



## Step of the Month: Step 12

### Guiding principle: Service

Having had a spiritual awakening as the result of these steps, we tried to carry this message to the overeater, and to practice these principles in all our affairs.

I am not a writer – at all! I am more of a bullet points person so please bear with me. Here goes:

Two of the best reasons to practice Step 12 thoroughly and on a regular basis:

- You can't keep it unless you give it away!
- Service is slimming!

Step 12 breaks down into three crucial components:

1. Having had a spiritual awakening as THE result of these steps
2. Carry this message to other compulsive overeaters
3. Practice these principles in all our affairs

Maybe this sounds a little daunting. It did to me at first but let's look at each one of these components.

1. The "spiritual awakening" part was scary to me at first. Questioning myself – have I really had a spiritual awakening? Well, the literature tells me that if I have worked all 12 steps to the best of my ability then I have had a "personality change sufficient to bring about recovery from alcoholism" or compulsive overeating. See what else the Big Book says about a spiritual awakening on page 567. It is not as hard as it seemed at first and can happen gradually or suddenly for all of us!!

2. Carrying the message isn't as difficult for me. Sharing my experience with others in the program is rewarding. Sometimes it is my struggles that helps someone else and other times the confidence I have that the program works is what they need to hear. Either way, it helps me to remember what I did that didn't work as well as remember that I haven't graduated from OA and must never stop working the steps daily.

3. Practicing the principles in all my affairs was kind of scary too. I mean ALL my affairs?? What if I messed up? Well, of course I do but the good news is that I have the principles of the program to guide me to deal with situations that come up in my life and repair damage I have done. So, here are some ways of doing service:

#### GIVE SERVICE AT THE INDIVIDUAL GROUP AND SERVICE BODY LEVELS

- Stay abstinent! Abstinence is a service to ourselves and the Fellowship.
- Lead or volunteer to speak at meetings.
- Take a service position in your home group.
- Call five – keep them alive! (Call members who missed meetings to say Hi!)
- Increase 7<sup>th</sup> tradition contributions
- Sponsor a newcomer
- Represent Your group at Intergroup meetings

(Adapted from Twelve Step Workshop and Study Guide. See page 157 for additional ideas.) But we can keep it simple by asking HP "How can I best serve thee? Thy will (not mine) be done. (Page 85 Big Book of Alcoholics Anonymous)

-Anonymous

### Announcements



**Dec 5 & January 2**  
Step of the month mtg  
9:45 am, Church of  
Reconciliation,  
Alban Room

**Dec 12 & January 9**  
Intergroup 9:45 am,  
Church of Reconciliation,  
Cranmer Room

**Dec 5 & January 2**  
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](http://oasanantonio.org) We have Zoom meetings on Page 3 of this Swan. Please join a meeting to share your experience, strength and hope!

From page 449  
of Alcoholics  
Anonymous, the  
Big Book of AA:

Acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

## Step 12

I was invited to send my thoughts on Step 12. I immediately remembered the first time I was strongly directed to this sentence in *Working With Others* by my sponsor at a time I felt the most unavailable to help anybody, let alone myself: "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail" (p. 89, *Alcoholics Anonymous*, 4th ed.). I must have worked the first 11 steps and practicing Steps 10 and 11 on a daily basis to really have something to give to another suffering compulsive overeater. So this is the foundation that allows me to look for ways to practice the principle of service in my daily life today.

In 2007 when I was encouraged to reach out to others, I made a commitment to show up early at meetings and stay after to ask others how they were doing. Listening can be the most powerful service I can give to another. When I take time to inquire and care about another person and hear his or her feelings and thoughts, I am opening my heart. The other person knows I care and having that caring can be all the other person needs to take their next recovery step. My sponsor often asked me during my most difficult times, May I share my thoughts after I had poured out my sorrow. I found this so respectful. She was asking permission and was I ready to listen? Sometimes I was. Sometimes not. I tried to incorporate this when I was doing my before and after meeting visits. I needed to listen first, then ask if the other person wanted more. This service did not require hours of time, but it did require my presence for those few minutes I opened myself to another OA member with love and kindness.

