



Step of the Month: Step 5
Guiding principle: Courage

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step 5: Seeing my part

When I arrived in OA, I was full of anger, resentment, blame, guilt, and a lot of other negative emotions. When someone did a “wrong” to me, it was his or her fault and never mine. Everything that happened to me was not my fault.

Life wasn’t good to me; I was always the innocent person being hurt. When I found out that in Step Five, I had to look at my part in the pattern, I was confused. I wasn’t responsible for people treating me badly and doing the wrong thing; I had no part in what they did to me. My sponsor helped me work that Fifth Step. I looked carefully and saw selfishness, self-centeredness, dishonesty, and other character defects. At the end of my work, I felt so much lighter and freer. As the promises state: “We will not regret the past nor wish to shut the door on it” (Alcoholics Anonymous, 4th ed., p. 83).

Afterward at meetings, I kept sharing about how much that Step meant to me. It taught me so much about myself. I had been blind to my defects. Through this process I learned to accept and love myself for who I am, not a bad person but a very sick person recovering in this program. Step Five has helped me find natural happiness—I used to rely on others to make me happy and felt resentful if they did not fulfill my expectations. Now I have a great big smile on my face and just want to bounce all the time like a bubbly cartoon character.

Now when I feel angry or resentful at a person or situation, I sit down and ask myself what my part is. I have a very honest HP who never fails to let me know. Then I can make amends if I need to. If I have trouble letting go, I turn to page 417 of the Big Book and read about acceptance. Until I accept everything as it is and not how I want it to be, I have to keep praying to my HP for acceptance. I can’t change anyone except myself.

I have worked all Twelve Steps now, and I still maintain that Step Five was the best Step I ever worked. It was a real eye-opener to the true me. It also gave me freedom, peace, and serenity. I can let go of the past and live in each minute of the day, enjoying life to the fullest.

— Julie B., Adelaide, South Australia Australia

Announcements

May 2022



May 14 & June 11
 Intergroup 9:45 am-
 ZOOM and Hybrid meet-
 ing Church of Reconcilia-
 tion, 8900 Starcrest, 78217

May 7 & June 4
 Newcomer/Welcome
 Zoom meeting 9:45
 Meeting ID: 889 6271
 3898
 Passcode: 121212

**If you need zoom
 info on meetings
 then go to page
 3. We would love
 to have you.
 Come on in. You
 are welcome to
 our meetings.
 Good luck on
 recovery.**

Fifth Step Prayer

Higher
Power,
My inven-
tory has
shown me
who I am,
Yet I ask
for Your
help
In admit-
ting my
wrongs to
another
person &
to You.

Assure me,
& be with
me, in this
Step,
For with-
out this
Step I can-
not pro-
gress in
my recov-
ery.
With Your
help, I can
do this, &
I do it.

Sense of Belonging

It's a relief to let go of my secrets and lies to myself first and foremost, to my higher power, who I call God, and to another human being so I can hear myself say it out loud. It feels like a load off. I am willing to be honest about the mistakes I have made. Although I am embarrassed about some of my behaviors and some of my inventory has been painful to face, I needed to discuss the exact nature of my wrongs with a trusted confidant. I don't feel so weird or different or less than anymore. It is actually nice to know that another human being can relate to my defects of character, shortcomings and judgmental nature. Yay!!! I'm not as bad as I thought I was or as I make it out to be! Yay!!! I'm not as unique and different as I thought either! Yay! I no longer have to judge myself so harshly! I think I'll give myself and others the grace card. We are all human and will fall short from time to time. What happiness it is to have the sense of belonging that comes from Step 5. This step validated my sense of belonging at a deeper more intimate level than only attending meetings. I am so grateful that my sponsor did not judge me for my inventory, but gently nudged me to continue to grow towards my authentic self by using the 12-steps, one step at a time and one day at a time.

-Michele D

An Honest Share

For me the fifth step is a spiritual experience for both the sponsee and the sponsor. As a newcomer, the fifth step was often on my mind as I wrote my fourth step, especially the sexual inventory. In fact, I managed to "lose" my written sexual inventory somewhere before I shared it. Bless my sponsor! She spoke with someone who had many years of recovery to see whether I needed to rewrite that part of my inventory in order to complete the fifth step. She was told that because I had actually written the inventory, I did not have to redo it to complete Step 5. I'm grateful for the way my sponsor handled the situation. I was not emotionally capable of sharing the information at that time. My sponsor did not shame me; we simply moved forward with working the rest of the steps. Based in part on this experience, I let a new sponsee know that I have a sponsor whom I can consult for guidance while maintaining both my sponsee's and my sponsor's anonymity. As a sponsor I also continue to learn through listening to a sponsee's fifth step. I feel compassion for my fellow compulsive eater who often describes behaviors similar to mine. Later, when I reflect on the acceptance I feel for my sponsee, I begin to practice giving myself the same acceptance. For me the honest sharing in a fifth step meeting plays a critical role in experiencing the "new freedom and new happiness" described in the Promises.

—Anonymous

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
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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.

2021-2022 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: 869-194-04552, 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: 898-2617-8803, PW: 111111

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: 86919404552, 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)