



Step of the Month: Step 2
Guiding principle: Hope

“Came to believe that a power greater than ourselves can restore us to sanity”

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Today as I read Step Two and prepare myself to write about my experience, I am amused by how I used to think I didn't need to be restored to sanity! I was SO insanely wrong. When I first stepped into an OA room I did not know what to expect. I had never experienced a 12 step program and had no idea what 12 steps meant. I looked up the steps online and when I read Step Two and gave it a little thought I remember thinking maybe this is more for everyone else in the room. I'm good. I'm alright. Sure, I have my problems, but sanity? I'm all aces!

I was so wrong it's laughable! After spending the last year of my life chipping away at the poisons that had been in my body I have grown to understand just how sick I truly was. It makes me a little sad that I was in such a thick cloud of denial but it has just made my current clarity that much more enjoyable. Looking back at just a fraction of my old habits makes me cringe and laugh at the same time! I have just begun to understand what I have heard about how important it is to not take that first bite. I am not ready to never, never go back to the way things were.

Reading the AA book last spring I was so glad to see a whole chapter devoted to We Agnostics and Atheists. Reading that chapter a couple of times really made me start to understand that not having a clearly defined definition of a Higher Power was okay. For half a year I wasn't sure what my Higher Power was but I kept at it. I kept coming to the meetings. I kept trying. I kept enjoying the camaraderie. I kept enjoying learning about myself. The love I felt for my fellows grew. I had begun to trust again. I began to trust the people who I listened to and who listened to me. Hope and faith slowly began to come back into my life. Again, I repeat.. Slowly. But surely. Eventually that love, that hope, that faith and that trust became too strong for me to not acknowledge. That wonderful combination of love, trust, hope and faith overwhelmed me a month or so ago and my path forward became so laughably easy!! I thought to myself "It can't be this simple, can it??"

My Higher Power is powerful. It is greater than me. I know it to be true. I have grown to trust my Higher Power. It carries me through the day. I find peace at night when I lay my head down. Temptation for certain items around the house wane in comparison to my Higher Power. The ebb and flow of my mindfulness is a peaceful stream. No longer a torrential tsunami.

I love and trust my Higher Power in ways that words fail. I can fall and know that I will be caught. I can proceed in my program without fear or anxiety. Every day is a gift of life compared to my existence before. My Higher Power can restore me to sanity. I know it in my heart to be true.

-Jason

Announcements



February 1 & March 7
 Step of the month mtg
 9:45 am, Church of Reconciliation,
 Alban Room

February 8 & March 14
 Intergroup 9:45 am,
 Church of Reconciliation,
 Cranmer Room

February 1 & March 7
 Newcomer/Welcome
 Back meeting
 9:45 am, Church of Reconciliation,

Unity Day
 This event is coming up very soon. See the 3rd page under News for OA WSO for more info.

One Hot Stove: Hope

Poem of Hope

“Hope” is the
thing with feath-
ers -
That perches in
the soul -
And sings the
tune without the
words -
And never stops
- at all -
And sweetest -
in the Gale - is
heard -
And sore must
be the storm -
That could
abash the little
Bird
That kept so
many warm -
I’ve heard it in
the chilliest land
-
And on the
strangest Sea -
Yet - never - in
Extremity,
It asked a crumb
- of me.

-Emily Dickin-
son

Step 2

Step 2: “Came to believe that a Power greater than ourselves could restore us to sanity.”

As I ponder what to write about Step Two, this thought popped into my head:

Food is NOT my Higher Power. In recent years, this thought has often crossed my mind, but it was not always the case. There was a time when food was indeed my Higher Power, a power for which I would go to any length, including hiding my food, eating all of my children's snacks and running to the store to replenish the empty containers, and hitting up the post-holiday candy sales to stock up for future binges. Not to mention the countless dollars of our budget wasted in self-indulgence. I realized, before I found the program, I had to let go of my “Higher Power” because I was living in shame. No matter how much I prayed, I always went back to food to fill the hole that I could have been filling with more meaningful and productive outlets. I needed to let people love me no matter what I thought of myself.

Prior to April 2013, I was a mess. Being raised in the Catholic Church, God has been at the forefront of my spiritual beliefs since I was a child. I was taught that we are made in the image of Him and that His love is unconditional. However, my habits caused me such great shame, I thought I was no longer worthy of His Grace and Mercy. I believed I was worth nothing to anybody, not even myself.

I mourned this relationship and fell into a deep despair, further perpetuating the harmful lifestyle that led me to that place. I was attempting to eat away my feelings of deep loss and shame. My path of self-destruction culminated in my weight reaching highly unhealthy limits, and my then-fourteen year old daughter slapping food out of my hands out of fear for my health and frustration at my apparent apathy to the problem. She yelled with great vehemence, “Mom, you are KILLING YOURSELF AND I LOVE YOU!”

This was my wake-up call. This was my rock bottom. I was finally able to see that my problem was not just mine, it was my family’s. They were forced to watch me slowly kill myself with my late night binges, mid-day snacks, and multiple desserts. These people loved me and I couldn’t see it, instead I was carelessly eating myself into oblivion. We all cried that night and when my family went to sleep, rather than my usual shameful sneak to the kitchen, I searched the deepest regions of the World Wide Web for a solution. I needed to fix myself and my relationship with my Higher Power, my God. I missed my Him dearly, but I felt so unworthy and fraudulent because I had let food become my master.

