



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

The spiritual principle associated with this step is **Honesty**.

2025-2026

San Antonio Area Intergroup - Service Board

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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 represent the OA groups from which the Intergroup is formed.

Inside this issue

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Reflections - No One Wants to Admit They are
Powerless Over Food.
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Meeting Schedule (latest)

Next Meetings

July, Intergroup 9:45am
Hybrid Meeting
Church of Reconciliation, Youth Room
8900 Starcrest, 78217
Zoom ID:2024111960
Password: OASAAI

August 1st - Open Exchange Q&A Zoom Meeting 9:45am
Meeting ID: 2024111960
Passcode:OASAAI

Contact for Open Exchange: Lyn G. 210.240.3277

Upcoming:

Sponsorship Workshop Saturday, August 15
Madison Square Presbyterian Church, San Antonio.
The workshop is hosted by the Thursday noon meeting. Please add this date to your calendar! And please also announce this event at your meetings.

Sponsorship Day Planning Meeting, Saturday, July 11 at 1pm.
If you can attend or help with the even, please contact Graciela at 210.219.9660. She will provide details for the location for the planning meeting, July 11th.

Member Share: Aspects of My Past

It wasn't until my 4th step that I worked with other aspects of my past. I had to come clean even if it hurt. There were topics that I was embarrassed to disclose, but my sponsor gave me the unconditional love I needed to feel secure and I knew that she was going to be nonjudgmental and that there was nothing that I would say that would scare her away. I even gave her a letter that I wrote in 2020 about my ex-husband. I did not feel comfortable giving it to just anyone. I had to be truthful even to myself. It was then when my struggling to become abstinent for 10 years disappeared. Even if my HP (God) knew all my past and all my secrets, I had to give it to someone special: my sponsor. It was then when I was able to forgive myself and I found a new way of living, found program and the 12 steps and 12 traditions of OA.

- Christina P

No fue hasta mi cuarto paso que trabajé con otros aspectos de mi pasado. Tenía que ser honesto aunque doliera. Hubo temas que me daba pena revelar, pero mi madrina me dio el amor incondicional que necesitaba para sentirme segura y supe que ella no iba a juzgarla y que no había nada que yo diría que la asustara. Incluso le di una carta que escribí en 2020 sobre mi exesposo. No me sentía cómodo dándoselo a cualquiera. Tenía que ser sincero incluso conmigo mismo. Fue entonces cuando desapareció mi lucha por la abstinencia durante 10 años. Aunque mi HP (Dios) supiera todo mi pasado y todos mis secretos, tenía que dárselo a alguien especial: mi patrocinador. Fue entonces cuando pude perdonarme y encontré una nueva forma de vivir, un programa y los 12 pasos y las 12 tradiciones de OA.

- Christina
P



<https://www.clipsafari.com/clips/o173180-swan-in-water>

Editor's Corner

Welcome to this issue of the Swan. I am Jo Anne B., the new editor for the Swan. I would like to thank Elaine for the wonderful work she has done on the Swan. In this issue I used with permission articles from Lifeline. However, going forward, I would love to continue hearing the experience, strength and hope of local voices. So I ask you to consider sharing on a greater level — submit your experience, strength and hope to the Swan.

Don't worry about the words, or the format, I will take care of it. The most important thing to all of us is that we share with each other not only the struggles but the triumphs of our wonderful program.

Please send anything you would like to share - a short essay, a drawing, your favorite saying, anything and everything is very powerful when it comes from you.

Please send your share to my email. jmacapple88@gmail.com and I will find a place for you in the Swan.

Birthday Corner

Let's celebrate birthday milestones! Please send in your birthday to the Swan and we will congratulate you here.

jmacapple88@gmail.com

Thank you for letting me do this service.

Sincerely,

Jo Anne B.

Writing Opens the Door

Writing is a Tool I use to access my feelings. It sometimes opens the door to emotions I didn't know I was experiencing. I'm not sure how or why that happens, but I know I get a clarity from writing that I don't get by trying to sort ideas out in my head or even by talking about them.

I write a daily Tenth Step inventory, which lets me see my character defects in black and white. There's an honesty about it that sometimes eludes me in my simple thinking process. With the clarity that comes from seeing things on paper, I can take hold of the next amends I need to make or address a character defect that the writing process has brought to light. Writing helps me clear away the wreckage from my past—both the near and the far.

Others in OA have clearly benefited from writing as well. I recently read a Lifeline story that dealt directly with one of my most glaring character defects and the way it manifests itself. I immediately called my sponsor to talk about it, because the story specifically addressed work I'd recently done on my Sixth and Seventh Steps. My recovery has thus been enhanced by other program people who are brave enough and willing enough to share their thoughts in writing.

