



Step of the Month: Step 11
Guiding principle: Awareness

“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.”

I wanted to look at the words and phrases of Step 11 and create a contemplation on what it means to me and ask myself, how am I applying it. I hope it is useful to someone else, as it has been a help to me to go through this exercise. Sought. This indicates my need to take action. Step 11 happens through action, seeking my Higher Power. Question for myself: Am I actively seeking my HP today? Prayer: May I listen for HP’s voice, hear it clearly and respond quickly.

Through prayer and meditation - When I look back, I see how my prayer and meditation has developed and changed, and continues to change. My prayer today is likely my morning journaling. Meditation has become as simple as three deep breaths and (as unusual for me as) an online contemplative meditation practice. I have used an app on my phone, attended workshops, and walked labyrinths. All of these activities are some types of prayer and meditation for me....and none of these practices are tied to my traditional religious practices. I am so grateful for a 12 step philosophy of the freedom to seek and find a Higher Power who will relieve me of compulsion and obsession....and for the varied and multiple ways that it works for each one of us. Question for myself: Am I willing today to take action to pray and meditate today?

To improve our conscious contact with God as we understood Him - This is the purpose statement of Step 11, improving my conscious contact with God as I understand God. I believe the process of improving my conscious contact is the key to the growth and change in my program. Question for myself: Am I doing the footwork to improve my conscious contact with HP? Praying only for This phrase tells me I need to ask two things of HP

1) Knowledge of His will for us. I have spent years asking HP “what is my purpose”, “what am I supposed to DO or BE” ...I am so grateful today to have my answer: Seek HP’s will for just this day alone. It relieves me of all the futile, wasted energy and wondering. The “what” is as simple as, just start the day with HP; ask, what is the next thing or the plan for today. IF I ask, I get an answer. And when I get the answer, my only purpose is to DO that first thing, and then the next thing. I believe if I do that, then the BIG question of my purpose is answered, one morning, or afternoon, or day at a time. The Big Book gives me a place to start - On Awakening on page 86, and When We Retire at Night page 87. Working to actively live out Steps 10, 11, and 12, each day is foundational. Our OA Tools also help me put some parameters around my day.

2) And the power to carry that out - Yes, once I am in touch with what my HP has in store for me, I sometimes find it very difficult to do it....let go certain foods, stop procrastinating, make a call, do service, apologize....Even the simplest of tasks I sometimes find hard, but I can take each of these to HP and ask for the power to carry it out. Question for myself: Am I willing to ask for HP’s will today and then ask for the power to do just that thing?

Step 11 is vital to my recovery. If I could have run my own life, been happy and free of compulsion, I would have. I accept today I cannot do it by myself. Gratefully, I have seen how HP IS able to provide a way of living which is sane, happy, useful, and purposeful. Step 11 tells me the way to do it is through conscious contact with HP throughout the day. Simple, maybe not easy, but life changing as I practice it.

Blessings for today as we live out Step 11,

Carrie

Announcements



Nov 13 & Dec 11
 Intergroup 9:45 am-
 ZOOM and Hybrid meet-
 ing Church of Reconcilia-
 tion, 8900 Starcrest, 78217

Nov 6 & Dec 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

**Another
11th step
prayer**

Higher Power, as I understand You, I pray to keep my connection with You Open & clear from the confusion of daily life. Through my prayers & meditation I ask especially for Freedom from self-will, rationalization, & wishful thinking. I pray for the guidance of correct thought & positive action. Your will Higher Power, not mine, be done.

11 step story

To improve my conscience contact

So many times, I sought through prayer and meditation to get what I want, like I had the ability to persuade or work God. I am not talking about foxhole prayers, “Lord if you get me out of this, I promise to never...” No, I am talking something even more devious, and this happened as I was working the program.

As I took steps to recover from my food addiction and compulsive overeating, I thought I was doing it right. I was having those spiritual experiences and promises were coming true – and boy, did that feel great, dare I say even euphoric. Because at step 11 I began to work it to get another spiritual experience, to manifest a promise or two, to reach that state of euphoria that I used to get with food and solitude.

I found that when I prayed for others my life got better. When I meditated on what God wanted me to do, I found joy or riches or peace. Both things are wonderful – don’t get me wrong. It’s just that I found myself begin to do these things to change the way I feel. Or a better yet, to not deal with my stuff. Where food used to help me escape my feeling, I was using this new yummy tool. So sure, I prayed for you – but in reality, it was always for selfish reasons.

This worked for a little while, like the food, until it didn’t. I missed that part of step 11 that says, “to improve our conscience contact.” Prayer and meditation are to nurture the relationship I have with my Higher Power. The byproducts of this are peace and serenity with myself and others. This happens because I am praying for the knowledge of His will, not mine. I am praying for the power to carry it out.

Improving my conscience contact restores power to this powerless food addict. I can selfishly abuse this like anything else or turn it over to a power greater than myself one day at a time. I am so grateful that my Higher Power offers me grace upon grace to continue to grow spiritually. Now, when I say “I’ll pray for you” I mean it...at least most of the time.

Progress not perfection

Steve C

Step 11 Prayer

Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen

Twelve Steps and Twelve Traditions, p. 99

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
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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	10:00 AM In Person Only	Graciela (210) 219-9660	Emmanuel Presbyterian Church 713 Division Ave SA TX 78225	Spanish <i>español</i> Literatura y Discusión
	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@oasantonio.com	Church of Reconciliation, Brigid Room 8900 Starcrest, 78217	San Antonio Area Intergroup (SAAI)