



Step 4

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

Ahh Spring, I always feel a little boost of energy this time of year. With things growing and blooming, it makes me think of fresh starts and new possibilities. I also think about spring cleaning. I really DO NOT like cleaning, but when I do it, I always take a bit of time to really look at what I accomplished and enjoy it.

Looking at my first time doing Step 4, I really had a similar attitude. I thought, I am not going to like this, but I do believe there will be a great reward if I actually do this work. So, I got to work right? Not at first. I had some old foes standing in my way – perfectionism, procrastination and fear.

My answer for overcoming these familiar stumbling blocks were first, my sponsor. She encouraged me to just get started. She advised me not to think about how much I would need to write about or how much time I would need to complete it. The second thing that greatly helped me was having a template to follow, including key questions to ask myself as I worked on Step 4. This I found in the OA 12 Step Workshop and Study Guide. I really needed this guidance to look more deeply at my character defects and actually understand how they had served a purpose in my past.

Step 4 work can be hard, daunting at first, but the rewards are plentiful for the work. Be amazed by more happiness, trust, acceptance, forgiveness, and peace in our lives. THESE are rewards our Higher Power multiplies in our lives through our work in the 12 Steps. So keep coming back, it works when we work it! Happy "step"ping and happy Spring.

— Sandy S.



Apr 8 & May 13

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

Apr 1 & May 6

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

IN-PERSON ONLY WEEKLY MEETING ON FRIDAYS!

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

REFLECTIONS ON MY OA JOURNEY.....

I'm really grateful for OA. It has changed my life for the better and I feel so much happier.

My OA journey started in a doctor's office one cold January night last year. I went in to get checked out, asked them not to show me the scale, even turned around so I wouldn't see it, and saw the number written down. It was the highest I had ever been. I asked the doctor if my medication has caused it, nope. I had caused it. I knew I had to make a change and get it together. I did some Googling and found OA. No idea what it was, I imagined a bunch of people in moo-moos gathered around comparing diets saying, "Oh I lost 2 pounds on Atkins this week." Still, I had nothing to lose but weight so I gave it a shot.

My first meeting was amazing, and I was hooked. OA isn't a physical journey, but a spiritual one. The mind has to be right for the body to be right. It's been a wild year, and I am forever grateful for my sponsor, Higher Power, meetings, and the Steps. I never thought I'd be able to stick to something, but I'm forever grateful I've stuck with OA and have my one year chip. Being in OA has made me a better person.

Without OA I'm scared to think of where I would be right now. I was more excited for my OA birthday than my real birthday. I'm looking forward to the rest of the journey. —Hannah H

It Could Have Been Worse

After 34 years in OA, practicing the 12 steps, I honestly believed abstinence and working the program would surely get easier. Oh No! Not in the least. In many ways after 34 years, it gets harder and more challenging. Mainly because we get older and aging brings on a whole new set of pain and heartache. This past year I broke my left hip in January resulting in having to cancel my 70th birthday celebration in San Diego and our Anniversary Cruise to the Panama Canal. Then in May of last year, I broke the other hip, which had previously been replaced in 2000 due to a skiing accident. As a result of this accident the hardware completely damaged the muscle of the thigh which had to be pinned back together.

Being raised in an environment where sugar "healed" all pain, I thought I had to have it to get through this hellish experience. I deserved it after all the pain I suffered and having so much time in the program. I really thought that I absolutely deserved to have sugar and the distraction it provided, to get me through this difficult time in life. After all, once I was able to walk and exercise again, I could go back to working the OA program and abstinence.

There were people in my meetings who had suffered unspeakable pain and still remained abstinent. I also knew people who had been abstinent for years and then they lost their recovery or gave up. I usually never saw them again. The one thought that has stayed with me is that, if I pick up the sugar/food, the problem only intensifies and soon evolves into two unbearable problems, the original struggle with food and the guilt and remorse that come when long time abstinence is lost.

But with God's help I learned a better way. Through the Big Book and working the Steps, I got exactly what I needed to get back on solid ground in my life, my mind, my spirit, and even with the food. It was through daily prayer and meditation that I met with God and learned there is a better life without sugar and excess food. And that way leads to a new freedom along with patience, kindness and love. Thank God for this program or I know I would be dead. I am so glad I choose His way. — Mary Rose J.

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.

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.
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Communications Secretary: Deborah A.
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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:

Intergroup met on March 11th. If you have never been to a SAAI meeting, all are welcome!

Our Intergroup works to make sure our local meetings are easy to find when newcomers want more information. The more group participation we have, the better we can serve our groups.

Please ask if your group has an intergroup representative and if not, volunteer and come join us in the work we are doing to make sure SAAI is operating in the best interest of all our area groups. Intergroup representatives have a vote in this process. From the group level, to Intergroup Representative, to the SAAI Board and Committee Chairs, to those who serve at our regional and World service levels — the value of service is what many of these participants feel aids their recovery.

Upcoming World Service Business Conference April 25-29, 2023.

Some of our intergroup members are continuing work on a policy manual for SAAI. All are welcome to be a part of this process.

Do you need literature for your meeting? Do you need to deposit funds for your meeting 7th Tradition? Intergroup meeting is your opportunity to do so, in person!!

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.

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: 11111111	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	OA For Today OA Voices of Recovery Discussion
****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)