



## **Step of the Month: Step 12**

### **Guiding principle: Service**

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

STEP 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to overeaters and to practice these principles in all our affairs.

According to this step, the definition of spiritual awakening is a change of life, which is a personality change, where we can do what we could not do alone before. My spiritual awakening began when the obsession for sweets was removed. That was a huge change in my life. In addition, through the steps, I was able to take action irrespective of my fears. I was a person full of fears and some of them have been removed, but others come and go. With OA I was able to stop eating compulsively, one day at a time, and to focus on the program, being responsible for my life and my actions, as well as assuming the consequences of those actions, as I used to blame everybody else, people, family, the world and even God for my situation.

The last part of this step regarding practicing these principles in all our affairs was somehow difficult for me, and I had to work hard the 12 steps in order to be able to bring the same love and tolerance I had with my OA friends into my family. I had a tough temper when I first came to this program and would react to any comments made about me by other family members. However, today this situation has change significantly. OA is about change. Without change there is no recovery. It is not easy, but it is possible. Regarding service and helping other overeaters in our journey is not only through sponsorship, I have learned that I can also carry the message by attending meetings and sharing my experience, strength and hope or making the coffee before the meetings or welcoming the newcomer and making a phone call to reach out to other overeaters. This program has brought piece of mind and happiness into my life.

At the beginning, I wanted to carry the message to everyone, without working the total of the 12 steps, but I found out that I need to work the steps in order. The most important thing for me has been to place spiritual growth first. It took me time to understand this whereas I thought that I needed to supply for my material needs so that I could work on my spiritual area. Later on, I understood that it was the opposite. I needed to work on my spiritual area in order to overcome my material needs. Without working on my spiritual and emotional areas, my material needs would continue and would even increase. I have also learned that I need to get rid of my demands to do things my own way and understand that other people exist in this planet with different views, thoughts, and feelings. Today I turn my life to my Higher Power and by being dependent on Him I stopped playing God with others. I love this program and that is why I keep coming back!

### **Announcements**



**Dec 11 & January 8**  
Intergroup 9:45 am-  
ZOOM and Hybrid meet-  
ing Church of Reconcilia-  
tion, 8900 Starcrest, 78217

**Dec 4 & January 1**  
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 news-  
letter. We are  
all happy you  
are here

## Twelfth Step Prayer

Dear God,  
My spiritual  
awakening  
continues to  
unfold.  
The help I  
have received  
I shall pass on  
& give to oth-  
ers,  
Both in & out  
of the Fellow-  
ship.  
For this op-  
portunity I am  
grateful.  
I pray most  
humbly to  
continue  
walking day  
by day  
On the road of  
spiritual pro-  
gress.  
I pray for the  
inner strength  
& wisdom  
To practice  
the principles  
of this way of  
life in all I do  
& say.  
I need You,  
my friends, &  
the program  
every hour of  
every day.  
This is a bet-  
ter way to  
live.

## 12th Step OA Lifeline Story

My sponsor had me start sponsoring at thirty-days abstinent. I was working Step Three by that point, so I could help newcomers getting started on Step One. My sponsor gave me ten minutes every morning for my first three years of abstinence. Now, I carry on that pattern, offering a daily ten-minute slot to someone newly abstinent and starting on Step One, and I continue daily contact with them for up to three years. Often, those I sponsor start calling less often when they get about three years of abstinence. They are busy themselves giving more time in the mornings to sponsoring others.

I've always set aside an hour each morning for six sponsee calls. Of course, if someone who wants a sponsor hasn't had anyone agree to help them, I will open a seventh slot for them for a week or two until they find someone else. My first sponsor's advice was to never let anyone leave a meeting without a sponsor. That would be like saying, "We know you can't do it on your own, but good luck trying; I'm too busy to help."

What are the benefits of sponsoring? Staying abstinent myself is the most obvious. Also, it's amazing to "trudge the Road of Happy Destiny" (Alcoholics Anonymous, 4th ed., p 164) together, as these sentiments from my sponsees attest: "Thank you so much for another year of your unwavering support, your time, care, and fellowship. You're an inspiration to me—two years abstinent today! One day at a time with love and gratitude."

"There are no words that can justly express my profound gratitude to you for your sponsorship these past three years. I feel truly blessed and humbled to have benefited from your experience, strength, and hope. Thank you from my heart for your support and insights."

"Thank you for being an example of joyful living through abstinence. I have gained so much hope, guidance, and love from you. I feel I have grown a lot this year. Thank you for your honesty and for challenging me to face my fears, be more honest, trust in my HP, and above all, just commit daily to my abstinence."

"I know you don't keep me abstinent and you're not my HP, but I think you're part of the mysterious way God is working in my life, and I'm really grateful. Thank you for your abstinence, honesty, courage, and amazing commitment. It has been such a fantastic support to me in the past eighteen months. Thank you for showing me the path to continue the abstinence I have today. Thank you for being straight and not getting caught up in my self-pity. Thank you for your suggestions when I'm unsure of what to do or how to behave and thank you for leading me back to the Big Book for guidance."

"You are so much more than a friend. You've led me, cajoled me, and yes, even pushed me through the life-changing Twelve Steps. Thank you for asking, 'Do you want a sponsor? If you do, call me at 7:30 a.m.' I was scared to ask, scared to try the Steps, yet I knew I wanted what you had. Thank you for three years and eight months of sponsorship. My life has changed because of you, OA, and my HP. Your voice will be in my head and heart to pass on to others. The greatest knowing for me is that you are not my HP and I can remain abstinent when you move on. This is the gift you have passed on."

From time to time, I write to my sponsors, past and present, to express my gratitude, knowing I can't work this program on my own. Thank you to everyone who has been my sponsor—for six, seventeen, three, five, three, three, and two years.

— Anonymous, United Kingdom <https://www.oalifeline.org/tools-concepts/thank-you->

## WHAT IS A SPONSOR?

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence. Ask a member who has what you want from the program and how he or she is achieving it. A member may work with more than one sponsor and may change sponsors at will (adapted from Tools of Recovery). A sponsor will work with you through the Twelve Steps of Overeaters Anonymous.

<https://oa.org/faqs/what-is-a-sponsor/>

## 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)

### 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](mailto:oasaliterature@gmail.com)

Want to receive The Swan/El Cisne and important updates via email?  
[news@oasanantonio.com](mailto: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, <b>NEW BRAUNFELS</b> , 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., <b>KERRVILLE</b> , 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., <b>NEW BRAUNFELS</b> , 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
<b>****MONTHLY MEETINGS****</b>				
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)