Of course, service can be much more than listening, but I still believe in my heart that listening, as an abstinent recovering compulsive overeater who is rigorously practicing Steps 10 and 11, and who is willing to do Steps 4 through 9 regularly, that my listening heart is the God with skin on that another person needs to keep recovering today and stay in the OA rooms - virtual or physical.

Anonymous

## Step 12

### Step 12 Service

"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." OA's 12 & 12 (2nd Edition), begins the Step 12 chapter in this way, "Step Twelve begins with the acknowledgment of a great truth: We who have worked the first eleven Steps of the Overeaters Anonymous program having had a spiritual awakening, and we now have a message of hope to carry to other compulsive overeaters" (P. 81). It is this message of hope that I carry – to myself and my fellows – when I do any service in OA. I have heard that I receive more from doing service than I give, and that has been my experience in OA in several ways. First, I learn about myself in service. Working on OA programming is a wonderful creative outlet; it is pure joy to bring an idea floating around in my mind to an actual event or workshop or program. I actively SEE my Higher Power working – from the beginning to the end. Or when I talk with another fellow, I grow – maybe I receive encouragement, a new insight or a practical new tool to bring to my program.

Some of the lessons about myself are hard to acknowledge and accept. I often need help and have to admit yet again how hard it is for me to ask for help...or I often procrastinate (as I did for this writing), and it puts others in a difficult position. The hope I carry in these situations is the willingness and ability to use the steps and tools to help me grow and learn AND try again the next time. Second, service really does help others. I am so grateful for meetings – to hear my fellows share their experience, strength and hope. They will never know how it impacts my hope to continue with my program today. I am grateful for all the local Zoom meetings, where I am encouraged just because I see the faces of my OA family. The service of our local intergroup helps our meetings stay strong and connected. And phone meetings have been an anchor for me – any time of day or night, there is a meeting to call in to, friends I have made and keep in regular contact. The podcasts on our oa.org website and many other OA websites, are a testament to others doing service which provide a long-term outreach of hope to others. Service correctly arranges the focus of my life. I can become completely absorbed in my own life – my thoughts, my circumstances. Through service, my attention moves from me to another. The Big Book puts it this way, "Then we resolutely turn our thoughts to someone else we can help." (P. 84). This act of will correctly adjusts my attention to the next right thought or action, and I have the evidence of hope as Higher Power is present and provides direction.

The OA 12 & 12 says of service, "Helping other compulsive eaters through sponsoring and other forms of service to our groups, service bodies, and OA as a whole has been a surprisingly powerful factor in our recovery. Simple actions that seemed unimportant when we took them have turned out to have profound effects on us and on others." And, "The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good times and hard times, transforming us and our companions in recovery." Yes, to carry our message of hope through OA service is to transform ourselves and others and sustains us through each day.

Blessings,  
Carrie H.

## 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)

### 2020-2021 Board

Chair: Deborah  
Vice Chair: Barbara F.  
Treasurer: Kathy P.  
Recording Secretary: Amanda  
Communications Secretary:  
Richard  
Parliamentarian: Michele D  
WSO Delegate: Ron J  
Region III Representative:  
Helen

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:** Richard V  
**Lifeline Rep:** Valerie  
**Public Information:** Bob L.

**Professional Outreach:**  
Mary Rose J.  
**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](mailto:oasaliterature@gmail.com)

Want to receive The Swan/El Cisne and important updates via email?  
[news@oasanantonio.com](mailto: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, <b>NEW BRAUNFELS</b> , 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 <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	12 Noon	David E. (830) 928-4844	Church of Christ, 1 Upper Balcones Rd <b>BOERNE</b> 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., <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
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., <b>NEW BRAUNFELS</b> , 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 <b>LAREDO</b> , 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
<b>****MONTHLY MEETINGS****</b>				
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"