



Step of the Month: Step 8
Guiding principle: Love

Made a list of all persons we had harmed, and became willing to make amends to them all.

Willingness

In approaching step 8, I was asked to look at my patterns of harm to myself and harm to others. I have discovered that I place judgment on myself any time that I feel like I fall short of what I think my full potential should be. I sometimes really beat myself up for not being perfect. I add hurt to injury when I don't forgive myself for harming others, or for making a mistake. I also know now that I hurt myself when I try to please others rather than working towards being my authentic self. I now know that I harm myself when I am judgmental, lack flexibility, hold resentments, lash out with revenge, gossip, or harvest negative thoughts. Likewise, I harm others when I am revengeful, say mean things, gossip, lash out with sarcasm, or try to manipulate.

I have figured these things out through my conscience that has evolved as I am becoming closer to God. I get a gut feeling of conviction when I think, say, or do something wrong to me or others. This feeling helped lay the foundation for making a list of persons I have harmed including myself. One of the biggest ways that I have harmed others is by not making an effort to build a relationship, socially distancing myself, and justifying why I don't want to interact with people.

It turns out that when I recognize how I have hurt others, it helps me get to a place where I can forgive them for harming me. I can see how they too make mistakes. Furthermore, Step 8 gives me an opportunity to look in the mirror and see that I need you and you need me. I have become willing to make amends to each person on my list by seeing my part in our relationship. Step 8 is my opportunity to take full responsibility for my actions and decisions; it's also a time to become fully accountable for all of my choices--good and bad.

When my sponsor asked me "if I've ever done...", you fill in the blank. I took a step back and reflected for a moment and realized, that I had done it all in some form or fashion. That was an eye opener for me. This was yet another way that my high power gently nudged me towards completing Step 8. I am willing to pray daily for the people who have wronged me so that I can be freed of my resentments and unforgiveness. Today, I am willing to make amends even if I don't want to because it is for me as much as for the other person.

-Michele

Announcements



DELAYED

Step of the month mtg

August 14 & Sept 11
Intergroup 9:45 am-
ZOOM MEETING ONLY
Church of Reconciliation,
Cranmer Room

August 7 & Sept 4
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

8th Step Prayer

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Step 8

A Two-Part Step

The first part is making a list of all persons we had harmed, including myself which my sponsor suggested. I could make a list, alright, because I thought I had harmed someone by just looking at them. I was an egomaniac with an inferiority complex. Working with a sponsor was critical since I had to test my thinking in each situation. Had I actually harmed someone and were they in my fourth step? Once I drafted my list it was time to sort them out. I made three columns: Those I could make amends to without hesitation; those I would rather not to make amends; and those I would never make amends to while I was alive. The resentments lived a life of degrees. My brother took me twenty years before I would talk to him. Now we are best friends. Go figure. This brings up the second part of the step: Became willing to make amends. Like I said, the three-column approach at least got them all on paper. My willingness was reinforced by my empirical experience with the easier amends. Over time some of the middle column made it to the ready column and even some of the Nevers made it to the middle and ready. One of the lessons that helped this process was that I was not responsible for what the persons reaction to the amends turned out to be. Often there was a “what are you talking about?” or “no big deal” response. A more hostile response was more challenging, but I had to remember I was cleaning up my side of the street, not theirs. Practicing with a sponsor helped by testing out various responses ahead of time so as not to be caught off guard and create more amends to be made. As the ninth step promised started to come true, the willingness became easier. After all, I had just humbly asked God to remove my shortcomings and I could depend on God to get me through the rest of the steps. I am grateful for the willingness God gave me to work the program to receive the gift of abstinence. It is received and not achieved.

Made a list of all persons we had harmed

In Step 8, it helped me to understand the meaning of the word “harm”, as defined in the AA 12 and 12: “the result of instincts in collision, which cause physical, mental, emotional or spiritual damage to people”. I had issues because of my temper through which I hurt people’s feelings. I made the list of all persons I had harmed and to whom I was willing to make amends. I did have a strong feeling to put my life in order and, through the steps, I realized that to do so I needed to repair all the damage I had caused because of my addiction.

I had a tough time preparing the list because I knew I had to include my mother in it. I had always loved and hated my mother, at the same time, since she is an active alcoholic and her alcoholism always hurt me and harmed me very much since I was a little kid. I did feel that she has done more harm to me than I had done to her. However, I learned in the program that all I needed to do was to focus on cleaning only the side of my street. It took me time to be ready to take step nine with her. I had to pray for willingness. In step eight I had to get ready and make sure I had fully forgiven her first of all, even if she had never made amends to me about her drinking.

After I made this amend to my mother, I felt released and she was also happy I did it and, in some way, I got the feeling that her attitude towards me has changed and improved since then. I wrote about my behaviors trying to be as specific as possible about every single situation I thought I had caused harm. I did not judge her or criticize her. As a result of step eight and nine, today I can relate to her without guilt and hatred, and have a relationship with her, based on love and compassion for her. In this program, I learned to look at her as a sick person who did the best she could.

I also included in the list some other members of the family, my father who was already deceased, and a friend. The steps gave me my life back!!

-Martha

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

2021-2022 Board

Chair: Ken
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 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 772-0347-7217 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
Saturday 8:30 am 140-019-469 Password 111111

TWELVE STEPS

- 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 knowledge of His will for us and the power to carry that out.**

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"