



Step of the Month: Step 9
Guiding principle: Love

Made direct amends to such people wherever possible, except when to do so would injure them or others

The OA program has been a lifesaver after my setback a few months ago. I recently restarted working the step over with my sponsor. In addition to working on my relationship with HP by using the tools of OA, I have hope that life will continue to get better. I was able to start reporting my daily meals plan to my food sponsor. This has allowed me to have the support needed to work on my daily reprieve, which is described in the Big Book.

In Step 9 we get to look at our behaviors which caused harm to others in our lives. In OA, I have been given the opportunity to right my wrongs of the past. I remember having some hesitancy on taking Step 9 in the beginning. By this point of the 12 step program I had taken the prior step on trusting in a Higher Power. I often share about my Higher Power being big and strong, because I can be hard headed. I can turn everything, even my amends process over to Higher Power.

In OA, we use the 12 Steps of Overeaters Anonymous to teach us about our addiction to compulsive food behaviors. This program of action helps many people recover, as food is only a symptom of the problem from compulsive overeating. Today, I choose to begin my day with morning prayers and meditation, which leads to prayer throughout the day. Prayer has played a major role in each step taken during my 12 step journey. After completing my Step 8 with the completion of my list of all persons we harmed and was willing to make amends to them all. I took my list and began to write about what I would say on my amends to each person harmed. By taking action, on contacting the people on my list I began to feel the presence of Higher Powers guidance.

In the 9th step promises it reads “If we are painstaking about this phase of our development, we will be amazed before we are halfway through”. My experience in working step 9 has definitely been a phase of life development in my recovery process. I have been able to build healthy relationships with those I come in contact with me today. Even preparing to make amends or attempting has brought some freedom from my actions which have harmed others. My amends toward my family have been some of the most difficult as most because they reminded me of some of the things I left out. I am truly grateful for God doing for me what I could never do by myself.

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Announcements



DELAYED

Step of the month mtg

Sept 11-October 9
 Intergroup 9:45 am
 HYBRID
 Church of Reconciliation,
 Cranmer Room

Sept 4- October 2
 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 in this newsletter.

We are all happy you are here.

9th Step Prayer

Higher Power, I pray for the right attitude to make my amends, Being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends By staying abstinent, helping others & Growing in spiritual progress.

Step 9

The 9th Step Promises pages 83 & 84 of the Big Book

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Step 9

“Having worked the Twelve Steps, what did I learn about the Principles? Honesty. I learned to look truthfully at ugly things that I am powerless over yet make my life unmanageable. It takes honest vision to fully understand there is a problem and that I have no way to solve it myself. Hope. I came to believe I can have a relationship with a Higher Power who can do things for me that I can’t and that I can be restored to sanity. There is hope that the painful parts of my life can change, and that HP has a better plan for me. Faith. It was a leap of faith that something would sustain me when I stopped my way of doing things. But what I couldn’t imagine doing forever, I could do for one day. Those days added up to a miracle. Aligning my will with God’s and going through scary places in recovery is faith working in my life. Courage and Integrity. Note the word “fearless” in “fearless moral inventory”; fear and faith don’t coexist. It takes courage and integrity to look back at unflattering moments and share them with another person. To overcome my fear, become vulnerable, and present my true self is the basis for real relationships and connection. Willingness. It’s the whatever-it-takes clause in the contract with God and being ready, in God’s time, to let go not only of hurtful things we want to change but also defects we enjoy. That’s a scary concept. It’s also one filled with honesty, hope, faith, courage, and integrity – amazing how these Principles work together. Humility. When I earnestly ask for help, God goes to work, but not necessarily in ways I expect. Humility is acceptance of who we really are and the need to live in harmony with God’s will to find serenity. Self-discipline and love for others. Life is easier when I avoid doing things that make me owe amends and when I admit my part as soon as possible. The “my part” piece is a revelation – no matter what, I can act with a loving approach. Perseverance. Even when God’s plan feels difficult, by saying “I can do it today” and doing the next right thing, the todays add up. If I turn back, I’ll never get to the destination. Spiritual awareness. I came to understand that God is with us always. Spiritual awakening is having a living God in my life; I am taken care of and will get what I need. We are enough and are loved for who we are. I experience God in my connecting with God in others. Connection with God requires work and practice. To hear and understand God’s will, I need to clear my mind. Service. I don’t only carry the message – I am the message. I don’t need to sell program. I just need to live these Principles. And to keep this recovery, I need to share my experience, strength, and hope with others. I came to OA thinking I had a problem with food yet learned I had a problem with life. I’ve been blessed beyond anything I ever thought to wish for.”
Lifeline, April 2015

