



Step 1: We admitted we were powerless over food - that our lives had become unmanageable.

Spiritual Principle: Honesty

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle: Unity

To my OA Fellows.... An image of my recovery.

In this first month of a new year, I invite you to join me in “imagining” a picture of our recovery.

Recently, I heard a friend describing a pot which her plant was in, and how the pot was damaged - chipped and breaking - and how the plant was not healthy. It had outgrown the pot, and the plant was failing to grow and thrive in the old pot with its old soil.

That description evoked a strong image in my mind, and I found myself drawing an analogy of me as the plant, and the old, damaged pot as a representation of my life before recovery. It was a powerful image and idea. I could see my wilting spirit, and how my life was not thriving, but struggling in the “pot” of my lifestyle and thinking.

I could also see myself today, with the “pot” being representative of an old idea or action which my Higher Power shows me no longer serves me, but keeps me from thriving in my life.

In my mind I could also see a hand, the hand of my HP, who lovingly removes me from the old pot and introduces me, the plant, into a new, larger pot. The HP hand adds new soil (my foundation of 12 Steps and OA Tools and literature). Then HP puts me in a window to take advantage of the sun, required for my growth (daily fellowship with others, prayer, meditation, use of Tools). Then HP waters me regularly (meetings, workshops, conventions).

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Jan. 13, Feb. 10, Mar. 9
Intergroup 9:45 am
ZOOM and Hybrid MTG
Church of Reconciliation,
8900 Starcrest, 78217
Zoom ID: 832 224 955
Password 111111

Feb. 3, Mar. 2
Newcomer/Welcoming
Zoom meeting 9:45
Meeting ID: 891 6797
3011
Passcode: 111111
Contact for newcomers
Anne 512-922-2178

Sep. 20-22, 2024
Annual Retreat at
T-Bar-M in New
Braunfels.
More info on pg. 3.

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oasanantonio@gmail.com

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I begin to see how this new pot fits me! I see and feel the caring hand of my HP - tending to me, the plant. I see my growth, health, and purpose. In my transplanted environment of 12 Steps and with OA Tools, I am changing, growing, thriving.

As I think about this image/picture, I am filled with hope. I have been given the required elements for a thriving life. In *For Today*, January 1, it says, "The best time to give up my will, my old ideas, my defects is any time I am ready to grow." And January 3, *For Today*, says, "Compulsive overeaters recovering in OA have reason to believe in the power of hope....a life-sustaining force that motivates us to keep going. Hope brought me to Overeaters Anonymous." And, "The joy of life today is in the constant flowering of hope." Yes, may I turn over my will (thoughts and actions), and embrace the power of my HP and the OA fellowship and principles, because I have experienced the "life-sustaining force" of 12 Steps.

I pray for myself and you, my OA fellows, and our life as a "plant" today - to take in all the elements offered by HP, 12 Steps, OA Tools and fellowship, for a day of thriving with peace and purpose.

Blessings for the day and year ahead.

Your fellow plant,
Carrie

TWELVE STEPS

1. We admitted we were powerless over food - that 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.

PLEASE NOTE: The email address to send news, announcements, and requests to SAAI has changed.

Please use: oasanantonio@gmail.com to contact the SAAI now.

RESOURCES FOR YOU @ WWW.OA.ORG

- ⇒ **For the Newcomer: Are you a compulsive overeater?**
- ⇒ **List of meetings around the world**
- ⇒ **Frequently asked questions**
- ⇒ **Sign up for the *A Step Ahead* newsletter**
- ⇒ **Document library with a wealth of information on variety of topics**
- ⇒ **Podcasts, virtual meetings, and phone meetings**
- ⇒ **Lifeline: Stories of Recoveryand much more. Check it out to get your questions answered, find out what is going on with OA around the world, and get a program boost!**

Have an idea for The Swan/El Cisne? Want to contribute content for an upcoming issue?
Contact us at: oasanantonio@gmail.com or desiree.mcgarvey@gmail.com.

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.

2023-2024 SAAI Board

Chair: Lynn G.

Vice Chair: Michele D.

Treasurer: Amanda S.

Recording Secretary: Swann V.

Communications Secretary: Deborah A.

Parliamentarian: Mary Lou A.

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.

2023-2024 SAAI Standing Committee

Communication: Deborah A.

Swan/El Cisne: Desiree M.

Website: Deborah A.

Public Information: Dawn C.

Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.

Welcome Back/Newcomer: Anne A.

12 X 12: **OPEN**

Archives: Barbara F.

Literature: Barbara F.

OA and AA literature can be ordered and picked up at Intergroup meetings.

Place literature order at: osanantonio@gmail.com

NEWS From Intergroup December:

We are still in need of a 12X12 Committee chair.

We are in need of a host for Unity Day on Saturday, Feb. 24, either in person or online.

OA SAAI needs representatives from each meeting. If your group does not have an Intergroup meeting representative, please ask someone to volunteer. Intergroup meetings are the 2nd Saturday of each month, only last an hour or less, and are hybrid so the representative can attend virtually if desired. Service keeps us slender and OA needs each of us!

Other news about upcoming events:

OA Unity Day is Saturday, Feb. 24.

SAVE THE DATE: Our annual retreat formerly held in June at Slumber Falls will be held Sept. 20-22, 2024 at T Bar M in New Braunfels. Recruiting for committee. FMI Contact Ron J. (858) 688-3579. Here is the link for registration: <https://form.jotform.com/220766936948170>

By-laws committee is working to update the SAAI By-Laws. Contact Lynn G. (below) if you want to participate but are not receiving the meeting emails. Next meeting is Jan. 11 at 7:00pm. For Zoom use SAAI meeting credentials.

Please contact Lynn G., Chair, at 210-240-3277 or lgtelegraham@gmail.com with questions or comments.

More Information about Service Opportunities:

SAAI is committed to supporting our local area groups and carrying the message of OA recovery. Everyone is welcome to attend the monthly SAAI meeting held the 2nd Saturday of the month (see page 1 for details). Each area group is asked to send a representative. We would love to see each group being represented. This is a great place to start with a service commitment.

SAAI also has several standing committees (see above). The committee chairs keep our organization's many activities running smoothly. We are currently seeking a 12 X 12 Committee Chair. Our 12 X 12 Committee oversees the larger gatherings for our area.

Hope to see you at the upcoming SAAI business meetings on Saturday, Jan. 13, Feb. 10, & Mar. 9.

TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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: 231 592 8774 Password: 111111	Discussion
TUES	5:45 PM Virtual Only	Julene (512) 923-0707	Zoom ID: 875 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	OA For Today OA Voices of Recovery Discussion
****MONTHLY MEETINGS****				
1st SAT	9:45 AM Hybrid	Anne (512) 922-2178	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	oasanantonio @gmail.com	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 832 224 955 Password 111111	San Antonio Area Intergroup (SAAI)