



Unity Day—is a day to celebrate the connection of all members and groups of OA to one another. It is encouraged that all members of OA take a moment of silence to express their gratitude for the OA program (from OA WSO).

Read below for some responses from your local SAAI fellows after attending the SAAI Unity Day!

I was honored to attend the pre-Unity day event today. Spending time with all my OA peeps on a Saturday morning was a very neat experience and informative time. Thanks to everyone that participated and those who planned today's pre-Unity day event. —Noe G

This Unity Day was my first. I laughed and cried. I feel so safe in OA. I feel connected after today. I look forward to many more. —Sarah

Thank you all for leading Unity Day! It was a great event, and I loved hearing the experience, strength and hope from the panel. I'm sad I missed the ask it basket, but I am sure it was fantastic too! Thank you to those who took care of all the set up and take down. — Mike



Mar 11 & Apr 8
Intergroup 9:45 am-
ZOOM and Hybrid MTG
Church of Reconciliation,
8900 Starcrest, 78217
Zoom ID: 832 224 955
Password 111111

Mar 4 & Apr 1
Newcomer/Welcome
Zoom meeting 9:45
Meeting ID: 891 6797
3011
Passcode: 111111
Contact for newcomers
Lea 210-396-9295

**New In-Person weekly
meeting beginning Friday
February 3rd at 8:00am**
Abiding Presence
Lutheran Church
14700 San Pedro
78232

A NEW IN-PERSON ONLY WEEKLY MEETING WILL BEGIN FRIDAY FEBRUARY 3.

DAY / TIME: FRIDAY'S, 8:00AM
WHERE: ABIDING PRESENCE LUTHERAN CHURCH
14700 SAN PEDRO—78232
IN THE GYM CLASSROOM SOUTH BUILDING
CONTACT PERSON: STEVE C. (210) 259-7174
LITERATURE MEETING



**Plan to attend:
Jun 09—11
SLUMBER FALLS
RETREAT**

IN LIKE A LION, OUT LIKE A LAMB

My favorite year in school? Third grade, hands down. That is the year I met Mrs. Turner. Her lessons, peppered with jingles and proverbs, informed me that “I comes before E, except after C;” “I had the same pants to get glad in that I got mad in,” and “March comes in like a lion, and goes out like a lamb.”

In like a lion and out like a lamb? That one took me a while to figure out. Well, that one and the one with the pants. But a few years of living revealed the pattern. March begins in winter and ends in spring, a glorious transition from death to life. The transition was BIG in the panhandle of Texas - WINDS blew harsh and cold to welcome March. Winds blew gentle and warm at the end. Wild winds, tossing and turning about everything in the path, so come each of us as new members into OA.

We come in like lions, roaring, fierce, angry, and looking for a fight. “What do you mean I have to find a higher power?” “This is impossible. How can I overcome a food addiction when I have to eat? To live? Three times a day?” “No way. This is too much work. I really just want to lose weight.” “How can I possibly write out the history of every resentment I’ve ever had?” “What do you mean I can never eat cake again?” “Do you really expect me to write down what I eat? AND call it in? AND be honest about it?” All the kicking. All the screaming. All the roaring.

Then. A single victory bears witness to the truth - there is an easier, softer way. We keep coming back. We get a sponsor. We act “as if.” We borrow a higher power. And then we gain some sanity. We gain some abstinence. We gain life. And we keep coming back, because we have wasted too much of life roaring.

Here is to those on the journey . May we all find the end of March.

-Jan T.

Newcomer? Returning? To consider....

OA SA Newcomer meeting, first Saturday of the month, see announcement on P. 1.

OA literature, “Where do I begin?”, available at face to face meetings, or order online at OA.org.

Research newcomer meetings at oa.org, Find a Meeting.

Tradition 3

***The only requirement for OA membership
is a desire to stop eating compulsively.***

How many times have I attended a meeting and the ONLY sense that I belonged was this Tradition—in that moment of showing up for the meeting, I had a true desire to stop eating compulsively.

I reminded myself that no matter what else I had been doing before, I belonged. No matter how much weight I had put on, I belonged. No matter what I thought others thought about me, I belonged. No matter how much the food was hurting me, no matter how life was treating me, no matter how much I was STILL trying to use food as a solution...I belonged.

Thank you, OA fellows, for always treating me as though I belonged. Thank you for showing up for meetings, hosting workshops, answering texts and calls, and showing grace, kindness and friendship when I failed, didn’t follow through, and just plain disappeared for awhile.

Today, through the power of 12 Steps, using our Tools, with a powerful and gracious Higher Power, and the San Antonio OA fellowship, I can say I am a grateful member of this program and grateful to be recovering with each of you one day of membership at a time. And the door is open—we welcome you back with open arms!

- Your OA Fellow

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.

