



**"We are not a glum lot..."**

Alcoholics Anonymous  
pg. 132

Common reactions to their first OA meeting:

These people understand me.

I felt really loved and accepted.

This is going to be better than any of my diets.

I know I have a reading disability, but why was dog mentioned so much in the Big Book?

How can you have a pocket sized big book?

Practicing abstinence? I'm not giving up my child bearing years for anyone!

I figured I smelled because every time I said my name they said hygiene.

"The reason's are unimportant?" But why?

**Where's the freakin' diet?**

-Ken

## Relating to the Traditions: TRADITION 1

Guiding principle: UNITY

**Our common welfare should come first, personal recovery depends upon OA unity.**

What does common welfare mean for OA members? One definition of *common* is: mutually shared by all alike. We share a terrible disease of compulsive overeating. One definition of *welfare* is: health, happiness, and general well-being. In OA, our common welfare depends upon OA unity.

For many of us, recovery began when we attended our first meeting. We were welcomed, introduced to members, and included. We no longer were alone and isolated.

Personal recovery depends upon the unity of our groups. Although all groups do not have the same format, there are some common things. Beginning with the introductions of each person who chooses to do so, we then say the Serenity Prayer. There is a brief explanation of the format. The offering of desire chips and periods of abstinence chips is common, as is the reading of the 12 Steps of Overeaters Anonymous. During the meeting, members share their experi-

ence, strength, and hope.

OA groups also find unity through group conscience meetings. During this time we discuss issues regarding the format of the meeting, our guidelines, finances, literature that we agreed to purchase, and other matters relating to the group as a whole. If disagreements occur, each person has a right to express his or her opinions. As a group, we listen respectfully and speak honestly and courteously. Being open to the will of a Higher Power, the common welfare of the group always comes first. A decision is reached by a vote.

Service in OA is a necessary part of recovery. Service in OA includes regular attendance and sharing, preparing the room before the meeting and putting things back in place afterward, sponsorship, acting as treasurer or Intergroup Representative and doing service at the levels of Intergroup, Region, or World. Without this service work, OA groups

would not survive. Personal recovery would be lost. A common welfare depends upon the service of all of us.

Tradition One, like all our traditions, can also be applied to personal relationships and families. In a committed relationship, the common welfare should come first. Communication between the people in the relationship is vital for unity. For example in my relationship with my spouse, we regularly agree to have a special time together to discuss issues that affect our common welfare. Asking for the presence of our Higher Power, we speak honestly and respectfully about our needs and opinions. We listen quietly and with politeness. We can agree to compromise, we take some time to consider it, then we talk again later. In a relationship, as in OA, the common welfare of the relationship comes first.

-Sue Z.

**Happy New Year 2019**



**January**

**Announcements**

**Local:**

**Jan 5 & Feb 2**

Step of the month Meeting  
9:45 am, Church of Reconciliation, Alban Room

**Jan 12 & Feb 9**

Intergroup 9:45 am, Church of Reconciliation, Cranmer Room

**Jan 12 & Feb 9**

Newcomer/Welcome Back meeting  
9:45 am, Church of Reconciliation, Alban Room

**Out of Town:**

**Jan 18-20**

**59th Annual OA Birthday Party**

LAX Hilton  
5711 W. Century Blvd  
Los Angeles, CA 90045

**Jan 26**

**Service, Tradition, & Concepts Meeting**

1:30-5:30pm  
Chapelwood UMC  
11140 Greenbay St.  
Houston, TX 77024

## STEP ZERO DISCUSSION

I spent my early years in program at Step 0, even while sitting at the meetings. The AA slogan "You can't be too dumb to work this program, but you can be too smart" definitely applied to me. I studied and could quote the Big Book, as my weight went up and down. I understood the steps but did not work them. Talk about an Egyptian zip code (deNile)! It took losing my job (sugar fog) and considering drinking alcohol to get my attention.

I'm very grateful for Tradition 3: "The only requirement for OA membership is a desire to stop eating compulsively." As long as I was willing to fill a chair, I belonged. It was a relief to find people who understood me (better than I did myself). If I had not attended meetings and used the other tools to some degree, I would not have made it past step 0. For me part of the "new freedom and new happiness" promise in Step 9 was finding a "family" that listened to me, could HEAR me, and accepted me as I was, until my pain and their loving support enabled me to take Step 1.

-Alice G.

*"Once we become teachable, we can give up old thought and behavior patterns which have failed us in the past, beginning with our attempts to control our eating and our weight. OA12x12 Pg. 10*

## TWELVE STEPS OF OVEREATERS ANONYMOUS

**1. We admitted we were powerless over food—that our lives had become unmanageable**

# Tool Shed

## Action Plan



**Action Plan —"An action plan is the process of identifying, and implementing attainable actions that are necessary to support our individual abstinence.."** (From the OA website— [www.aa.org](http://www.aa.org))

**Members share on the tool of Action Plan:**

Action, action, READ ALL ABOUT IT.

