



## Relating to the Traditions: **TRADITION 7**

Guiding principle: **RESPONSIBILITY**

**Every OA group ought to be fully self-supporting, declining outside contributions.**

When we pass the basket at meetings and someone says, "Now we're going to do the seventh tradition," what does that mean? Where does that money go? In short, the money goes to support ourselves, our OA groups and service boards, from intergroups, regions and WSO (World Service Organization). It implies that OA stands by itself financially; that it is independent of any other group or organizations or causes. Therefore, no one and nothing can interfere or influence our primary spiritual goal—staying abstinent and helping others to become abstinent.

Where does our money go? The suggested guidelines are 60% intergroup; 10% to region; and 30% to WSO. [For those who were unfamiliar with the OA structure, the entire world is divided into 10 regions and we are in Region 3.] Are these fixed absolute rules? Of course not. Before the world service business conference, our intergroup often recommends that people give a special donation for our delegate's fund. This indicates that every piece of OA literature is paid for by us. The OA website is paid for by us. We have a vested interest in everything that goes on by our contributions.

What does fully self-supporting signify to me personally? It signifies that I participate in my own life and my own relationships. When I am in a relationship, it suggests that I contribute, share, listen, help the other person. I don't let other people do for me what I should be doing for myself. However, I don't make it a tally: "I did this for you so now you have to do this for me" kind of thing.

My partner and I have what we call a team concept. We are simply a team. When one person falls down, the other person helps them up, and we keep going. Recently I had foot surgery and could not walk up stairs (where the bedrooms and my office are). So until I get checked out in a few days, I asked my husband to bring down everything that I needed—clothes, toiletries, even this computer. Now in the 21st century we both have cellphones, he stays upstairs and works, and I stay downstairs and text him what I need from upstairs. That has been working out quite well. Nevertheless, I am looking forward to when I can be more responsible for my own things. It will be a good feeling. -Barbara

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

For the past year I have put funny (hopefully) things in this column. I hope you have enjoyed them. I have called the column *We Are Not a Glum Lot* and referenced page 132 of the Big Book (*Alcoholics Anonymous*). I'd like to quote some of what's on that page: *"We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we are not a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders. When we see a man sinking into the mire that is alcoholism, we give him first aid, and place what we have at his disposal. For his sake we recount and almost relive the horrors of our past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them.*

*So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others."*

I think if you're not drinking, but having no joy in your sobriety, you're on a "dry drunk." I believe the same thing for abstinence. If you're having no joy, you may qualify to call yourself abstinent, food wise, but I'm quite sure your serenity is tenuous, at best.

Humor is a big part of my program. Without humor, my life is dreary, bordering on hopeless. When you hear a popular speaker in OA or AA, they always have their talk sprinkled, if not loaded, with humor. I think that's part of who they are now. Did you also notice that much of their humor comes from their sad, sick experiences? I believe if you can't laugh at the dark places where your addiction took you, your thinking is probably in the same place it was before you became a member of OA.

Most of the humor in my column was exactly that...poking fun at my old (and, honestly, sometimes current) addictive thinking and acting. I hope you got the same pleasure out of reading it as I did in writing it. I'll leave you with a final thought. We encourage newcomers to go to "at list six different meetings before you decide if OA is for you." All things being equal, which meetings do you think they will like they most...the ones with some humor, or the ones completely devoid of humor. Don't get me wrong, the meetings that often have humor, are, and need to be 100% serious if the situation demands. -Ken

### Announcements



**July 6 & August 3**  
Step of the month mtg  
9:45 am, Church of  
Reconciliation,  
Alban Room

**July 13 & August 10**  
Intergroup 9:45 am,  
Church of Reconciliation,  
Cranmer Room

**July 13 & August 10**  
Newcomer/Welcome  
Back meeting  
9:45 am, Church of  
Reconciliation,  
Alban Room

**Next SAAI  
Function—**

### Sponsorship Workshop

**"Attraction  
not  
Promotion"**

**Saturday  
August 17  
1:00pm to  
3:00pm**

University United  
Methodist  
Church  
5084 De Zavala  
78249

**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

I was in another recovery program and received the promise of my mental obsession removed. But I could not stop the mental wrestling match with food. I was still hiding my feelings, hiding myself from others and using food to change the way I felt. I needed help with this addiction! There were certain foods that once I started...I was too many and a 1000 was never enough.

A friend shared their experience, strength and hope with me about Overeaters Anonymous. He encouraged me to go to a meeting and I made the life changing decision to try it out. From the first meeting I knew I was home. You understood me and welcomed me so graciously. I listened to your stories and struggles, adopted a new food plan, abstaining from certain trigger foods, and asked someone to be my sponsor.

As I worked through the steps, I found it easier to be honest with my sponsor about my shortcomings. I was honest about feelings and fearless to feel them. I wasn't hiding anymore. I found freedom that wasn't consumed. I found serenity in letting go and letting God do for me what I clearly could not do for myself. I still wrestle with the mental obsession, but going to meetings, talking with my sponsor, and being willing to serve, I have a host of friends and tools that grant me abstinence one day at a time. For this I am truly grateful. -Steve M.

**TWELVE STEPS of OVEREATERS ANONYMOUS**

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

**RELAPSE and RECOVERY**

By: Alice G. and Sharon V.

The elephant is under the rug in the corner? That elephant is the concept of "RELAPSE". This is a seemingly taboo topic in our fellowship. I learned early on that RELAPSE can be part of RECOVERY. It has certainly been that way for me. Each time I have relapsed, I have learned and applied much growth to my recovery. The most important aspect of relapse has brought me to a closer walk with my Higher Power. It has been through the pain that recovery has blossomed. I am not saying that everyone has to relapse in order to recover. This has been my path. Relapse does not come only in respect to food, it can be emotional and spiritual as well. For me, my relapses have been on all three levels at one time or another. Do I go back to square one and lose all the years of surrender I have experienced? Not only NO, but NO, NO, NO. I still have that foundation of the program that sustains me today, as long as I "KEEP COMING BACK." Never Quit, Never Give Up. KEEEP COMING BACK. - Sharon V.

