



Step of the Month: Step 5

Guiding principle: Integrity

“Admit to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step Five “Admitted to God, ourselves, and to another human being the exact nature of our wrongs.”

...the EXACT nature of our wrongs.

I’ll spare you the details of my fourth step—suffice to say, it was hard to stop listing all the ways other people had harmed me, and even harder still to admit that, maybe...just maybe, I may have hurt them, too. I had shared pieces of my wrongs over the years. This anger to that friend, a confession to a family member, a long rant to my dog...but never had I sat down and told one singular HUMAN being all of my wrongs.

After getting my fourth step finished, I remembered that feeling of dread that settled in my stomach. I knew that I would have to share this with my sponsor, and that fear of judgement was almost paralyzing. Almost. I still did it.

My very first 5th step, in another program, began with me taking a HUGE breath, and then just diving in, full force. I remember that I told that first part, that first “wrong” with my eyes downcast. I couldn’t bear to look up. When I finished, I held my breath, waiting for her. When I finally had the nerve to look up, my sponsor’s face—God love her—was so full of love and understanding and empathy. I wish I could remember her exact words, but I don’t need to...her face was everything I needed, and it was the reason that I was willing to explore the nature of my wrongs, not just divulge them at face value.

She started asking questions, she started pointing things out here and there, and, by the end, with all the wrongs laid out in front of me, I could see that patterns in my wrongs. I could see the why behind my wrongs--I saw the harm I caused when I feared abandonment. I saw the defensiveness I engaged in when I feared being judged. And, for the first time, I didn’t feel shame towards my wrongs — I felt compassion. I felt self-compassion for the hurt, frightened, anxious little girl who, in an effort to feel safe and understood, had sowed a path of hurt and pain.

It was in that moment I realized that the real beauty of the fourth step and fifth step isn’t in the listing of your wrongs, it’s in the understanding the exact nature of your wrongs. My second sponsor said it best, after finishing my fifth step with her. We looked at my wrongs and found the patterns and the causes for why I was acting out. “Now that you know better, you can choose to do better.”

For today, I choose to do better.

-Amanda H.

Announcements



May 2 & June 6

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

May 9 & June 13

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

May 2 & June 6

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

Quick Note:

When you need any meeting information while we stay home during COVID 19 quarantine, go to oasanantonio.org.

There is also a list of current Zoom meetings on Page 3 of this Swan.

5th step promises

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall away from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

pg 75 Big Book

Step 5**Step Five**

Like many others, I felt some dread about my first Step Five. But I also had a kernel of hope that I could finally - finally! - tell someone all of my many secrets. I gave away my Step Five to my sponsor. My poor sponsor - I felt like I emotionally vomited all over her. But not once did she display even so much as the twitch of a facial muscle to indicate horror or judgment; she even yawned a few times!!

I learned through my experience what I have heard many, many times in meetings: I am never as horrible as I expect to find in my Step Four and I am never rejected as I expect to be in giving away my Step Five.

There are promises throughout the Big Book. Here are the ones for Step Five (p. 75): Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator...we begin to have a spiritual experience. The feeling that the [food] problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Anonymous

One Hot Stove: Integrity

Integrity is the guiding principle for Step 5. When we truly share ourselves in depth with another human being as well as our Higher Power something illuminating and insightful happens, as we look inward and see ourselves through new eyes and with a new perspective.

I remember being fearful of that step the first time I experienced it. Now, in this time of personal distancing, many of us long for an opportunity to reach out and engage with another human being. We would be delighted to share ourselves and our current situation with someone else. Yet the longer we hide in our self-imposed caves, we find it easy to slide back into old habits and behaviors and not continue our program.

In my case, reading, phoning others, reporting my food, checking in with my sponsor, Zooming into meetings, and connecting with my Higher Power are musts. More importantly, admitting who I am and what I need is necessary as I fifth step my way out of my physical and mental confinement and back into the OA community. Committing again to take the Step of Integrity and holding on to the Strength of my program keep the food away and the other obsessions at bay.

These are the days when it is easy to hide and live in secret; The days when I need help the most; the days when connecting with others, more than ever before is necessary and yet I find it hardest to be honest and open with my colleagues. I have fears and frailties, stress and insecurities. I feel the loneliness and living of these days awaken my worries and weakness. Yet when I connect to others, and admit who I am, I am enabled to step away from what traps me. “Just for Today” I am no longer a hostage, be it to the pandemics of the past or the present one.

-David

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:

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Email:
news@oasanantonio.com

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

Website:
www.oasanantonio.com

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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

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Mary Rose J.
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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

WSO's Statement on COVID 19 (March 10, 2020): [OA-COVID-19-Letter-2](#)

As of March 20, 2020 most of the buildings inside San Antonio and Bexar County have been closed and local authorities have asked groups larger than 10 not to meet. State authorities have encouraged people to stay home except for essentials such as gas and groceries.

Zoom meetings and ID

Sunday 5:00pm 193-124-988 Password 474-395
Sunday 7PM New Braunfels 531-800-4465 Password 111111
Monday 9:30 am 324-599-463 Password 281
Monday 7:00 pm 297-185-376 Password Monday7PM
Tuesday 5:45 PM 411-272-807
Tuesday 7:00 pm 531-800-4465 Password 111111
Thursday 7:00 PM New Braunfels 531-800-4465 Password 111111
Friday 9:30 AM 803-900-343 Password 2839
Friday 7:00 PM 949-024-080
Saturday 8:30 am 140-019-469 Password 111111

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.

Step 5 with my sponsor took me at least 7 hours to give away, split up over three sessions. When it came to something really personal that I was going to save to the end, I blurted it out early on and found that I was still accepted by my sponsor. That made the whole process easier to complete. In fact, I looked forward to it. What a change from the dread I had going into it. I also judged myself harshly for just about everything and my sponsor lovingly called this to my attention. I used to feel that I didn't do something right unless I felt beat up and bloodied afterward. It didn't need to be like that. I do that much less often now. Step 5 is powerful. I'm grateful for it.

Chris

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	12 Noon	David E. (830) 928-4844	Church of Christ, 1 Upper Balcones Rd BOERNE 78006 oaofboerne@gmail.com	Discussion
	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.	Curtis (210) 487-1683	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
	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.
	12 Noon	Destine (956) 744-5011	Church Christ Church Episcopal 2320 Lane St LAREDO , 78043	English/ Spanish
	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"