



Step of the Month: Step 8

Guiding principle: Love

Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 8

My favorite prayer in the Big Book is what could be called the Step 8 prayer, “If we haven’t the will to do this we ask until it comes.” This prayer really encompasses what I see as my part. Willingness. Willing to go to any lengths. Praying for willingness to even be willing. Praying for the willingness for the willingness to be willing etc. This prayer follows me for every part of recovery I don’t think I can handle including becoming abstinent. So when I arrive at step 8 after working through steps 1-7 (praying for willingness quite often especially during the 4th step and then going through with the 5th step), I really did need this prayer because after step 8 comes step 9 and that is the step I couldn’t believe anyone would actually go and do.

The big book goes on to say, “remember it was agreed at the beginning we would go to any lengths for victory over alcohol.”(food in my case). I consider this the Step 1 commitment I made when I finally admitted I was truly powerless over food. There were no more diets, magazine articles, self-help books that were going to help me stop eating compulsively. Overeaters Anonymous was the place I heard the truth that the relationship I had with food was more than my willpower alone could overcome, but I had to be willing to do things differently.

When I heard the steps read at my very first meeting, 30 years ago this month, I ticked them off in my mind as to the ones I could probably do and the ones I could skip. Of course, steps 4,5 and 9 were on the skip list. As I listened to people share, I realized that some of them had actually done these steps and lived to tell the tale. They were grateful for the life they had been given by working the 12-step program in Overeaters Anonymous. They encouraged me to keep coming back. They mentioned H.O.W. – Honesty, Open Mindedness and Willingness - as attitudes that were essential to making progress. There’s the willingness “suggestion” again.

So nowadays when I don’t have the will to do something program related, I ask until it comes. It doesn’t have to be something as daunting as the list for my amends, but this prayer will work for all things large and small that I might not feel like doing. My favorite part is the acknowledgement that going forward with working this program does not come easily all the time, but a simple prayer can make all the difference.

Lynn G.

Announcements



August 1 & September 5

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

August 8th & September 12

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

August 1 & September 5

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

Quick Note:

When you need any updated meeting information during the COVID 19 time frame, up to date meetings and schedules are available at oasanantonio.org
We have Zoom meetings on Page 3 of this Swan.

Please join a meeting to share your experience, strength and hope!

We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes.

PG. 76
Big Book

Step 8

For so long, I've felt like I lived on an island inside a stone fortress. I lived this way because I believed that people wouldn't like me and would eventually try to harm me. I hid my feelings, actions, and motives because I was ashamed of all of them. I was ashamed of me. In my disease, I had no integrity, no honesty, and no faith, so I could not possibly expect people to see those things in me. My greatest fear was that people would discover how truly debased I was. I'm beginning to understand that when I make amends for the actions and behavior. I'm ashamed of in my life, I'm freeing myself from a prison of self-abuse and self-hatred by taking action. The more I'm aware of how I've been inconsiderate and unkind, the less I feel the hurts from other people that I've been nursing. I don't know why I've been afraid to write this amends list, and I've spent a lot of time trying to figure it out. Getting out of the food has given me a greater sense of compassion for other people. It has given me a smaller sense of myself and how I fit into the grand scheme. More and more, I'm being asked for naked honesty from my Higher Power. I am learning to live on integrity, faith, and honesty rather than personality. My amends is part of this process. If I can face writing the list and making the amends one at a time, then I can move through some of my fear of living a life not based in defense and self-preservation. I can instead begin to act according to truth and compassion, even when it does not serve my own selfish interests.

<http://www.oalifeline.org/steps/amending-fear-shame/>

Two Stepping Our Way through Step Eight!

Step Eight seems simple enough, I mean, after Step 4 and 5 I can do anything right? The self-discipline necessary to complete this two-step dance asks that I make a dance card of all the people I have harmed. Then, actually do the dance of being willing to change my attitude and forgive them enough to own my stuff without bringing up anything they did to me. In my case this began with forgiving myself. I ate to keep from facing facts and faces. Often, they may have bruised my ego or damaged me in worse ways, but I retaliated with my words and actions. I had a sharp tongue, a bitter heart, and knew how to cut to the bone. I may have been hurt but I also inflicted pain and damage. In taking this step, I am able to free myself from resentment, forgive others for the harm they have done, and find the door to building healthy relationships in the future, rather than retreating to food again as I have always done in the past. I am still learning this new dance routine. I know the steps, but it is still something I think about and work on with my Higher Power. In time, with discipline and as I continued dancing, I hope to know it by heart and be able to practice it effortlessly. Right now, I am still learning the moves and am thankful for sponsors, friends, literature, meetings, and those steps that keep me moving and dancing in the right direction. Here's to my making a list and being ready to change enough to make amends and mean it! Now that's a real dance step, if there ever was one, and it takes me farther away from the refrigerator and the pantry and points me in the right direction.

That is Step Eight - a dance in Self-Discipline!

-David E

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.

2020-2021 SAAI Standing Committees

Audio Library: Steve M.
Archives: Barbara F.
Communication: Richard V.
Swan/El Cisne: Chris B.
Website: Mike H.
Lifeline Rep: Richard V.
Public Information: Mersi

Professional Outreach:
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

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 5:45 PM 715-513-8641 Password 121212
Monday 7:00 pm 297-185-376 Password Monday7PM
Tuesday 5:45 PM 845-4751-6665
Tuesday 7:00 pm 531-800-4465 Password 111111
Wednesday 7:30 (712) 432-0900 Audio Only* Access code 637-445
Thursday 12:15 PM 972 3572 7347 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.



Service Station

Why Service? Show up. Attending a meeting is service. Unlock the venue for meetings each week. This is a seemingly simple task, but one of great importance. Without this act of service, your group can't meet to work on their recovery. Set up and clean up meetings. Putting out and returning chairs, making the books available, and passing out materials are all ways to serve. Participate in the meeting. Welcome newcomers, read or share your own experience, strength and hope on the topic. When you are ready for more moderate or lead the meeting. The leader/moderator is just a member who follows the format to keep the meeting on topic and on time. Operate the dashboard. Unique to the virtual world this position protects the meeting from disruptive participants. Participate in group conscience. There are always different ways of doing things and the meeting members decide together what is best for the group.

<https://oa.org/why-service/>

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"