



Step of the Month: Step 9

Guiding principle: Responsibility

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Many times in the OA rooms, I’d heard people talk about putting themselves at the top of the list when beginning their Ninth Step amends. People said they’d punished, neglected, or mistreated themselves at least as much as they did anyone else, so self-amends were in order. I listened, but I just didn’t get it. Oh, I could run a negative script in my head and berate myself for overeating at night or buying some trigger food after a rough shift at work, but I never thought I needed to forgive myself or make amends.

Then, one day my daughter and grandkids came over for a swim in the pool where I live. My daughter wanted to use my clothes dryer after their swim. As she folded the laundry already in the dryer, she remarked, “Mom, you have got to buy yourself some new underwear. All of this stuff belongs in the trash!”

I remember feeling offended by her comment, but I didn’t say anything. I also didn’t rush out to buy any new underwear. I mean, I knew I needed new undies, and I would buy them someday. But I didn’t think I deserved anything new and nice right then, because I would buy new clothes to reward myself only when I got to whatever goal weight I had in mind at the time. Then I would deserve it. In the meantime, I would just have to suffer with the old, raggedy, frayed clothing I already had. “So there!” I thought. “Take that!”

Then I finally realized that, wow, this was punishing and depriving myself. I thought about all the years I’d bought nice clothes and done laundry for my husband and three kids.

Would I ever have let them walk around in shabby-looking clothing? No. I was always buying them new things, getting rid of the old stuff. But I didn’t believe I was good enough.

This week, I made an amends to myself. I went to a nice clothing store, not a discount place. And I bought myself a bag of new apparel in a size that fits right now, not the size I would like to be. The new stuff feels nice and looks nice. My worn-out stuff is gone. I do not need to punish myself. I am worthy and deserving.

This may not be the only amends I owe to myself, but it’s a start.

-Anonymous

Announcements



Sept 10 & Oct 8
.Intergroup 9:45 am-
ZOOM and Hybrid meet-
ing Church of Reconcilia-
tion, 8900 Starcrest, 78217

Sept 3 & Oct 1
Newcomer/Welcome
Zoom meeting 9:45
Meeting ID: 889 6271
3898
Passcode: 121212
Contact for newcomers
Lea 210-396-9295

**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.**

God grant me
the serenity
to accept the
things I can-
not change;
courage to
change the
things I can;
and wisdom
to know the
difference.

Living one
day at a time;
enjoying one
moment at a
time;
accepting
hardships as
the pathway
to peace;
taking, as He
did, this sinful
world
as it is, not as
I would have
it;
trusting that
He will make
all things
right
if I surrender
to His Will;
that I may be
reasonably
happy in this
life
and supreme-
ly happy with
Him
forever in the
next.
Amen.

A story for you

Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

I made my first direct amends a little over 4 months after my first meeting in OA four years ago. I was terrified at the thought of having to do this but, thanks to God, my sponsor walked me through the step and helped me write an outline of how I could complete the task. We reread the almost 8 pages worth of the Into Action chapter that focuses on Step 9. At the beginning of that section, I was reminded that I agreed to “go to any lengths for victory over alcohol [sugar].” So I needed to apologize for my past behavior and sweep my side of the sidewalk clean! Then the “real purpose” of this step was made clear, “to fit ourselves to be of maximum service to God and the people about us.” I really wanted that, to be of service, and understood that to get there and the 12 promises we find at the end of this section I had to make these amends, to come clean, to say I made a mistake and to say I’m sorry. The funny thing, in hindsight of course, is that the conversation took less time than my crazy imagination and in this one instance, the other person accepted my apology and today we have a much better relationship.

Today, I’m working through the steps again and haven’t gotten to S9 yet, but I’m not afraid anymore. I know the real purpose of this step and my experience reminds me that it’s doable. The Big Book also makes 12 promises that I also know are real and attainable. Thank you God for the 12 Steps and 12 promises!

-Deborah A.

9th step promises

The 9th Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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

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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:
Lea
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@oasantaonio.com	Church of Reconciliation, Brigid Room 8900 Starcrest, 78217	San Antonio Area Intergroup (SAAI)