I can't argue with success. I've become a firm believer in writing as an excellent Tool of Recovery
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Anonymous. (2022, March 16). *Writing opens the door - lifeline*. Lifeline. <https://lifeline.oa.org/writing-opens-the-door/>

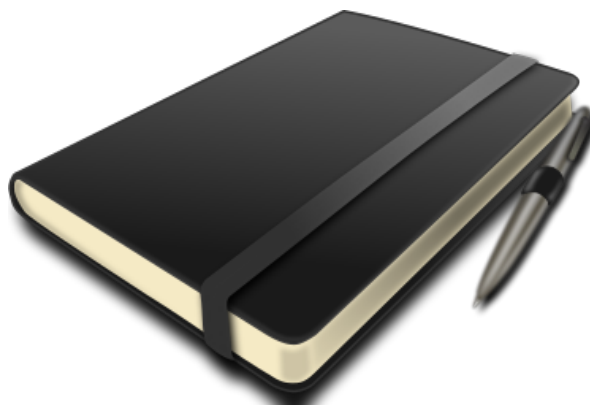
5 ways you can carry the message . . .

1. If you shared your experience, strength and hope in a meeting, why not put it in writing and share it in the intergroup newsletter?
2. Journaling with your sponsor on the steps or traditions? Why not share it anonymously in the newsletter?
3. Read a good piece of OA literature? Please share a review of how it helped you with the program!
4. Are the tools helping you? Please share how one of the tools has strengthened your program.
5. Promises coming true in your life give hope to others who are suffering.

Articles are needed by the 15th of the month preceding publication.

Any length accepted in these formats: word documents, emails, google docs, PDF and texts.

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<https://www.clipsafari.com/clips/o26776-notebook>

Reflections: No One Wants to Admit They are Powerless over Food

November 15, 2024

My name is Maddie. I have been in OA and abstinent for one week. I am doing daily writing on Step One, and my sponsor suggested I send some of what I've written to Lifeline because no one wants to admit they are defeated or powerless.

It's terrible to admit that we've acted in a way that has brainwashed us and led to a destructive obsession with food, so much so that only God can take it away from us.

However, once in recovery, we can see that this form of defeat is in fact surrender and that there is a way to become strong and free. We can see that this very act of surrender is the foundation with which we can build a better life.

But until we are ready to admit defeat, our abstinence will be on shaky ground; it has been proven over and over again.

At first, we may still be willing to fight our addiction and believe we can conquer it with our own willpower, even though the steady worsening of our addictive behaviors around food show us we are not winning the battle.

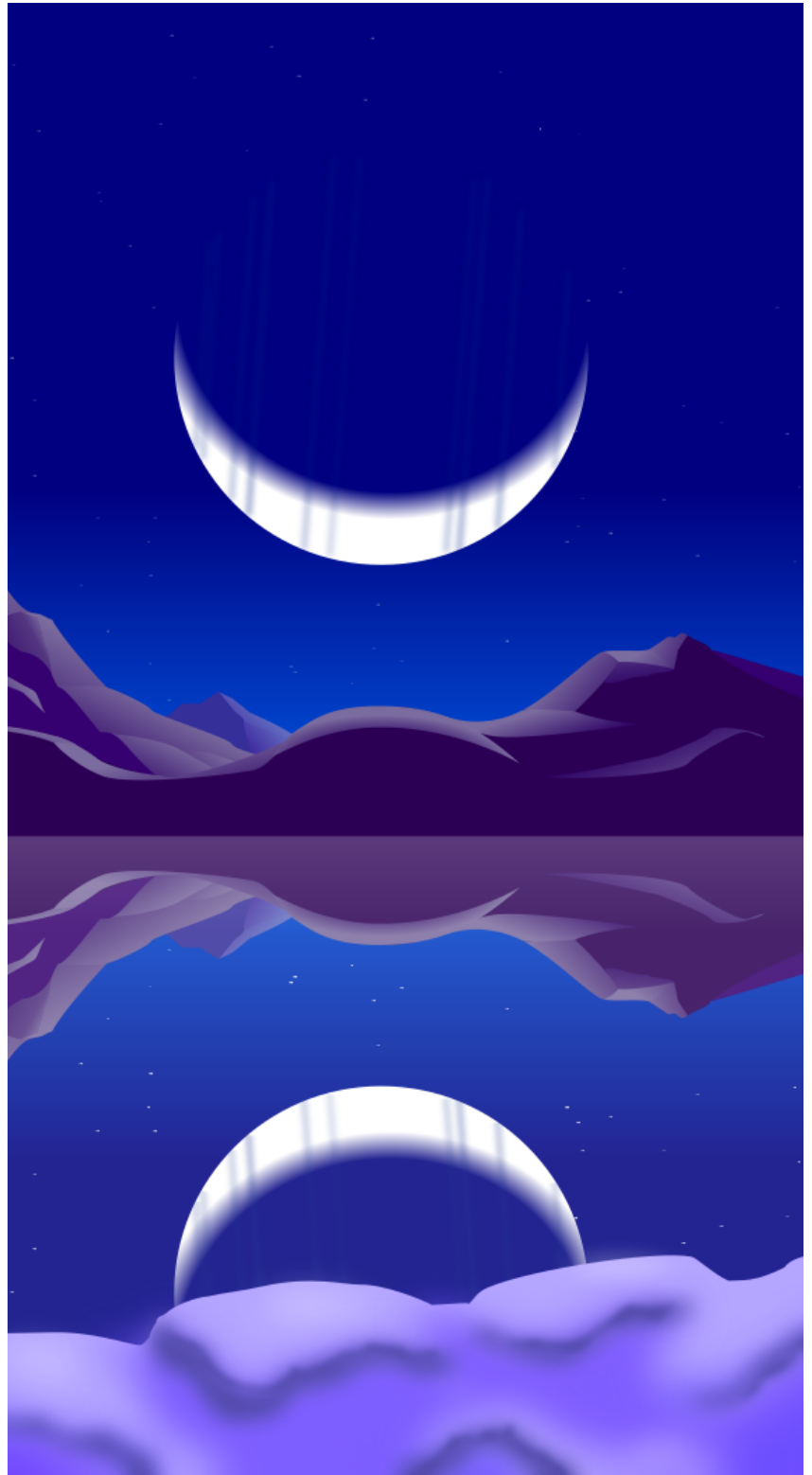
It is important to pass on the message of recovery, to be an example, not a preacher. To help not only those who are in total desperation—because they may be more likely to reach out and find help as their very last hope—but to also reach others who are seemingly “coping with life” yet are fully in the grip of their overeating disease. If the seed is planted, these people will often come back when the time is ripe.

