



Step of the Month: Step 1
Guiding principle: Honesty

We admitted we were powerless over food—that our lives had become unmanageable.

Step One

Before I came to my first OA meeting in January of 2019, I had tried so many avenues to get control of my eating and my weight. I believed “will power” was the answer and that I was a failure because although I could “manage” a diet for extended periods of time, even “unloading over 100 pounds” on a commercial weight loss program, I would always rebel at some point and gain most of the weight back. I got more and more discouraged as people told me, “You did it before. You can do it again. You know what to do. Just DO it.”

Knowledge and desire were not enough to keep me going in the right direction. I did not realize I needed a whole new direction and that desperation, NOT desire, is what would lead me in a direction of true growth and healing. After failure upon failure, my lifelong pattern of stuffing down all my emotions with food was out of control. My therapist suggested Overeaters Anonymous- and over and over, while I was making progress healing from trauma, shame and a feeling of worthlessness, I still could not stop overeating. I was making progress with anxiety and depression recovery, but I was more messed up than ever in my compulsive eating behavior. Finally, about a year later, I looked up OA and the 12 Steps online. Two words in Step One caught my eye: Powerless and Unmanageable. That described me perfectly when it came to food.

Although there was so much I did not understand about the disease of compulsive eating, I soon learned that I was not alone. Recovery was not only for alcoholics and drug addicts... it was for me, too. It would take a lot of work, and not work like “dieting”... and exercise, but work like digging out the fears, resentments and angers that were causing me so much pain. I had no idea where to start. At the meetings, they kept telling me, “Keep coming back”. I figured at some point I would understand the “abstinence” they talked about. I learned that although I was powerless, I was not helpless. I was ready for change and finally desperate enough and vulnerable enough to admit I was powerless.

Taking Step One was the beginning a finding a new way to live. I found a community and a solution and discovered I am not alone. Through working the 12 Steps, connecting with others in recovery and sharing my own encouragement, strength, and hope, I am growing and healing, one day at a time. If I am willing, I can complete two years of abstinence in a couple of weeks. My outlook and perspective have changed so much by participating in OA. Each day, as I greet my Higher Power in prayer, I say thank you once again, for the gift of desperation, that led me to Overeaters Anonymous.

Kathy L

Announcements



January 2 & February 6
 Step of the month mtg
 9:45 am, Church of Reconciliation,
 Alban Room

January 9 & February 13
 Intergroup 9:45 am,
 Church of Reconciliation,
 Cranmer Room

Delayed
 Newcomer/Welcome

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!

First Step Prayer

Dear Lord,

I admit that I am powerless over my food addiction.

I admit that my life is unmanageable when I try to control it.

Help me this day to understand the true meaning of powerlessness.

Remove from me all denial of my addiction.

Alternate Prayer

Today, I ask for help with my food addiction.

Denial has kept me from seeing how

powerless I am & how my life is unmanageable.

I need to learn & remember that I have an incurable illness & that abstinence is the only way to deal with it.

<https://www.oasv.org/member-support/oa-steps-1-12-meditation-and-prayers>

Step 1**Beginning in the Parking Lot**

Accepting that I am powerless over food was the easy part of Step One. Admitting that it makes my life unmanageable in a variety of ways was and is humbling and hard to accept. I know the food impacts my thinking and my ability to see things objectively. I know it causes me to withdraw and hide from others, increasing the power of my fears, shame, and guilt. It has drained me of my confidence and created self-doubt. It paralyzes me from acting in my on best interest and exhausts me as it depletes my energy. Yet, it is still hard to admit that I am not in charge and I am really searching for the source of power in my life. I took that first part of Step One and admitted my powerlessness over food and attended OA meetings, but I hadn't admitted that my life was and is unmanageable. Then one night after going to bed, I got up, got dressed and went to the store late one night for something I craved and devoured it in the parking lot before I returned home which was only two blocks away. It was then and there that I realized I was not only powerless over food, but my life was unmanageable too. That night I took the second part of Step One. I thank God for OA, without it, I am not sure I would have made it. I had fought the food, but it was OA that made me realize that it was about more than the food. It was about my unmanageable life and my powerless living. Step by Step I have moved forward, but it all began in a parking lot.

Anonymous

Step 1

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.

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

Chair: Deborah
Vice Chair: Barbara F.
Treasurer: Kathy P.
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Richard
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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: 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: Barbara F.
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 6:00 PM Mens Meeting 415-301-5406 Password 456978
Wednesday 7:30 PM (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****				
2nd SAT	9:45 A.M.	Denise (210) 884-6749	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"