



**Step 5     Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**  
**Spiritual Principle: Integrity**

As I reflect on the 5th step and coming out of my inventory writing, I realize that many of the circumstances in life where I felt like a victim were actually created by my own choices. Imagine my surprise when I was faced with this sobering truth: I have CHOICES. When faced with a difficult circumstance, conflict, or relationship issue, I have several choices. I can choose to be miserable. I can choose to accept it. I can say the serenity prayer and ask for the courage to change what I can. And from the beginning of my time in recovery, I've steadily made choices that built the life I have today—the good, the bad, and everything in between.

So often, I fell prey to a victim mentality that kept me in a mindset of “I HAVE to...” or “I can't believe this is happening TO me...” when, all along, I really DID have choices. I used to choose toxic relationship patterns with food and people. I used to choose people pleasing over listening to my Higher Power. I used to choose to isolate myself and spend a lot of time in self-pity. But I never acknowledged those behaviors as CHOICES. I've learned to flip my mindset of, “I have to...” to genuinely thinking and believing that, “I GET to...”

Today, I choose recovery. I choose to make and follow a food plan that is healthy for my body and will help me reach my wellness goals. I choose to attend meetings and daily connect with others in community in the program. I choose to commit my life and will daily, and often perform service. I choose my higher power as the ultimate Authority in my life. I choose happiness, joy, peace, serenity, and health in every aspect of my life today.

And when I make a choice that doesn't follow this path, I will choose to love myself enough to try again, while still acknowledging and accepting that IT was a choice, too.  
 -Jordana T.

It's a relief to let go of my secrets and lies to myself, first, and foremost, to my higher power who I call God, and to another human being. I needed to hear myself say all of my fears, resentments, and defects of character out loud. It feels like a load off.

I am willing to be honest about the mistakes I have made because of the principles of the program being centered around anonymity. Although I am embarrassed about some of my behaviors and some of my inventory has been painful to face, I needed to discuss the exact nature of my wrongs with a trusted confidant. It helps to hear these truths out loud and not just in my head. I don't feel so weird or different or less than anymore. It is actually nice to know that another human being can relate to my defects of character in one way or another; and, my sponsor asked me about people that I judged harshly in a way that I was able to relate and release some of my assumptions and misgivings about other people.

I discovered a few things through working Step 5: 1) I'm not as bad as I thought I was or as I make it out to be! 2) I'm not as unique and different as I thought, either! 3) I no longer have to judge myself so harshly! As a result of this step, I think I'll give myself and others the grace card. We are all human with a “limp in our walk”; and we will all make mistakes from time to time. It has truly been a source of happiness to receive the sense of belonging that comes from Step 5. I am so grateful that my sponsor did not judge me for my inventory, but gently nudged me to continue to grow towards my authentic self by using the 12-steps, one step at a time and one day at a time.  
 -Michele D.



**May 13 & June 10**  
 Intergroup 9:45 am-  
 ZOOM and Hybrid MTG  
 Church of Reconciliation,  
 8900 Starcrest, 78217  
 Zoom ID: 832 224 955  
 Password 111111

**May 6 & June 3**  
 Newcomer/Welcome  
 Zoom meeting 9:45  
 Meeting ID: 891 6797  
 3011  
 Passcode: 111111  
 Contact for newcomers  
 Lea 210-396-9295

**Jun 09–11**  
**SLUMBER FALLS**  
**RETREAT**  
**OASANANTONIO.COM/**  
**ANNOUNCEMENTS**

**NOMINATING COMMITTEE—CAN YOU SERVE?**

**OPEN POSITIONS:**  
**BOARD—PARLIAMENTARIAN**

**COMMITTEES**  
 12 & 12, AUDIO-VISUAL,  
 NEWCOMERS, THE SWAN

**CONTACT:**  
 SWANN  
 SWANN@HDVENTERPRISES  
 .COM

SONDRA  
 REVSONDRA@GMAIL.COM

## REFLECTIONS ON MY OA JOURNEY....

Happy May. My first thought after hearing the topic was to remain teachable. What worked last week, month, or year may need a tweak today. Operating at 45%, I need many tweaks, but tell my brain that. My brain's response is, "No! I must keep doing everything the same to hold onto my recovery!" I was doing too much, and this health issue season made me aware of that loud and clear. At the beginning of working the steps with a sponsor, engulfing myself in the program was best. I listened to several meetings daily and held service positions to stay out of my stinking thinking.

