbs. One of my favorite lines in the Big Book says, "We alcoholics (compulsive overeaters) are undisciplined. So we let God discipline us in this simple way we have outlined." (p.88). I was undisciplined in the way I ate and lived my life. The twelve steps have given me a new way to live, and through them, I have found God; I have found freedom in His discipline.

Tiffany P.

## 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](mailto:news@oasanantonio.com)

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

Website:  
[www.oasanantonio.com](http://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](mailto:oasaliterature@gmail.com)  
**Want to receive The Swan/El Cisne and important updates via email?**  
[news@oasanantonio.com](mailto:news@oasanantonio.com)

### NEWS FROM OA'S WORLD SERVICE OFFICE

- 1.** WSO has updated meeting formats: "We have found that meetings that use a consistent format are stronger. Use one of OA's meeting formats, newly updated, at your meeting to reinforce our OA program and encourage unity." Group reps received a copy of the new format at the May Intergroup meeting, but if your group did not receive a copy, go to [oa.org](http://oa.org) "suggested meeting format". There are also formats for step study meetings, recovery from relapse meetings and young persons meetings.
- 2.** Annual Appeal letter: each group rep also received the Annual Appeal Letter at the May Intergroup meeting. WSO asks us to read the letter at three meetings and then send around the basket each time for an extra contribution to be sent specifically to WSO for the General Fund.
- 3.** The Region 3 Twelfth Step Within Committee suggests we all set a reminder of the twelfth day of each month to call a new member or a member we haven't seen at meetings in a long time. Great idea!!
- 4.** WSO maintains an available sponsor list. If you would like your name to be added to this list, go to <https://forms.gle/jZPTSGAg2W4dGGM66>.

-Lea B.



**Lifeline update: Lifeline subscriptions will be accepted through December of 2019. The magazine will be published through December of 2020.**

### 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*

One evening as I was relaxing in front of the TV— after dinner—the phone rang. "Is it another \_\_\_\_ robo call?" I muttered and grabbed the phone. It was one of my sponsees, a new one.

Without even asking how I was, he/she began their usual tale of woe. Inwardly I sighed and remembered to be somewhat sympathetic. Then I noticed that this person was making real progress. Using tools, becoming abstinent, learning positive self-talk. Even before I gave compliments on the progress, we realize that I might have had a part in that, a small part, but a part.

I was doing service work. I got to share with my sponsors had told me, that my employer is my Higher Power. It is up to me to turn my will and my life to this Higher Power. And by working on the third step with my sponsee, I had made some progress to doing that myself.

-Anonymous

## 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, <b>NEW BRAUNFELS</b> , 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 <b>EN ESPANOL</b>
	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., <b>KERRVILLE</b> , 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	Collins Garden Library 200 N. Park Blvd. (corner of Nogalitos) San Antonio, TX 78204	Discussion— <b>Please note new location</b>
	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., <b>NEW BRAUNFELS</b> , 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
	<b>5:00 P.M.</b>	Cassi (210) 485-8100	Northwest Hills Methodist Church 7575 Tezel Rd. - SA, TX 78254 Big Building behind the Church	Workshop- Discussion-Speaker <b>**NEW MEETING**</b>
<b>****MONTHLY MEETINGS****</b>				
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/>