Faith without works is dead.....the eleventh chapter in the Big Book of Alcoholics Anonymous, tells us that. What is FAITH? What is WORKS? Before I began to "work" the twelve steps, my faith was in my higher power, called food. I would never have admitted to that concept and I do not think I knew at that time, that my faith was in food. When more began to be revealed to me, I started finding my faith to be skewed and relentless in its pursuit of unhappiness. I am grateful that I listened and got a sponsor within two days of

going to my first meeting. I was told what to do. It was not suggested that I do "it", this was not a gentle persuasion of sorts. I listened and did what I was told. That was the beginning of ACTION for me. I was also told to call my sponsor as well as three other people daily. I did it. I was told to sponsor as soon as I had thirty days of sponsored abstinence. I did it. I was told to begin working the steps all the way through twelve and to have my fourth step ready to do my fifth step in two months. I did it. Then on to the sixth through the twelfth in the next three months. I did it. I did not do it alone. I was always reminded that God was at the center of all my days and assignments and that it was about God reliance, not self-reliance. That began a structured way of living in a life that was used to doing,

being, eating, ad infinitum...whatever it wanted to do. It saved my life and gave me a new way of thinking, living, and EATING.

So, today, when my sponsor asks me what my plan is for the day, I have some semblance of sanity around my "Plan of Action". My Faith entails a trust and confidence in a higher power that affords me a life sustaining knowing that "Faith without works is dead".

Action, Action, read all about it...AND THE NEXT CHAPTER IS DEVOTED to Step Twelve....SERVICE... ..SERVICE....SERVICE  
—Sharon V.

**WE NO LONGER MAKE RESOLUTIONS; ACTION PLAN IS OUR TRADITION**

## Corner - A New Way of Thinking

### Newcomer's

I do believe there is a Power greater than myself. I've come to this belief slowly over the last 19 years and I've learned how to trust this Power greater than myself with so many issues in my life. And I must admit I've grown and evolved spiritually in ways never expected. But, I didn't believe nor was I even willing to believe that there was a Power greater than my compulsion with food and my obsession with weight until a few months ago. I finally became willing to be released from the bondage of food and weight—released from the belief that it was my struggle and that I had to overcome these two demons on my own. My thoughts were that I was a weak person or that I should feel ashamed I've even had this struggle most of my adult years. This has been a heavy weight that I have carried because I believed even God would not help me in this one area of my life.

Once I was willing to give up the fight, release myself from the bondage—a door opened for me. I discovered this Power greater than myself, who loves me dearly, is also greater than my food addiction and my obsession with weight. It was as if I had walked out of one room and into another. In this new room I get to experience the miracle of God's grace; I get that it is God doing for me what I could never have done myself. It is this Power greater than myself who has the power to release me from the bondage of my compulsion with food and my obsession with weight. He has set me free and for this I am grateful.

I've come yet again to believe that a Power greater than myself could restore me to sanity.

-Dolores

## 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

### 2018-2019 Board

Chair: Lea B.  
Vice Chair: Barbara F.  
Treasurer: Becca E.  
Recording Secretary: Helen  
Communications Secretary: Mike H.  
Parliamentarian: Julene F.  
WSO Delegate: Mary Rose J.  
Region III Representative: Amanda

SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

### 2018-2019 SAAI Standing/\*Special Committees

Audio Library: Steve M.  
Archives: Barbara F.  
Communication: Mike H.  
Swan/El Cisne: Barbara D., Sharon V., Ken R., Lynn G., Dolores C., Lea B.  
Website: Mike H.  
Lifeline Rep: Richard V.

Public Information: Noe G.  
Professional Outreach: Mary Rose J.  
Meeting Info/Phone line: Sharon V.  
Welcome Back/Newcomer: Curtis M.  
\*Region 3 Convention: Elaine

12X12: Carrie H. & Richard V.  
Sponsorship Day, IDEA Day, 12 Step Within, OA Birthday, Unity Day, Slumber Falls Retreat

Literature: Valerie S.  
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)



## OPPORTUNITIES

**Host Unity Day....**  
**Either as an individual or a group.**  
**Contact Carrie H. (507)530-5115**  
**Or Richard (210)269-2878**

**Apprentice to become the Literature Chair....**  
**Contact Valerie (210)744-8800**

**Be a part of the Region 3 Convention to be held here in San Antonio March 29-31, 2019**

**There are many ways to help. The registration committee would be especially grateful to hear from you! Contact Nadine (210)387-6410 to find a place perfect for your talents.**

**Promises of service (pg. 89 AA Big Book)**  
**“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you—this is an experience you must not miss.”**

## UNITY DAY 2019

Everyone is welcome to join OA. The OA fellowship worldwide practices a unity with diversity policy. This means that we promote acceptance and inclusivity.

To honor this belief, OA worldwide holds a Unity Day Workshop every year to recognize the strength of the fellowship. At the workshop, OA members from around the world pause to reaffirm the strength inherent in OA's unity. For 2019, the Unity Day Workshop in San Antonio will be held on February 23<sup>rd</sup>. Location and time will be announced very soon!!