Now, thanks to OA, my life has grown. Making the program my number 1 priority is better understood over time. It doesn't mean a meeting or service every second. It means taking what I have learned in the rooms to live my best life outside it. Practice the principles in all my affairs imperfectly. This includes accepting that I need more rest which is my healing activity. Talking even more to my Higher Power (HP), as I need more silence. Working on balance by doing less yet continue doing my HP's will. This led me to share my story more times during this rough health period than in the past four years. Really HP?

My reflection is that I still don't know what is best for me, so I keep turning it over to my HP. When I take it back, do a 10th step, or get into the stinking thinking, I continue using OA to practice unending, unconditional love and support. Again, I am learning that this program still works on modified duty and with a modified style. I experienced the promises at different points in the journey, and the best is yet to come, as a good buddy reminded me.

-Elle

P.S. It is funny how much I appreciate hitting bottoms due to OA because I know my willingness to rely on my HP will outweigh the fear. That last bottom with compulsive overeating has done wonders.

### I'm Living life on life's terms - Abstinely

When I stop and think about how chaotic my life was a few years ago, versus today, I am in awe. I realize that miracles are real. Getting abstinent, going to meetings, working closely with my sponsor and doing the steps has transformed my life forever - I am not the same person I used to be. God keeps working this magic on me - it's that same magical power that flows through the tiny green fuse of a flower. There's definitely something out there!

I was asked to write this a couple of months ago, and yesterday was the deadline - why do I still procrastinate? So much in my life I have learned to do now because there may not be a later- I have to live my life now! I have to make that call now! I have to give love now! I have to remember to be still, breathe, and give love- not advice. Today I have a life worth living, as opposed to the morning of September 27, 2010 when I wanted to end it all after gaining a bunch of weight once again. But thank God for that bottom—thank God for Google, thank God for the love I received at my very first meeting and thank God for OA!

I'm sure you guys have heard it before, but when Michelangelo was asked how he created the statue of David out of a big ol' block of marble, he simply said he just kept chipping away what was NOT him; and that is what God keeps doing with me - one day at a time, one moment at a time, breathe, now go help somebody!

Because of OA I am closer to me than I've ever been before. Kindness always trumps wisdom. And finally, it is our weakness not our strengths that binds us to each other and to a higher power and somehow gives us the ability to do what we could never do alone- God I love OA!

- Random thoughts from Curtis ♥

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](mailto:news@oasanantonio.com)

US mail:  
SAAI  
PO Box 5458  
San Antonio, TX 78201  
Website:  
[www.oasanantonio.com](http://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/El 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.

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)

## News from Intergroup: April 8

Registrations for Slumber Falls are steady and a scholarship request has been granted.

The World Service Business Conference will be held at the end of April. We look forward to hearing about all the goings on from our delegate Ron J. who will be attending.

A nominating committee was named and they will be encouraging many of you to come and be a part of SAAI. Please answer the call.

Work continues on creating a Policy Manual as a way to clarify and augment our bylaws. A bylaws committee has been established and will begin the review process of our current bylaws.

**A special thanks to Steve M.** for his work on the Audio Library for the past 5 years. Steve has created 2 CD libraries, one housed with the Saturday 8:30am group at Church of Reconciliation and the other at the Sunday 5:00pm meeting at University United Methodist Church. Anyone can borrow the CD's to listen to and return. He has also made the recordings for which he could get permission available on our website, [oasanantonio.com](http://oasanantonio.com). Thank you for your service Steve!

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 [lgtelegra-ham@gmail.com](mailto:lgtelegra-ham@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 <b>NEW BRAUNFELS</b> , 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	<b>NEW MEETING</b> 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
<b>****MONTHLY MEETINGS****</b>				
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)