



Step of the Month: Step 11

Guiding principle: Discipline

Step 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. Spiritual Principle: Spiritual Awareness

The Big Book of Alcoholics Anonymous says that its main object is to enable you to find a Power greater than yourself which will solve your problem.

The first paragraph in “Step 11” in The Twelve Steps and Twelve Traditions of Overeaters Anonymous states that many of us “were attracted by the unconditional acceptance we experienced” at OA meetings and calls it “life-changing acceptance”. The chapter goes on to say that Step 11 is about developing “more direct conscious contact with the *ultimate source* of that life-changing love.” (emphasis mine)

The Ultimate Source (aka my Higher Power) is where I receive all the good in my life today. I dearly love my husband, yet I believe he is the channel through which my Higher Power gives me romantic love, partnership and friendship. I believe that my work is the channel through which my Higher Power gives me professional and monetary satisfaction.

Prayer and meditation have taken numerous forms in my time in program. I am a big fan of the short prayer (“Help”, “Thank You”). I use the serenity prayer when I am in obsessive thoughts; as in, I will ask my HP to help me remember the serenity prayer and then use it to replace the obsessive thoughts until I no longer have those thoughts (and it almost always happens in a flash of awareness - the following day - when I realize the obsession was removed shortly after I started using the serenity prayer). I love the 3rd step prayer as well; however, there is at least one prayer in every step — look for them in AA’s 12 and 12 and the Big Book.

I have tried many different forms of meditation. I seem to have greater flow in my life when I meditate. Meditation for me is also a way for me to get additional messages from my Higher Power. I have received clear “blueprint” instructions during meditation for next steps needed for a big goal (full disclosure: that was a one time occurrence). Most recently I’ve been using a form of sitting quietly, counting to 7 slowly while inhaling gently (doesn’t expand your chest significantly) and counting to 7 slowly while exhaling. Sometimes I “ask” for a mantra shortly after I start and if I “receive” one, then I’ll use it while still inhaling / exhaling. At the end of nearly every meditation, I get unique visions - unique because it’s an image I haven’t previously seen - and that I do some follow up research on. They have always reassured me of my Higher Power’s presence in my life.

Anonymous

Announcements



November 7 & Dec 5
Step of the month mtg
9:45 am, Church of Reconciliation,
Alban Room

November 14 & Dec 12
Intergroup 9:45 am,
Church of Reconciliation,
Cranmer Room

November 7 & Dec 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!

11 step prayer

Lord, make me a channel of Thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light. that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self forgetting, that one finds. It is by forgiving, that one is forgiven. It is by dying, that one awakens to Eternal Life. Amen.

Prayer and Meditation

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will and the power to carry it out. "The only way to do meditation wrong is not to do it at all." (p. 78, The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd edition) The first time I worked the steps, I had no idea how to meditate. I prayed, which was me talking to God, but didn't know how to wait for His answer. That's what prayer and meditation are to me, a conversation between a Power greater than me, and me. I prayed before coming into OA. I prayed and begged a lot, but I never felt that connection between God and me.

When I first started working this step my sponsor suggested that I set a timer for 10 minutes, silence my cell phone and other distractions, and practice being still. Talk about weird. My mind would race, and wonder. I would become distracted. Still and silent were flat out uncomfortable. Someone suggested a common meditational thought, "Be still and know that I am God." I tried again, repeating the phrase in chunks, "Be. Be still. Be still and know. Be still and know that. Be still and know that I. Be still and know that I am. Be still and know that I am God." It took practice, lots of practice, but eventually I was able to hear that Power greater than me speak truth into my thoughts. Eventually it became not only comfortable but comforting. I would feel lighter, and I would feel shifts in my energy and my attitude. I tried other suggested methods. Sometimes I repeat the words from Step 11 and ask God "for knowledge of His will and the power to carry it out." Other times my meditational thought comes from a daily reading I find in OA literature, or a reading related to my religious tradition. Sometimes it's as simple as "Thy will be done." I've also set a timer and wrote "Good morning, God" letters as part of my meditation routines.

The length of time has also varied. Some meditations are very short, and some are not. I'll always remember the sage advice my sponsor gave me, "If you feel like you don't have ten minutes to stop and be still, you need to make it twenty." Prayer, when I talk to God. Meditation, when God talks to me. Both are vital to my life and to my recovery. Thank you, God for the gifts of this program.

- Anonymous

We Shouldn't be Shy on this Matter (pg 85)

I was never a shy person. Always in front of crowds, willing to take center stage, loved even seeing my name up in lights. But, in the rooms of OA with very few days under my building belt, I clammed up, hid, and was filled with fear that you would see me for who I really am... broken, diseased, ashamed. So, when I came to step 11 with my sponsor and she had me physically write a list every night, answering the questions on page 86. I had to tell her what I wrote. Oh hell no!

I was fine doing this with my past in the 4th and 5th step. I cherished wrestling with her on what to say in my amends on the 8th and 9th step. But somehow, doing this 11th step daily filled me with great fear. I wanted to hide the daily truths that revealed my character defects, shortcomings, and dark thoughts.

I was reminded of a simple phrase in the Big Book by some old timers, "we shouldn't be shy on this matter." While this suggestion surrounds prayer and meditation, the work of the step is sharing it with my higher power. And, if I am hiding it from my sponsor, then I am also hiding it from me and shying away from letting the God of my understanding in to take it all.

Since I said I was willing to go to any length, I confronted this. I truly desired the compulsion to be removed. I knew that this was another amazing tool in the spiritual kit laid at my feet. So, I did it. I answered all the questions, one day at a time, and shared it with God and my sponsor and to my surprise...I found serenity on a daily basis. Even more, nothing I shared was deemed unforgiveable, in fact, a few times it even helped my sponsor in her program and recovery.

Prayer and meditation are nothing we should shy away from. I find that speaking directly and with great intentionality to my higher power yields an abundance of support. When I meditate on my day, morning or night, I am negotiating where I have been, where I might go, who I encountered, who I might encounter and in doing so am turning it over to God to direct my steps, responses, and thoughts. By sharing it with someone else, it all becomes less scary, and I find that my defects big and small, all become assets.

I would love to say I got it perfectly. I don't, but I practice my program and all 12 steps one day at a time. Step 11 invites God in to work through the stuff of today. Only then am I ready to practice these principles in all my affairs. Something we should never shy away from!

Steve C.

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

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

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Meeting Info/Phone line:
Sharon V.
Welcome Back/Newcomer:
David & Lea B.
12X12: Christina

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 1215
Thursday 7:00 PM New Braunfels 531-800-4465 Password 111111
Friday 9:30 AM 803-900-343 Password 2839
Friday 7:00 PM HYBRID MTG 892 4782 0878 Password FRIDAY7PM
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, Room 113, 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"