



Step of the Month: Step 2
Guiding principle: Hope

Came to believe that a Power greater than ourselves could restore us to sanity

Rediscover, Reclaim, Rebirth

When I came into program on December 26, 2016 I knew nothing about OA. The only thing I *kind of* knew it was that it was an off-shoot of AA, but not having experience with AA I was still very much in the dark. So, being the academic that I am, I was looking and listening for any and all nuggets of information that I could take home and never go back again. It didn't turn out that way. Big surprise!

At that first meeting -- which would eventually become my home meeting -- I heard the steps for the first time in Our Invitation to You. At first glance, the first two seemed easy. I mean I knew I had a problem (Step 1) and I knew I believed in God (Step 2). In essence, I was telling myself that this was going to be a breeze because it seemed like all the rest of the steps flowed from those first two -- I had it in the bag! Then I got a sponsor. <insert dramatic music here>

I remember my first OA assignment was to read the Doctor's Opinion and the first two steps in the 12 and 12. I read the Doctor's Opinion and didn't bother with the other readings because I had those down. Well, wouldn't you know that my sponsor made me read it aloud with him and then started asking me some probing questions that I couldn't answer. I mean I know God and He knows me, for heaven's sake. With that very first conversation, I realized that I could not define what God (my Higher Power) was to me. That is, what is God in my experience? Instead, I knew the academic and religious interpretations but never came to an understanding of how I fit into the academic definition that was so ingrained in me.

For countless meetings thereafter this was either the main topic of conversation or somehow intertwined into the topic at hand. Deprogramming my mind from the idea that I had no input in my Higher Power's plan for me was difficult, but completely essential. I had to come to understand that while my faith in my HP is solid, my participation in my life's plan is a partnership -- not just a series of events that I just had to make the best of in my life. Furthermore, I now know that, for the purposes of my program, my HP manifests itself in our steps, our literature, and, most frequently, our fellowship. While HP provides the resources for ongoing recovery, it is up to me to partner with HP and do those things that I know will restore me to sanity, one day at a time. As the title of this piece suggests, step two forced me into an OA metamorphosis of understanding that takes place multiple times each day -- without which I would be without program and sanity. Thank you HP!!

-Richard V.

Announcements



DELAYED

Step of the month mtg

February 13 & March 13

Intergroup 9:45 am-
ZOOM MEETING ONLY
 Church of Reconciliation,
 Cranmer Room

February 6 & March 6

Newcomer/Welcome
 Zoom meeting 9:45
 Meeting ID: 889 6271
 3898
 Passcode: 121212

Unity Day

February 27,
 2021

Time: 11:30am-
 1:30 pm

Zoom ID: 831
 6146 9785
 Password:
 111111

Unity Day is a day to celebrate the connection of all members and groups of OA to one another.

Second Step Prayer

Heavenly Father,
I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought & addictive behavior from me this day. Heal my spirit & restore in me a clear mind.

Alternate Prayer

I pray for an open mind so I may come to believe in a Power greater than myself. I pray for humility & the continued opportunity to increase my faith. I don't want to be crazy any more.

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

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity. The word that jumps out at me in that step is *sanity*. I am instantly taken back to the whole insanity that is living a life with bulimia. You really start to feel like a crazy person. You can't eat what other people eat. You don't think like other people think. You don't look like you want to look. Nothing in life works. No wonder you just want to crawl away and hide out! Now that I look at my food addiction in the light of recovery I have a different perspective. What I see for bulimics still suffering is a reminder of the definition of insanity from Benjamin Franklin:

Doing the same thing over and over and expecting different results. The insanity of bulimia is partly due to the fact that you keep bingeing and purging expecting life to get easier or you'll look better or you'll be happy again. You're sort of in a rut of doing the same thing over and over and expecting life to start getting better by itself. Nope, not gonna happen. Your life starts to get better when you take responsibility for it. You take ownership of the fact that you're using food to avoid your feelings, people, and situations you would rather not deal with. The insanity is expecting the outside world to look better when you're not doing anything to change who you are. Well, I can tell you after 20 years with bulimia life was just as unfulfilling at year 20 as it was at year 1 because I had not done any growing. I did a lot of avoiding. I did a lot of blaming. The other thing that speaks to me in this step is the idea of FAITH. I don't mean faith like a lot of religions have come to describe it in terms of a belief in their God. I look at it as faith in yourself. Faith in your inner being, higher self, spiritual self to bring about the transformation of who you are to restore your joy, your bliss.

<https://www.getbusythriving.com/blog/step-2-overeaters-anonymous-faith-sanity/>

Step 2

I'd become so deeply entangled in a web of obsession and compulsion that I feared I may never escape.

Health and wellness touch each of us differently. This is one person's story.

I perused the sugarcoated pastries at the back of the supermarket after subsisting on very little food for several weeks. My nerves quivered with anticipation that an endorphin surge was just a mouthful away. Sometimes, "self-discipline" would step in, and I'd continue shopping without being derailed by the urge to binge. Other times, I wasn't so successful.

My eating disorder was a complicated dance between chaos, shame, and remorse. A merciless cycle of binge-eating was followed by compensatory behaviors like fasting, purging, compulsively exercising, and sometimes abusing laxatives.

The illness was perpetuated by lengthy periods of food restriction, which started in my early teens and spilled into my late 20s.

Surreptitious by its nature, bulimia can go undiagnosed for a long time.

People struggling with the illness often don't "look sick," but appearances can be misleading. Statistics tell us that approximately 1 in 10 people receive treatment, with suicide being a common cause of death.

Like many bulimics, I didn't embody the stereotype of an eating disorder survivor. My weight fluctuated throughout my illness but generally hovered around a normative range, so my struggles weren't necessarily visible, even when I was starving myself for weeks at a time.

My desire was never to be skinny, but I desperately craved the feeling of being contained and in control. My own eating disorder often felt akin to addiction. I hid food in bags and pockets to sneak back to my room. I tiptoed to the kitchen at night and emptied out the contents of my cupboard and fridge in a possessed, trance-like state. I ate until it hurt to breathe. I purged inconspicuously in bathrooms, turning on the faucet to camouflage the sounds.

Some days, all it took was a small deviation to justify a binge — an extra slice of toast, too many squares of chocolate. Sometimes, I'd plan them in advance as I edged into withdrawal, unable to tolerate the thought of getting through another day without a sugar high.

I binged, restricted, and purged for the same reasons I might've turned to alcohol or drugs — they blunted my senses and served as immediate yet fleeting remedies for my pain.

Over time, however, the compulsion to overeat felt unstoppable.

<https://www.healthline.com/health/mental-health/leaving-overeaters-anonymous#7>

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.
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: 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 and Friday 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 Build- ing (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"