That night I spent hours at the computer crying. I combed through pages and pages of weight loss ads to no avail. Atkins? Been there. Zone Diet? Done that. Weight Watchers? Oh, MANY times. Finally, I found it: Overeaters Anonymous! I had never been on THAT diet. “Why not?” I thought. I found a meeting in my area and I mustered up the courage to take the very scary and monumental First Step.

WOW! That was the only way to describe my first meeting. I realized I wasn’t alone and the catharsis was immediate and amazing. I knew I had found a home among these familiar strangers! Thus began my journey to repairing my relationship with my HP.

Now, why am I writing this when I am talking about Step Two? Because I now know that my Higher Power, God, loved me and set me up to get to where I belonged. Food was not my HP, although I had treated it as such. I was seduced by the deceitful comfort I thought it provided. But when I walked into that room and met so many beautiful souls suffering the same way I was, I began to accept that I gave up on myself, and realize that God never did. I believe He was the one that led me to this place. Despite the tears, the struggles, the health scares and, yes, the occasional falls off the wagon, I kept coming back. My HP gives me the strength to keep coming back even in the darkest of times.

Step Two is not about MY God. It isn’t about his Allah, her Gaia, or their Ganesh. Everyone comes here bringing their Higher Power, and Step Two is about you finding YOURS. We all come from different beliefs and backgrounds, we come from different parts of the world and we all see life through our own perspective. This means that to each of us our Higher Power will be different; our relationship will be different with our HP; and depending on where we are in life, we might not even have defined our Higher Power yet. Step Two states in the 12x12 book that, “Ours is a spiritual program, not a religious one.” (p. 13; 12x12) As we read about and learn about Step Two, we realize it doesn’t matter where we find our HP; it matters only that we find an HP that we can believe in and that will guide us to becoming better than we were yesterday. For many, it is the Group, the people that are just like us in so many ways. These people sitting next to us can help provide guidance and support. For me, Step Two let me see that God, my HP, showed me more mercy and love than I showed myself. I came to realize God never let me fall even when I tried to abandon his Graces because I felt I wasn’t worthy.

We are ALL worthy of respect; we deserve to be listened too, and loved unconditionally. When we get to this place in Step Two, we feel a lightness in our step, a warmth in our soul, and a smile upon our face. We also find that there is so much more to fill our void than food ever could and that is a wonderful feeling!

-Jamie

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

2020-2021 Board

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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.
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Mary Rose J.
Meeting Info/Phone line:
Sharon V.
Welcome Back/Newcomer:
David & Lea B.
12X12: Vacant

Literature: Elaine L.
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

NEWS FROM OA'S WORLD SERVICE OFFICE

Together We Get Better:

Leap into Unity

Unity is defined as ‘the state of being united or joined as a whole.’ If you were anything like me, this is the opposite of how I found myself before entering the rooms of Overeaters’ Anonymous. The disease of compulsive overeating leads us down a long and painful path of loneliness, self-destruction and despair. Most of us come into these rooms alone, utterly and completely isolated by this killing disease. The lying, sneaking food, hiding away from others because we don’t want them to see our weight gain or the food stains on our shirts, keeps us hidden from the outside world. The shame, guilt, and remorse further separates us from family and friends. But, if you’re also like me, that isolation changed the moment you walked into the rooms of your first OA meeting. In OA we go from being just one, to being one of many. We become united against the disease of compulsive overeating. The Big Book of Alcoholics’ Anonymous says, “The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree ... upon which we can join in brotherly and harmonious action” (p.17, 4th edition).

Unity Day is a celebration of that brotherly (and sisterly), harmonious action. Because through the solution of the 12 steps and the fellowship, we no longer have to live life embroiled in solitude. The solution not only offers us a way out of the food, but a way into a fulfilling life, lived in harmony with ourselves and others. Together we truly get better.

Please join the Saturday morning meeting as we host Unity Day on February 29th at the Church of Reconciliation as we Leap into Unity.

Registration will be from 12:45pm to 1:15pm, and the program is from 1:15pm to 3:00pm.

TWELVE STEPS (Continued)

- 1. We admitted we were powerless and our lives have become unmanageable**
- 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***

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

Service to me is quite simply being a light for somebody else. Service to others takes no expectation. When I feel tempted to dive in the food, There is always something I can do to be of service to another human being. Service can be as simple as waving at something or just asking another person how they are doing? You never know how much of an impact you can make on somebody just by saying hello. Thinking becomes an action. Action becomes a habit. An the habit becomes a belief system. The more I am of service to the community, the more of a routine of habit in can become. Service work is selfless. It is giving my time to help somebody. I have a new found appreciation for be of service to whoever I can. When I started I didn't know how to be of help to someone. But as I went through the 12 steps I began to realize how powerful to my recovery service work can be. I love every minute of it.

-Anonymous

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 De Zavala (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, South Building (San Pedro Entrance) Room 201, 12615 San Pedro, 78216	Literature: Currently Big Book
	6:00 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 (512) 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
THURS	12:15 P.M	Graciela (210) 219-9660	Collins Garden Library 200 N. Park Blvd. (corner of Nogalitos) San Antonio, TX 78204	Discussion— Please note new location
	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 Nacogdoches .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 First Floor Parlor, 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	10:00 A.M.	Michele(210) 460-9179	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Step of the Month
2nd SAT	9:45 A.M.	Denise (210) 884-6749	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/>