



Step of the Month: Step 6

Guiding principle: Willingness

“Were entirely ready to have God remove all these defects of character.”

Four years ago, I returned to OA after a three-year relapse. At 47, I weighed more than ever, but that wasn't why I returned. I came back because I had finally accepted that my way was never going to give me the life I desperately wanted. I am a compulsive overeater and a restricter and bulimic. I've been all different weights in my lifetime, but none gave me a life "happy, joyous, and free" (Alcoholics Anonymous, 4th ed., p. 133). Today, I weigh 65 pounds (29 kg) less than my top weight, but more importantly, I have an amazing life, free of the regrets and struggles that kept me imprisoned for years. Recently, I had one of those countless spiritual experiences we get in recovery. It reminded me just what it means to keep coming back. I was running along the beach and listening to an OA podcast. As a recovering bulimic, I no longer exercise to erase the damage I used to incur with food. Now, exercise is a joy and a time to connect with HP. But that day, as sometime happens, I'd become lost, spinning in fear and obsessing on something painful. Even the podcast, which minutes before had felt so powerful and inspiring, seemed flat. No longer in the present, I was in the "bondage of self" (p. 63). But program teaches actions that release me from the prison of self-will and connect me with God's will. I texted a fellow and described exactly how I felt. She replied, "Give it to God. You are a miracle. We are all miracles." So, right there, in the middle of the dirt road, I got on my knees and talked aloud to God, sharing all the crazy, scary stuff inside my head. I let the tears run and breathed in God's love. As my eyes and heart opened, I gazed at the ocean and saw countless dolphins arcing among the waves, perfect symbols of God's promise of a life happy, joyous, and free! I felt my obsession lift and fear wash away. I texted my fellow, and she replied: "God gave you a gift, and a smile." By reaching out to God and a fellow, I received the gifts of peace and serenity that only come from surrender. To that truth I keep coming back. So many times, I tried to control my food to get abstinence. I tried to clutch and claw my way through relationships and life. But effortless abstinence and freedom are not to be wished for, grabbed at, or achieved. They are gifts I receive when I become willing to come into the present with all I feel and humbly ask for help. Today I keep coming back by taking actions that bring me out of the bondage of self and into reality and recovery. Thank you, OA! Thank you, God! -Anonymous

Announcements

June 2022



June 18 & July 9

.Intergroup 9:45 am-
ZOOM and Hybrid meet-
ing Church of Reconcilia-
tion, 8900 Starcrest, 78217

June 4 & July 2

Newcomer/Welcome
Zoom meeting 9:45
Meeting ID: 889 6271
3898
Passcode: 121212

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

Sixth Step Prayer

Dear God, I am ready for Your help In removing from me the defects of character Which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & Guide me toward spiritual & mental health.

A story for you

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

A story

Abstinence to me is the key to a better life. In the beginning of my precious abstinence, I remember being amazed at how much the resolution of my difficulties relationships and life in general was tied to simply not doing the behavior of compulsive overeating. I had always thought that the resolution would be mental or psychological realm. "No," I marveled later, "It's physical—it's not practicing the behavior." It's funny that I'd never made the connection between my compulsive overeating and the despair and self-hatred I felt. Abstinence clarified that for me, as it has clarified a lot of things. Today, some fifteen years later, food and eating have become less important to me, more right-sized. My connection to food and eating will always be disordered—that's my reality as a compulsive overeater and I accept it—but it is much improved. While the disease is progressive, I believe that recovery is also progressive, and I look forward to further progress. To me, progress means more involvement in life. My ability to participate in life used to be an unfortunate casualty of my disease, but now I'm pursuing personal interests. I'm enjoying a real human life these days, rather than a mere existence to be endured. That's why I see abstinence as the key to a better life: All I have to do is look around the rooms to see the miracles in my fellows' lives. I too am one of those miracles, as I have often been told. Abstinence has given me friends, a connection to a Higher Power, the opportunity to know myself through practice of the Steps, and the privilege of being a positive force in the world and in others' lives. Most especially, it has given me the chance to wake up happy and look forward to the new day. It has also given me the gift of being able to change and grow. The value of these gifts simply cannot be calculated. I'm in my sixth decade of life now, and the future looks bright: full of spiritual and emotional growth within a community of others following the same path. How many other 62-year-olds can say that? The abstinent life is quite simply a good life. A good, good life. -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
Vice Chair: Michele D
Treasurer: Lindsay
Recording Secretary: Swann V
Communications Secretary:
Deborah A
Parliamentarian: Lea B
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.

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 7:00 PM, In Person Only, Spanish
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	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
	7:00 PM In Person Only	Graciela (210) 219-9660	Emmanuel Presbyterian Church 713 Division Ave SA TX 78225	Spanish <i>español</i> Literatura y Discusión
	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)