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 R
Vice Chair: Michele D
Treasurer: Kathy P. (interim)
Recording Secretary: Amanda
Communications Secretary:
Deborah A
Parliamentarian: Martha J
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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: Deborah A.
Swan/El Cisne: Chris B.
Website: Deborah A.
Public Information: Open

Professional Outreach:
Mary Rose J.
Meeting Info/Phone line:
Sharon V.
Welcome Back/Newcomer:
Carrie
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

Zoom Meeting IDs & Passwords (PW):

Sunday 5:00 PM, Hybrid, ID: 193-124-988, PW: 474395
Sunday 7:00 PM New Braunfels, Hybrid, ID: 845-9501-1410, PW: 1111111
Monday 9:30 AM, Virtual Only, ID: 324-599-463, PW: 281
Monday 5:45 PM, Virtual Only, ID: 715-513-8641, PW: 121212
Monday 7:00 PM, Virtual Only, ID: 297-185-376, PW: Monday7PM
Tuesday 5:45 PM, Virtual Only, ID: 832-0041-1425, PW: 831971
Tuesday 7:00 PM, In Person Only
Wednesday 12:00 PM Kerrville, In Person Only
Wednesday 7:30 PM, Hybrid, Audio: (712) 432-0900, Access code 637-445
Thursday 12:15 PM, In Person Only
Thursday 7:00 PM New Braunfels, Hybrid, ID: 845-9501-1410, PW: 1111111
Friday 9:30 AM, Virtual Only, ID: 803-900-343, PW: 2839
Friday 5:45 PM, Virtual Only, ID: 715-513-8641, PW: 121212
Saturday 8:30 AM, Hybrid, ID: 140-019-469, PW: 111111

1st Saturday 9:45 AM, Newcomers/Return, Hybrid, ID: 889 6271 3898
Passcode: 121212

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 PM Hybrid	Lynn G. (210) 240-3277	University United Methodist Church, South Campus, Main Entrance, 2nd Floor, Room S210, 5084 De Zavala (at Vance Jackson), 78249	Step Study Discussion Speaker, 2nd Sun
	7:00 PM Hybrid	Sondra (830) 212-2818	Unity Church, 408 Gruene Road, NEW BRAUNFELS , 78130	Literature Discussion
MON	9:30 AM Virtual Only	Vera C. (210) 494-2713	Shearer Hills Baptist Church, South Building (San Pedro Entrance) Room 201, 12615 San Pedro, 78216	Literature: Big Book
	5:45 PM Virtual Only	David E. (830) 928-4844	Zoom	Literature Discussion Speaker, 5th Monday
	7:00 PM Virtual Only	Ken R. (210) 520-3727	St. Andrew's Episcopal Church, 6110 NW Loop 410, 78238	Discussion
TUES	5:45 PM Virtual Only	Julene (512) 923-0707	Alamo Heights Baptist Church, 6501 Broadway, 78209	Joe & Charlie Big Book Study; Bring BB, Notebook; Listening, writing, & sharing
	7:00 PM In Person Only	Curtis (210) 487-1683	Alamo Heights Baptist Church, 6501 Broadway, 78209	Steps, 1st Tues Big Book, 2nd Tues Traditions, 3rd Tues Abstinence Book, 4th T
WED	12 Noon In Person Only	Kay (404) 286-9169	Unity Church of the Hill Country, Library, 1016 Jefferson St., KERRVILLE , 78028	Steps / Traditions
	7:30 PM Hybrid	Barbara D. (210) 637-7203	Church of Reconciliation, Brigid Room, 8900 Starcrest, 78217	Step Study OA 12 & 12 Newcomers, Ask It Basket
THURS	12:15 PM In Person Only	Graciela (210) 219-9660	Collins Garden Library, 200 N. Park Blvd. (corner of Nogalitos), San Antonio, TX 78204	OA Literature Discussion
	7:00 PM Hybrid	Kay R. (210) 831-8079	Unity Church, Life Room, 408 Gruene Rd., NEW BRAUNFELS , 78130	OA Literature
FRI	9:30 AM Virtual Only	Gwen (210) 862-8211	N.E. Christian Church, 2839 Woodbury (at Nacogdoches .6 miles outside Loop 410), 78217	Literature Discussion Speaker, 2nd Friday
	5:45 PM Virtual Only	David E. (830) 928-4844	Zoom	Speaker & Topics Alternating Fridays
SAT	8:30 AM Hybrid	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest, 78217	OA For Today OA Voices of Recovery Discussion
**** MONTHLY MEETINGS ****				
1st SAT	9:45 AM Hybrid	Carrie H. (507) 530-5115	Church of Reconciliation, Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"
2nd SAT	9:45 AM Hybrid	SAAI Chair chair@oasana.antonio.com	Church of Reconciliation, Brigid Room 8900 Starcrest, 78217	San Antonio Area Intergroup (SAAI)