



Step of the Month: Step 10
Guiding principle: Discipline

Continued to take personal inventory and when we were wrong promptly admitted it

Most days, I take personal inventory at the end of the day. It helps me sleep. I inventory fears, resentments, and stressful thoughts and beliefs. Wrongs seem to stem from those. I also list gratitudes, but not the things I think I should be grateful for. Instead, I list things I actually feel glad about. Part of Step Ten is admitting when I'm wrong. To my detriment, I don't always do that. The other day at work, I wish I'd said, "I'm sorry. You did say that, and I wasn't listening very well." And another time, "That didn't come out right. Let me try again." I am grateful for all the times that I have been able to admit a mistake, like today, when my boss suggested doing something a different way and I agreed that her way was better. I said, "Because I'm new, I'm overly nervous, and I didn't do that well, but I'll get better—I'm more relaxed already." She then said, "It's not the end of the world. Nothing is the end of the world." When I let go of my defenses, it frees others to be less fixed in their positions too. I can only admit I'm wrong if I think I am wrong. I'm sure I've been wrong many times without knowing it. The space of time between being wrong and admitting to another person that I was wrong is sometimes long, like forty years, and sometimes short, like forty seconds or less. In that time, I have to 1) become conscious of what I did, 2) admit to myself I was wrong, and 3) overcome resistance to admitting it to someone else. Sometimes I might not admit a wrong directly to the person involved "when to do so would injure them" (Step Nine). But I do tell someone else, as a spiritual practice. I believe by doing so I progress in my spiritual development. Sometimes I don't admit my wrongs, because I'm too busy noticing other people's wrongs. What I can do about this is to continue to notice how well this works for me: whether it brings me the sense of well-being I really want. Sometimes it's hard for me to see myself, and I generally don't like being wrong. I don't like other people to point out when I'm wrong, either. I've heard the saying "you could be right, dear" promotes marital harmony. The implication of that statement is, of course, "I could be wrong." I can see myself saying this just to keep the peace, without really believing that I'm wrong. Still, just saying the words "you could be right" will open my mind a little. Becoming more open-minded is a gift of working Step Ten.

— Elaine M., Berkeley, California USA <http://www.oalifeline.org/steps/saying-the-words/>

Announcements



DELAYED

Step of the month mtg

October 9 & Nov 13
 Intergroup 9:45 AM
 HYBRID
 Church of Reconciliation,
 Cranmer Room

October 2 & Nov 6
 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.

10th step prayer

**I pray I may continue:
To grow in understanding & effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative & Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; &
To continue in daily prayer how I can best serve You, My Higher Power.**

12 steps Poem

The first step in recovery is admitting I am powerless and unmanageable my whole life.
That's the beginning of my journey for God has arrived.
To believe God can restore me to sanity.
This is a gift for all humanity.
To turn my will over to care of God is difficult because I feel torn.
God promises me That I will be reborn.
To make a fearless moral inventory.
It's a way to show my story.
To admit my inventory to another human being.
The spiritual journey begins, and God can see me.
When we are ready for God to remove our defects of character.
God gives me the mindset of a fighter.
To humbly ask God to remove my shortcomings
God Gives me a sense that I belong here.
To make a list of people we have wronged and willing to make Amends.
God will always defend me from darkness.
When making amends wherever possible.
Promises are to follow, and I become unstoppable.
The 10th step is like a four through nine.
After when it is completed, I feel fine.
As a sought through prayer and meditation with my Creator.
God becomes my Holy Gladiator.
As we had a spiritual awakening, we carry the message to people who still suffer. That's how we stay abstinent.
God uses us to help others remove the clutter in their lives.
So that's the way it goes. Acceptance. Clean House. Dependence on A Higher power. Finally helping others do the same. For they too can Start over.
Thank you oh God for this miracle.
Dependence on you.
You welcome me to your beautiful circle of Love.
-Chris B.

Step 10

In the course of any normal day, we tend to experience the buildup of human emotions. This is a fact for all of us. The 10th step process offers us the opportunity to change our old patterns. Now, whenever we are fearful, resentful, or uncomfortable in any way, we pause, write a 10th step, and go through a defined process step by step. We learn to take our agitation and discomfort to our Higher Power (HP) instead of turning to food. We recommend you do as many 10th steps per day as required to keep your side of the street clean. Writing a 10th step is working steps 4-9 on a single item. First we go through the entire 10th step process with our HP. The main purpose of the 12 steps is to rely on a power greater than ourselves, in other words, to develop God-dependence. After we give our 10th step to GOD, we share it with a fellow OA member or our sponsor.

Instructions For Doing a 10th Step

From the Google Play or Apple Store, download My OA Toolkit (it looks like the icon on the left). You may also use a computer by going to the login page for myspiritualtoolkit.com and changing the *Type: to My OA Toolkit (OAT). You will have to register to use the Toolkit.
Once you begin using the app or website (you can choose to write your 10th step on paper instead):
Click on Tools. Choose Spot Check Inventory.
Click Create New, then complete the four statements that appear.
"I am resentful at _____"; "The Cause" _____"; "Affects My: ___Fear ___Self
-Esteem ___ Security ___ Personal Relationship ___ Sex relations ___ Pride"; "My Part _____".

Use the CDPS or the Revised Character Defect Sheet to determine which phrases (and character defects) resonate with you. The phrases show how you are playing God. Ask God to remove your character defects. The seventh step prayer and the prayers listed on page 2 of the CDPS may be helpful.

Pause and listen for guidance from your HP. Take your time; this is your chance to be free from your old ways.

After completing directions 1-4 above, contact a fellow member and discuss your 10th step by sharing your writing. Say the appropriate prayers and spend a moment in meditation. Invite the member to share any insights he/she might have. Your sponsor can certainly be one of the members you contact for a 10th step, but should not be the only person you rely on. Connection is the antidote to addiction. If an amends is called for, take care of it quickly. Next, resolutely set your mind toward helping another: Call or text a newcomer, participate in a meeting, or offer your services to someone who might need help. <https://oasponsor.org/assignment-6/>

From this moment forward, turn to a 10th Step instead of food when you experience the buildup of human emotions. Make outreach calls and ask members to listen to your 10th step as a way of connecting.

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
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: 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.ntonio.com	Church of Reconciliation, Brigid Room 8900 Starcrest, 78217	San Antonio Area Intergroup (SAAI)