



**Step of the Month: Step 5**  
**Guiding principle: Integrity**

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

**Step 5 Experience**

When I originally came to OA, I was not sure I belonged. It all seemed so strange to me. Then as I heard shares and realized others had the same common experiences with food addictions/compulsions, I started to realize this was familiar territory. I felt like I was finally in a “country that spoke my same language” after being a “foreigner” in the world of “normal” eaters (whatever that was). I jumped in immediately and began to attend meetings, participate, read literature, and learn all I could. Within a short time, I was eagerly working the steps, even before I had a real sponsor, from a paper with step questions/activities that a member had offered to send me via the USPS mail. I got to Step 4 and intensively worked on a fearless and moral inventory. It was extensive and draining! When I finally finished, I was emotionally spent and thought, “This is the time to attend a meeting in order to regain some equilibrium.” That was my first thought after the gut-wrenching, whirlwind Step 4 marathon. It just so happened there was a meeting in one hour.

When I arrived at that meeting, I may have looked totally drained and lost. A member sat down beside me and talked to me before the meeting. I told her I had just finished my inventory but did not have a sponsor yet to give it away. I was so new and inexperienced in program and wondered about what to do next—would my trustworthy husband be someone to hear my inventory? She said, “Oh, don’t do that! I’ll be happy to hear your inventory. Can you come over to my house on Friday evening?” We agreed upon the time, and I took my large stack of papers I had written to her home on Friday. I was ready to feel terrible shame and embarrassment over all I had uncovered in my inventory. I started to read, and at a pause, she would say, “I’ve done that!” Astonished that this seemingly mature and responsible person had been like me, I read further. A bit later she would say, “Yes, that is exactly like I have felt.” As I continued, she periodically injected reinforcing statements that showed I truly was not alone in this. After hours of pouring out my soul, she said upon completion, “Well, we could be sisters!!!” That was one of the many wonders I have found in working the steps. I truly was “home” at last!! I encourage anyone who thinks OA might be for them to keep coming back, to thoroughly work the steps, and to stick around for the miracle. You are worth it!!!

**Announcements**



**DELAYED**

Step of the month mtg

**May 8 & June 12**

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

**May 1 & June 5**

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

If you want any Zoom meeting info. Page 3 has all updated zoom meetings info available. We are glad you’re here. Keep on the lookout for future events on this newsletter. We are all happy you are here

**Step 5  
Prayer  
Higher  
Power,  
My inventor  
y has  
shown me  
who I am,  
Yet I ask  
for Your  
help  
In admit-  
ting my  
wrongs to  
another  
person & to  
You.  
Assure me,  
& be with  
me, in this  
Step,  
For without  
this Step I  
cannot pro-  
gress in my  
recovery.  
With Your  
help, I can  
do this, & I  
do it.**

## Step 5

What an order! Admitting wrongs to God and to ourselves is one thing. To actually tell someone else the *exact* nature of our wrongs can be a frightening task indeed. After years of "keeping secrets" and hiding faults and shortcomings, openly admitting them—and out loud to another human being—is a drastic turnaround.

Purpose of Step 5

Just as the 12 steps themselves are in a specific order for a reason, the process outlined in step 5 is as well. There is a reason that the first admission of wrongs is to God as we understand Him. It prepares members for the rest of the step.

But by having that conversation with a personal higher power in a spirit of prayer, the things that need to be changed are revealed. The exact nature of our wrongs has been discovered along with the ways that they need to be changed.

Once you have had the integrity to become honest with God, then becoming honest with yourself and another human being becomes much easier. Perhaps more than any other step in the process, step 5 provides the chance to begin "growing up" spiritually. It gives the opportunity to unload the burdens of the past and be done with them.

Anonymous

## STEP 5

I recently finished Step Five with my sponsor. I've done a Step Five before, but it's been over a year since my last one. This time it was hard. Really hard.

Those of us who have done a Step Five recall the absolute dread of having to admit to another person all the things we've done and everything that's been done to us. It's scary, and yes, the first time I did Step Five, talking about it was the hardest part. But this time around, the hard part was digging into my resentments, old beliefs, fears, and other problem areas to reveal the reasons behind my defects of character—in other words, doing the emotional work. Every day of my life, I've done work in some form or another, but it's usually either physical or mental (or some combination of the two). When I work my program, something more is demanded of me: I'm required to engage spiritually and emotionally. While the spiritual work is complex and still fairly new to me, I find the emotional work much harder, probably because I've been actively avoiding it for years by numbing out with food, television, and a host of other distractions.

<http://www.oalifeline.org/steps/hard-healing-emotional-work/>

## 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:** 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](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 474395**  
**Sunday 7PM New Braunfels 845 9501 1410 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 845 9501 1410 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>				
2nd SAT	9:45 A.M.	Denise (210) 884-6749	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"