Contact us:
Phone: 210.492.5400

Email: news@oasanantonio.com

US mail:
SAAI
PO Box 5458
San Antonio, TX 78201
Website:
www.oasanantonio.com

2022-2023 SAAI Board
Chair: Lynn G.
Vice Chair: Michele D.
Treasurer: Amanda S.
Recording Secretary: Swann V.
Communications Secretary: Deborah A.
Parliamentarian: **VACANT**
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.

Audio Library: Steve M.

Archives: Barbara F.
Communication: Deborah A.

Swan/EI Cisne: Carrie H, Interim Editor

Website: Deborah A.

Public Information: Dawn C.

Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.

Welcome Back/

Newcomer:

Lea B.

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/EI Cisne and important updates via email?
news@oasanantonio.com

News from Intergroup:

The **February 11th Intergroup** meeting continued the discussion on our focus to bring awareness to the San Antonio Area about the OA recovery program. Our suggested focus for this was to inquire into placing our information in area College/University newspapers. A member has volunteered to head up this endeavor.

Our WSO delegate presented the proposed agenda items for the World Service Conference April 25-29, 2003. Our group then voted to approve all of them.

Our Region 3 representative will be heading to Salt Lake City, Utah March 16 – 18 for the Assembly business meeting. A Region 3 convention will be held in conjunction with the business meeting March 17 & 18. The difference between an assembly and a convention is that the Assembly is business and the convention is fellowship. If you find yourself in Salt Lake on these dates, here is the link for registration: https://oautah.org/current_events/convention/

Some of our members have begun work on a policy manual for our intergroup. The goal is to have a finalized copy for review by April, so our bylaws committee can reference the proposals and make sure the policy manual and the bylaws are compatible. In May both any revised by laws and the policy manual will be up for review by all our membership. The vote to adopt these documents will be at the regular June SAAI meeting.

As always, **please contact Lynn G. 210.240.3277 or lgtelegraham@gmail.com for any questions or comments .**

TWELVE STEPS

1. We admitted we were powerless over food and 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.

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 compulsive overeaters and to practice these principles in all our affairs.



AREA MEETINGS

PO Box 5458
 San Antonio, TX 78201
 Hotline: 210-492-5400
 news@oasanantonio.com

SUN	5:00 PM Hybrid	Lynn G. (210) 240-3277	University United Methodist Church-South Campus, Main Entrance, Room S210 5084 De Zavala, 78249 Zoom ID: 193 124 988 Password: 474395	Step Study, Discussion, Speaker 2nd Sun
MON	9:30 AM Virtual Only	Vera C. (210) 494-2713	Zoom ID: 324 599 463 Password: 281	Literature: Big Book
	5:45 PM Virtual Only	David E. (830) 928-4844	Zoom ID: 715 513 8641 Password: 121212	Literature Discussion Speaker, 5th Mon.
	7:00 PM Virtual Only	Ken R. (210) 643-5309	Zoom ID: 898 2617 8803 Password: 111111	Discussion
TUES	5:45 PM Virtual Only	Julene (512) 923-0707	Zoom ID: 845 4751 6665 Password: 412908	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 Traditions, 3rd Abstinence Bk, 4th
WED	7:00 PM In Person Only	Graciela (210) 219-9660	Emmanuel Presbyterian Church 713 Division Ave, 78225	Bilingual: Español and English Literatura y Discusión - Literature and Discussion
	7:30 PM In Person Only	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) 78204	OA Literature Discussion
	7:00 PM Hybrid	Kay R. (210) 831-8079	Unity Church, Life Room, 408 Gruene Rd NEW BRAUNFELS , 78130 Zoom ID: 869 1940 4552 Password: 1111111	OA Literature
FRI	8:00 AM In Person Only	Steve C. (210) 259-7174	Abiding Presence Lutheran Church, 14700 San Pedro, 78232 Gym Classroom South Building	NEW MEETING OA Literature
	9:30 AM Virtual Only	Gwen (210) 862-8211	Zoom ID: 803 900 343 Password: 2839	Literature Discussion Speaker, 2nd Friday
	5:45 PM Virtual Only	David E. (830) 928-4844	Zoom ID: 715 513 8641 Password: 121212	Speaker & Topics Alternating Fridays
SAT	8:30 AM Hybrid	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 140 019 469 Password 111111	<i>OA For Today</i> <i>OA Voices of Recovery</i> <i>Discussion</i>
****MONTHLY MEETINGS****				
1st SAT	9:45 AM Virtual Only	Lea B (210) 396-9295	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 891 6797 3011 Password 111111	SAAI Newcomer & "Welcome Back"
2nd SAT	9:45 AM Hybrid	news@ oasanantonio.com	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 832 224 955 Password 111111	San Antonio Area Intergroup (SAAI)