



Step of the Month: Step 11
Guiding principle: Awareness

“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.”

Step 11 has been an ongoing journey for me. I entered OA with what I now realize was a “God of my misunderstanding”. This childhood image was a “gotcha” God who was a perfectionist. I will admit I grew up hoping that this god wasn’t looking when I disobeyed his rules.

I wasn’t sure that my “gotcha God” would approve of OA and the Big Book, but there was something in the meetings that I wanted. At first I was “sort of working the steps on my own and as “I” understood them. Not surprisingly I did not have much abstinence or sanity during that period. After the deaths of my parents four months apart in 1981, I dropped my god and program for 2 years (and gained a LOT of weight). At the end of that period, I experienced my first honest conversation with the God of my Experience (HP). I spoke aloud in the emptiness of my dark bedroom saying, “If I have to be abstinent to talk with you, God, then I can’t talk to you because I can’t get abstinent.” I continued to pour out all my “stuff” and at the end I said something like “That’s all I’ve got and if I’m lying to myself and all I’ve just told you is a lie, then You’re just going to have to deal with it.” My sense was that HP was OK with me.

That experience with HP enabled me to return to OA and to keep working program. For example, I was VERY afraid of talking to people, and OA told me that working with others was essential to keeping my abstinence.

As I walked toward an OA member, my mind would be frantically asking HP to “get me out of the way and love this person through me.” Consistently those conversations turned out well, so I continue to use that approach. I notice, however, that when I forget to include HP in the conversation, I often find myself being very self-critical after the interaction.

A coworker once asked me how I had experienced HP that day. His question reminded me to look for and share with HP both my positive and my negative experiences. Originally I had only listed my mistakes throughout the day. That was so disheartening at the end of a long day, that I decided review the day in the morning, when I was not as tired and negative.

I do spend quiet time with HP. My body is still but often my mind is hopping from one thought to another. For me the 11th step goal is whether I’m willing to PRIORITIZE quiet time in which I can be honest with HP and LISTEN with an open mind.

— A grateful OA member

Announcements



Nov 12 & Dec 10
 .Intergroup 9:45 am-
 ZOOM and Hybrid meet-
 ing Church of Reconcilia-
 tion, 8900 Starcrest, 78217

Nov 5 & Dec 3
 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.**

Happy Gratitude to you!

I came back to OA right before Thanksgiving and I was desperate to lose weight. I kept hearing people talk about their gratitude lists and I kept rolling my eyes. I didn't see how giving thanks had anything to do with my getting healthy! I didn't understand that my attitude had to go before the pounds would! Now each day, I start with reading "Just For Today" and listing my gratu- tudes. I end the day with my daily inventory and reading "Voices of Recovery." There is more healing as I offer my grati- tudes, my atti- tudes, and my weight and my fate to my Higher Pow- er. That's Seren- ity. That's Thanksgiving. Have a Happy one!

-David

Notes from Intergroup

Discussions at the October 10th Intergroup meeting focused on ways our service body could use our current funds to carry the message of Overeaters Anonymous to the compulsive eater who still suffers. We discussed neighborhood newspaper ads, looking into public service announcements, and updating our San Antonio Intergroup website. We acknowledged that social media is a main source of information to many, especially young people. We will continue these discussions at the next SAAI meeting on Nov. 12. Please join us if you have any input or expertise in any of the areas listed above, or contact Lynn G. by phone or text at 210.240.3277 or via email at lgtelegraham@gmail.com

11th Step Prayer

Lord, make me a channel of Thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort, than to be comforted;
to understand, than to be understood;
to love, than to be loved.

For it is by self forgetting, that one finds.
It is by forgiving, that one is forgiven.
It is by dying, that one awakens to Eternal Life.

Amen.

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

2022-2023 Board

Chair: Lynn G
Vice Chair: Michele D
Treasurer: Amanda S.
Recording Secretary: Swann V
Communications Secretary:
Deborah A
Parliamentarian: Open
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Region III Representative:
Helen

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

2022-2023 SAAI Standing Committees

Audio Library: Steve M.
Archives: Barbara F.
Communication: Deborah A.
Swan/El Cisne: Chris B.
Website: Deborah A.
Public Information: Dawn C

Professional Outreach:
Mary Rose J.
Meeting Info/Phone line:
Sharon V.
Welcome Back/Newcomer:
Lea
12X12: Mike H.

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: 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, 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)