Relapse has also been part of my recovery. Telling my HP the gut-level truth brought me back into OA after two years out and a large weight gain. I was welcomed when I walked into my first meeting and that is how I respond when I see someone come back. I love this old OA slogan: "There are no failures in OA; some of are slow successes." That gave me hope to "Keep Coming Back" no matter what. For a person who believed that only "A+" grades were acceptable, the love and encouragement in the meetings when I obviously was not being "successful" enabled me to begin to trust in this program. -Alice G.



At the recent OA Convention held here in San Antonio, March 29-31, 2019, a workshop entitled RELAPSE AND RECOVERY was attended by many. Attendees were asked to break up into five small groups. Much dialogue came out of these groups who looked at the signs for Relapse as well as those for Recovery. This article will endeavor to bring to our fellowship as a whole, what each group came up with for signs of Relapse and signs of Recovery. Many commented on the similarity among the lists presented by the individual groups. There appeared to be consistent and distinct traits evident in the personality and behavior of those in Relapse and those in Recovery.

- SIGNS OF RELAPSE**
- Arguing with self, God, and others
  - Focusing on differences between me & others
  - Not going to meetings, or infrequent attendance
  - Making Excuses for not going to meetings
  - Isolating
  - Rationalizing
  - Blaming
  - Negative thinking
  - Weight gain/ loss (too much)
  - Self-reliance
  - Pity parties
  - Anger Issues
  - Closed-mindedness
  - Weighing every day/every hour

- SIGNS OF RECOVERY**
- Doing what is suggested
  - Having a sponsor
  - Meeting makers make it
  - Using the tools
  - Reaching out to others
  - Telling the truth
  - Sponsoring
  - Keep coming back no matter what
  - Step work
  - Having a spiritual life
  - Willingness

## 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)

\*\*\*WELCOME\*\*\*  
2019-2020 Board

Chair: Carie H.  
Vice Chair: Barbara F.  
Treasurer: Becca E.  
Recording Secretary:  
Helen  
Communications Secretary:  
Mike H.  
Parliamentarian: Richard V.  
WSO Delegate: Ron J.

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

### 2019-2020 SAAI Standing Committees

**Audio Library:** Steve M.  
**Archives:** Barbara F.  
**Communication:** Mike H.  
**Swan/El Cisne:** Chris  
**Website:** Mike H.  
**Lifeline Rep:** Valerie S.  
**Public Information:** Merci & Lucy  
**Professional Outreach:**  
Mary Rose J.

**Meeting Info/Phone line:**  
Sharon V.  
**Welcome Back/Newcomer:**  
David & Lea B.  
**12X12:** Vacant  
Sponsorship Day, IDEA Day, 12 Step Within, OA Birthday, Unity Day, Slumber Falls Retreat

**Literature:** Elaine L.  
OA and AA literature can be ordered and picked up at Intergroup meetings.

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)

**NEW LITERATURE ORDER FORMS ARE AVAILABLE FOR DOWNLOAD AT THE OA SAN ANTONIO WEBSITE: [www.oasanantonio.org](http://www.oasanantonio.org)**

### OA WORLD SERVICE BUSINESS CONFERENCE 2019

I would like to thank the OA Fellowship of San Antonio for another amazing opportunity to be of service at the World Service Level of OA. What an honor it has been to be the San Antonio Delegate and be able to be a part of the future of OA, along with 188 delegates from 17 countries. The theme for this year's conference was "**Growing Our Membership Worldwide**". There isn't enough space to share all the wonderful and amazing experiences I had during that week, but I decided to pick the following three highlights that stood out for me.

I was fortunate to be a part of the "Young Peoples Workshop" along with a young woman I knew very well from San Diego. She was 19 when she started going to OA in San Diego and has been abstinent for 20+ years. Through her service, young people in their teens, learned about the struggle of growing into adulthood, but doing it abstinely. It was said that it **IS VITAL** that current young members receive ample encouragement and opportunities to serve in all areas of recovery, in order to keep their program alive and well. Young people can get additional information on a new Facebook Page – OAYP (Overeaters Anonymous Young People). There are special events, workshops, marathon meetings and much more.

The most important decision I have ever been part of was voting to grant the Conference Seal of Approval to the new manuscript: **Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous**. There are close to 80 stories that OA members shared on these difficult but important issues. I will be interested to know what other people think about the book. We were not told when we could expect printed copies, but it shouldn't take too long.

Huge emphasis was placed on helping Men in OA. There were men who have been involved in OA for many years, who decided to develop a way to reach out to other men. These men created OAMEN.ORG. The web site provides men Face-to-Face Meetings, Phone Outreach Lists and Email Discussion Groups. Men, check this one out!

-Mary Rose J.

### 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*

### TOP TEN REASONS TO DO SERVICE WITH A SMILE!

10. Without service OA would not exist!
9. Service gets me out of myself.
8. Service builds commitment.
7. Service helps me feel a part of OA- that I belong.
6. Service builds relationships with other OA members.
5. Service teaches me to work with others in a productive/ positive way.
4. Service builds faith in a program that works.
3. Service keeps me coming back.
2. Service is giving back what I have so generously been given.
1. Service is slimming!

Service can happen at the meeting, Intergroup, Region or WSO level. Service can also be member to member. Whatever fits for you, **JUST DO IT!**

## 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 / 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 <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 & 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., <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 Nacadoches .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>****MONTHLY MEETINGS****</b>				
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/>