



**Step of the Month: Step 10**  
**Guiding principle: Discipline**

Continued to take personal inventory and when we were wrong promptly admitted it.

:Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it — then you are ready to take certain steps. At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Remember that we deal with alcohol — cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power — that One is God. May you find Him now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery: 1. We admitted we were powerless over alcohol — that our lives had 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. (OVER) 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. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection. Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas: (a) That we were alcoholic and could not manage our own lives. (b) That probably no human power could have relieved our alcoholism. (c) That God could and would if He were sought.

**Announcements**



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

**Oct 1 & Nov 5**  
 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 supremely  
happy with  
Him  
forever in the  
next.  
Amen.

## A story for you

Most days, I take personal inventory at the end of the day. It helps me sleep. I inventory fears, resentments, and stressful thoughts and beliefs. Wrongs seem to stem from those. I also list gratitudes, but not the things I think I should be grateful for. Instead, I list things I actually feel glad about.

Part of Step Ten is admitting when I'm wrong. To my detriment, I don't always do that. The other day at work, I wish I'd said, "I'm sorry. You did say that, and I wasn't listening very well." And another time, "That didn't come out right. Let me try again."

I am grateful for all the times that I have been able to admit a mistake, like today, when my boss suggested doing something a different way and I agreed that her way was better. I said, "Because I'm new, I'm overly nervous, and I didn't do that well, but I'll get better—I'm more relaxed already."

She then said, "It's not the end of the world. Nothing is the end of the world." When I let go of my defenses, it frees others to be less fixed in their positions too.

I can only admit I'm wrong if I think I am wrong. I'm sure I've been wrong many times without knowing it. The space of time between being wrong and admitting to another person that I was wrong is sometimes long, like forty years, and sometimes short, like forty seconds or less. In that time, I have to 1) become conscious of what I did, 2) admit to myself I was wrong, and 3) overcome resistance to admitting it to someone else.

Sometimes I might not admit a wrong directly to the person involved "when to do so would injure them" (Step Nine). But I do tell someone else, as a spiritual practice. I believe by doing so I progress in my spiritual development.

Sometimes I don't admit my wrongs, because I'm too busy noticing other people's wrongs. What I can do about this is to continue to notice how well this works for me: whether it brings me the sense of well-being I really want. Sometimes it's hard for me to see myself, and I generally don't like being wrong. I don't like other people to point out when I'm wrong, either.

I've heard the saying "you could be right, dear" promotes marital harmony. The implication of that statement is, of course, "I could be wrong." I can see myself saying this just to keep the peace, without really believing that I'm wrong. Still, just saying the words "you could be right" will open my mind a little. Becoming more open-minded is a gift of working Step Ten.

## 10th step insight

Continued to take personal inventory and when we were wrong, promptly admitted it.

First, if you're reading this step I want to commend you because you've come a long way baby. The first 9 steps are behind you and you're on to really in recovery maintenance mode or, better yet, starting to thrive in your life.

What Step 10 of OA means to me is a reminder that we're imperfect and still make mistakes at times. Even if you have a clean bulimia recovery without relapse, there is always room for growth and expansion of our being.

I'm calling step 10 of Overeaters Anonymous the "get off it" step. This in honor of the work I've done as part of an outside Organization. I continue to work with a small group of 3 ladies (my Maoi sisters) and we call each other on our crap all the time. We come together every week and share what's going on in our lives as a means of community, personal growth and our continued expansion into greater and greater extensions of our self.

So what is "get off it"? Being "on it" means that you're holding on to being right or you're afraid to admit you're sorry to someone you've hurt. When you're on it it's sort of like you're in your corner of the boxing ring and you're not coming out without a fight. The problem with being on it is you're either looking for a fight or you're keeping yourself out of the game of life and it's costing you big time. Being on it costs you love. You withhold love and are kept from love when you're on it.

What I like about OA's step here is that they say "promptly admitted it". You see, we all stay on it for...awhile. It's sort of our defensive mechanism. That's ok if you don't want to give or receive love, but I know you do so the sooner you get off it, the sooner the love will be flowing in your life with that person again.

One of my Maoi sisters is really, really good at getting off it. She told us one time that she had a relationship with a guy she lived with where they'd play a game that they would have to both get off it no matter what before they went to bed or they couldn't go to sleep. She said they did that for awhile and then eventually moved the game to whoever could get off it fastest/first. The first one to get off it won. Ingenious! Whoever was willing to get off it got the love flowing again. I love that game.

If you read any bulimia recovery stories you'll find that recovery doesn't mean you stop growing and learning. As you play in this realm of continuing to recognize when you're on it – you've wronged someone – and you're willing to admit it and start the love flowing, you have come so far. The work from this point is to continue your ever expansion of self. I believe we are endless beings here to create our lives. It is the contrast of life – relationships, events and even breakdowns – that allows to continue to create who we want to be. Don't get yourself down if you keep finding more stuff about yourself that you want to change. As long as you look at yourself with the loving eye of Source and not through the critical eye of "I'm not good enough", then you'll continue to see the healthy, loving, wonderful person you truly are.

## 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: 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:** 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](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: 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: 875 4751 6665 PW: 412908**
- 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, <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	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
	7:00 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., <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)