## TWELVE STEPS (Continued)

**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*

How does the promise of sane and happy usefulness (AA Big Book pg.130) happen? That is what the term SERVICE suggests. Our primary purpose is to carry the message to the compulsive overeater who still suffers.

When I first came to OA, I could think of no one other than ME, ME, ME. Didn't you all know I just couldn't stop eating—HELP ME! HELP YOU? That was not in my vocabulary or repertoire. I came in here for ME, I think? Then my sponsor told me to start sponsoring as soon as I had finished my first 30 days of abstinence. I did that without any sense of compassion for the person I began sponsoring. I was still all about ME, ME, ME. Through the years my heart has softened by reaching out to others.  
-Sharon

**Please consider taking on any of the service opportunities available on page 3. There are many ways to carry the message. Our Intergroup runs best when many are involved.**

## AREA MEETINGS

|                                 |                  |                              |  |   |
|---------------------------------|------------------|------------------------------|--|---|
| SUN                             | 5:00 P.M.        | Lynn G. (210)<br>240-3277    | University United Methodist Church, South Campus, Main Entrance Second Floor Room S210, 5084 DeZavala (at Vance Jackson), 78249  | Step Study / Discussion / Speaker (2nd Sun)                           |
|                                 | 7:00 P.M.        | Elaine (210)<br>332-0551     | Unity Church, 408 Gruene Road, <b>NEW BRAUNFELS</b> , 78130  | Literature / Discussion   |
| MON                             | 9:30 A.M.        | Vera C. (210)<br>494-2713    | Shearer Hills Baptist Church, North Building (Interpark Entrance) Room 128, 12615 San Pedro, 78216                               | Literature: Currently Big Book  |
|                                 | 7:00 P.M.        | Graciela (210)<br>219-9660   | La Iglesia El Divino Redentor, 2803 W. Salinas, 78207  | Literatura / Discussion   |
|                                 | <b>7:00 P.M.</b> | Ken R. (210)<br>520-3727     | St. Andrew's Episcopal Church, 6110 NW Loop 410, 78238   | Discussion— <b>PLEASE NOTE TIME CHANGE</b>                            |
| TUES                            | 5:45 P.M.        | Julene (210)<br>923-0707     | Alamo Heights Baptist Church, 6501 Broadway, 78209   | Joe & Charlie Big Book Study - Bring BB, Notebook & Dinner if desired |
|                                 | 7:00 P.M.        | Noe G. (210)<br>392-8031     | Alamo Heights Baptist Church, 6501 Broadway, 78209   | 12 & 12 Study / Discussion  |
| WED                             | 12 Noon          | Kay (404)<br>286-9169        | Unity Church of the Hill Country, Library, 1016 Jefferson St., <b>KERVILLE</b> , 78028   | Steps / Traditions  |
|                                 | 7:30 P.M.        | Barbara D. (210)<br>637-7203 | Church of Reconciliation, Brigid Room, 8900 Starcrest, 78217   | Step Study / Newcomers ' Ask It Basket                                |
| THURS                           | 12 Noon          | Mary Helen (210)<br>534-5875 | Crestholme Presbyterian Church, Room right behind church, 1602 Goliad, 78223   | Discussion  |
|                                 | 7:00 P.M.        | Richard (210)<br>269-2878    | St. Vincent de Paul Catholic Church, Room 2, 4222 SW Loop 410, 78227   | Lifeline Discussion   |
|                                 | 7:00 P.M.        | Sonya (210)<br>557-2650      | Unity Church, Life Room, 408 Gruene Rd., <b>NEW BRAUNFELS</b> , 78130  | Step Study  |
| FRI                             | 9:30 A.M.        | Gwen (210)<br>862-8211       | N.E. Christian Church, 2839 Woodbury (at Nacadoches .6 miles outside Loop 410 ), 78217   | Literature, Discussion, Speaker 2nd Fri.                              |
|                                 | 7:00 P.M.        | Dawn C. (210)<br>849-0027    | University United Methodist Church, South Campus, Main Entrance Second Floor Room S210 , 5084 DeZavala (at Vance Jackson), 78249 | Speaker / Step Study / Discussion                                     |
| SAT                             | 8:30 A.M.        | Sharon V. (210)<br>863-3338  | Church of Reconciliation Alban Room 8900 Starcrest, 78217  | Literature / Discussion   |
| <b>****MONTHLY MEETINGS****</b> |                  |                              |  |   |
| 1st SAT                         | 9:45 A.M.        | Kathy S. (510)<br>506-1756   | Church of Reconciliation Alban Room 8900 Starcrest, 78217  | Step of the Month   |
| 2nd SAT                         | 9:45 A.M.        | Curtis (210)<br>487-1683     | Church of Reconciliation Alban Room 8900 Starcrest, 78217  | SAAI Newcomer / "Welcome Back"  |

### RESOURCES FOR YOU @ WWW.OA.ORG

Phone Meetings: <https://oa.org/find-a-meeting/?type=2>

Online Meetings: <https://oa.org/find-a-meeting/?type=1>

Podcasts: <https://oa.org/podcasts/>