



Step of the Month: Step 2

Guiding principle: Hope

Came to believe that a Power greater than ourselves could restore us to sanity

Step 2

Step Two tells us that we came to believe that a Power greater than ourselves could restore us to sanity. The truth is, I wasn't one hundred percent sure that a Power greater than myself would work for me. Luckily, I had two things going for me: desperation and the fellowship. The desperation was a result of a deep Step One experience, in which I finally got the hopelessness of my disease. On my own, I had nothing left against this disease. Not only the constant weight gain and the physical repercussions of said weight, but the mental and emotional torment of waking up every day in this disease had beaten me into a state of reasonableness. I had no more answers to solve this problem on my own.

At the end of Step One was the hopelessness and the futility of my efforts against my compulsive overeating. That realization is what brought me back into the rooms of Overeater's Anonymous, where I walked right into the open arms of the fellowship. I met fellows who talked about living a life they enjoyed. Beyond the weight loss and freedom from food obsession, they had relationships and jobs and hobbies that they relished in. And they said that it was because of this program and the 12 Steps. Their shares gave me hope. That hope is what made me willing to believe that a Power greater than myself might work for me. Thankfully, according to Bill W. and the "Big Book", "it was only a matter of willingness to believe..."

The desperation that I had upon coming back to OA, followed by the hope I heard in the fellowship is what allowed me to become willing to take a chance on my Higher Power. And as a famous poet once wrote "that has made all the difference."

-Tiffany

Announcements



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

Feb 5 & March 5
Newcomer/Welcome
Zoom meeting 9:45
Meeting ID: 889 6271
3898
Passcode: 121212

Join us for Unity **Day 2022**

When: February
26, 1:00-3:00
p.m.

Where: Virtual
via Zoom

What: Topics to
Include OA
Principles in Re-
covery: Speak-
ers, Breakouts,
Writing and
Sharing
Zoom ID:
531-800-4465
Pwd: 11111

Second Step Prayer

Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought & Addictive behavior from me this day. Heal my spirit & restore in me a clear mind.

8 Other Tools

Here I sit, self-quarantined in the middle of a viral pandemic after returning home from the teeming petri dishes of an airport and airplane. I've been advised to stay put for two weeks, which is just as well since some of my meetings are closed indefinitely. So, what's a compulsive overeater to do? Isolate? I think not. Last time I checked, I have eight other Tools to help me maintain my abstinence.

Let's start with anonymity. I have given out both my phone number and e-mail address to anyone in program I can reach. In this case, I am thrilled silly to let anyone know I'm a compulsive overeater in need of support.

By calling, texting, and e-mailing others, I've utilized the Tools of telephone and writing. Additionally, I have asked people to give others my phone number and e-mail address so we can share our feelings directly. I also plan to utilize telephone meetings to maintain contact with the program. Plus, I have continued to write every day in an online For Today loop and forward my posts to my sponsor and sponsees. Before bed each night, I've done a written Tenth Step in the form of letter to God, so that I am in conscious contact with my Higher Power and my inner self.

But wait, there's more! My action plan includes using the rest of the Tools. For instance, I have continued to read my literature daily, including For Today and Voices of Recovery, the Big Book, and other Conference-approved OA literature.

I've kept busy in the afternoons with service, contacting the World Service Office and Region Eight offices, along with my intergroup's web goddess, to give updates about meeting cancellations in my area and the moves of face-to-face meetings to online venues. To gather this information, I was in touch with several of our meetings' host facilities to learn which organizations still allow meetings and which do not. I've also done service by checking in with other members.

I've used the Tool of sponsorship by checking in with my sponsor (in truth, I stopped writing right here to call him), and I've responded to calls, texts, and e-mails from sponsees every day.

Last, but far from least, I have remained faithfully committed to my plan of eating, a vital ingredient to my abstinence, especially during this highly stressful time.

So yes, I greatly miss face-to-face meetings, but I have not had to isolate. There are eight other blessed ways to work my program, and I will keep using them until and after it's safe to return to meetings. Meanwhile I will pray and meditate, work the Steps, and strive to live by the Principles to enrich my program. I do have another choice, but I ain't going back there over some stinkin' virus.

— Anonymous, Sanibel, Florida USA

<https://www.oalifeline.org/tools-concepts/eight-other-tools/>

N.P., Modesto, California USA

“Came to believe that a Power greater than ourselves could restore us to sanity” (Step Two). That is all I heard twenty-two years ago when I went to my first OA meeting, and I've held onto that Step since. God could restore me to sanity, and he did. During all these years, I've never even thought to or wanted to leave this lifesaving program. At my first meeting, I thought, “I don't think I'll like it. They all know each other, and I don't belong.” Then I heard the Second Step and had a spiritual experience that I've never forgotten. Nothing could keep me from coming back, and it has been principles before personalities ever since. I knew I was home. I got a sponsor and bought all the books and pamphlets that I could afford, and I read them. That night, I became abstinent and did whatever I was told. I made phone calls, went to meetings, had a food plan, and did whatever service I could. I lost 75 pounds (34 kg) and gained a new life. I still feel like my OA group is my family. I don't have to feel like I'm on the outside looking in anymore. Now I know I belong.

<https://www.oalifeline.org/uncategorized/nothing-stopping-me/>

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
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Deborah A
Parliamentarian: Lea B
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Region III Representative:
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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: Open

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 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., 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)