



**Step of the Month: Step 1**  
**Guiding principle: Honesty**

“We admitted we were powerless over food  
 —that our lives had become”

It’s exciting for me to start a new year - especially now that I have program. Instead of what I had before which was starting a new diet...on January 1. A new resolution...to lose weight. A(nother) year where...\*this\* time I will do it — this time I’ll figure out the secret, the trick, the thing everyone else knows about maintaining their weight but no one’s told me. What a relief to find out... there was no secret (or, rather, there are about 10,000 of them and I could spend the rest of my life going down the rabbit hole of diet after diet after diet after diet ad nauseum [literally and figuratively]) and there was no trick (see secret” above).

What a relief to find...OA. Where I learned that it wasn’t due to a lack of willpower (in fact, we “...often exhibit an exceptional amount of willpower”, OA 12-and-12, Step 1). It wasn’t that I lacked moral fiber. What ‘it’ was: I was powerless. Admitting I am powerless — over anything — is no fun. Or, rather, getting to that point of admission is no fun. My journey to admitting powerlessness is usually in the manner of a downward spiral (aka “circling the drain”) and that is not a fun ride. But the big first step was admitting my powerlessness over food. Yes, I’ve had to admit powerlessness over some other aspects of food and over another issue that required another program.

The OA 12-and-12 tells us “...far from being a negative factor, the admission of our powerlessness over food has opened the door to an amazing newfound power.” Learning the use this spiritual tool — admitting powerlessness and “letting go” — is like exercising a muscle. It becomes stronger and more effective and efficient as it is practiced and used more frequently. Having a relationship with this newfound Power has shown me how much better life is when I turn my will and life over to this Power who cares deeply for me. I am able to admit powerlessness over the things I need to let go of so I can let the love of this Power manage it far better than I could. This is the first step that opens the door and lets in the light to an amazing newfound Power!

Anonymous

**Announcements**



**January 8 & Feb 12**  
 Intergroup 9:45 am-  
 ZOOM and Hybrid meet-  
 ing Church of Reconcilia-  
 tion, 8900 Starcrest, 78217

**January 1 & Feb 5**  
 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

## First Step Prayer

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand The true meaning of powerlessness. Remove from me all denial of my addiction.

### Standing in the Wings

I came to Overeaters Anonymous to lose weight, period. I had no idea what the program was about. A friend told me she had lost weight in OA; maybe I could lose weight too. The methods I had tried over the years (little chocolate candies, pills, shots, nasty-tasting predigested protein, aerobic exercise while wrapped in cellophane, and actual physical exercise in a gym) did not give me the results I wanted. Some methods worked for a short time, but none were sustainable because I lost interest after a few weeks and returned to what I thought were normal eating habits: whatever I wanted, whenever I wanted.

At my very first OA meeting, I cried my eyes out! I couldn't believe the stories I was hearing and how similar they were to mine. When people shared, they sometimes whined or expressed anger, but they almost always talked about hope. My "hope pilot light" went on at that first meeting. I liked how it felt, and I wanted to feel more of it, so I kept going to meetings. As an osmosis of the program began to take place, I found myself getting a sponsor, following a food plan, and working the Steps. My sponsor was a mother figure to me so I did everything I was told. I lost weight!

I worked the Steps, but being the self-centered and self-absorbed person that I was, I really didn't get it! What was my part in the hurtful situation? Are you kidding me? Nothing was my fault—it was always someone else! I need to forgive, accept, or show compassion for someone who doesn't follow the rules? If I have to follow the rules, so should everyone else!

Well, I eventually lost my abstinence (of eighteen months) as well as my sponsor. I found myself drowning in self-doubt and pity and returned to my old ways. What I didn't realize was that I still had my pilot light, and I also had a Higher Power standing in the wings.

Fast-forward twenty-five years, I found myself whining to a friend about my weight, among other things. I truly believe that my Higher Power, whom I call God, stepped out of the wings and spoke to me through my compassionate friend. She said the words "Overeaters Anonymous." That's all I needed to hear. The horns blew, the fireworks went off, and I knew what I was supposed to do.

Within a week, I was at a meeting, and within two weeks, I was working with a compassionate, loving, "no baloney accepted here" sponsor. She worked my tail off, beginning with daily writing on Step One and chapter one of the Big Book. My fingers cramped from the constant writing until that compassionate friend gave me an old laptop computer. I wrote every morning and called each night to read my writing to my sponsor. A whole new world began to open up for me. I was actually getting the program: Everything I read made sense. Everything I heard at meetings made sense. I actually finally felt like I made sense when I opened my mouth. This was a first for me!

It has been five years since that "second first meeting," and I now live each day with a lighter heart, a lighter body, and a much lighter attitude towards my family, friends, and anyone who will listen to me. I welcome each morning as I meditate, write, and then ask God, "What adventure do you have planned for me today?"

<https://www.oalifeline.org/relapse/standing-in-the-wings/>

### **Terry F., Santa Fe, New Mexico USA**

I've been thinking that a list of the common characteristics among longtime abstainers and maintainers in Overeaters Anonymous might be very revealing and helpful. In my mind, I picture all these members attributing everything on the list below to working the program—the Twelve Steps and Twelve Traditions—into their daily lives: They have a healthy and conscious relationship with a loving Higher Power greater than themselves, and they maintain that relationship on a daily basis. They like themselves, at least most of the time. They don't diet. They don't weigh themselves every day. They don't judge themselves for the mistakes they make with food or for their body weight, because they know that these are health issues, not moral issues. They have some kind of structure for their food—some kind of plan as to what, when, where, and how they eat. They never have to reward themselves with food because it has never been about deprivation for them. It's about freely choosing what they eat. They remain willing to go to any length to maintain their recovery. They have learned to take the disease very seriously, but not themselves. They have the joyful ability to be able to laugh at themselves and their mistakes. They have learned how to be gentle with themselves, so they are able to be gentle with others a good deal of the time. They enjoy themselves and what they eat, at least most of the time. They have a positive outlook on life and are not consumed by fear and negativity, though they may experience this at times. They see their lives as having a purpose. They are to a very large extent honest with themselves and others. They know there is nothing to be condemned, only things needing correction. They exercise on a regular basis. They eat the same foods most of the time. They feel comfortable about their bodies. They go to multiple meetings per week. They are involved with OA and therefore feel part of OA. They give back in whatever way they can what has so freely been given them. They abstain from or eat very little sugar, salt, fat, or flour. They pray every day. They hold no reservation in the backs of their minds that someday they will return to eating like a normal person. They are attentive and welcoming to newcomers. I'm a long timer myself. I entered OA Feb 4, 1981, at 210 pounds (95 kg), got a sponsor quickly, and started working the Steps immediately. I came down to my present weight of 154 pounds (70 kg) in the first five months and have been maintaining close to that weight ever since. All credit goes to my Higher Power, who has gifted me with physical, spiritual, and emotional recovery, which I believe is the direct result of working the Steps.

<https://www.oalifeline.org/abstinence/abstainers-and-maintainers/>

## 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 Virtual 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)