The lengths we need to go to and the Steps we need to take may be simple but they are not always easy, and no one would want to take them if they didn't have to. The key is each person who begins recovery needs to realize we do have to do these things in order to keep ourselves alive and have lives worth living.

—Maddie, United Kingdom

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Maddie. (2024, November 15). *No one wants to admit they are powerless over food - lifeline*. Lifeline. <https://lifeline.oa.org/no-one-wants-to-admit-they-are-powerless-over-food/>



<https://www.clipsafari.com/clips/o272915-crescent-moon-reflection>

Meeting List

Daily List

Sunday to Saturday	6:00am Virtual Only meeting	OA Rep (321) 754-6957	Zoom ID 2024111960 Password OSAAI (the last letter is capitol I)	OA-approved literature and short unguided meditation
Sunday	5pm Hybrid	Lynn G (210) 240-3277	University 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.
Monday	9:30am Virtual Only	Vera C (210) 414-3959	Zoom ID: 324 599 463 Password: 281	Literature: Big Book
	10AM in person only	Graciela M. (210) 219-9660	Impacto Community Center 211 N. Park Blvd. San Antonio 78204	Bilingual: Español and English Literatura y Discusión Literature and Discussion
	5:55pm Virtual Only	David E. (830) 928-4844	Zoom ID: 893 8219 6552 Password: 271301	Discussion: Big Book and OA Literature
Tuesday	7:00pm In Person Only	Curtis (210) 487-1683	Alamo Heights Baptist Church, 6501 Broadway, 78209	Steps, 1st Tuesday, Big Book 2nd Tuesday, Traditions, 3rd Tuesday, Abstinence Bk. 4th Tuesday
Wednesday	7:00pm 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
Thursday	12:00pm In Person Only	Deardra (210) 391-1628	Madison Square Presbyterian Church, 319 Camden St. San Antonio, 78215. Parking lot off of Lexington Ave	Literature: Big Book

Meeting List, Cont.

Thursday	7:00pm Hybrid	Madeline (210) 415-3047	Unity Church, Life Room, 408 Gruene Rd. New Braunfels, 78130 Zoom ID: 869-1940 4552 Password: 1111111	OA Literature
Friday	8:00am In Person Only	Steve C. (210) 259-7174	Abiding Presence Lutheran Church, 14700 San Pedro, 78232 Gym Classroom South Building	OA Literature
	9:30 am Virtual Only	Gwen (210) 862-8211	Zoom ID: 803 900 343 Password: 2839	Literature and Discussion, Speaker 2nd Friday
	5:55pm Virtual Only	David E. (830) 928-4844	Zoon ID: 893 8219 6552 Password: 271 301	Abstinence Focus with Literature and Discussion
Saturday	8:30 am Hybrid	Ken R. (210) 643-5309	Church of Reconciliation Alban Room 8900 Starcrest 78217 Zoom ID 202 411 1960 Password:OAS AAI	OA Today OA Voices of Recovery Discussion

Monthly Meetings				
1st Saturday	9:45am Hybrid	Lynn G. (210) 240-3277	Church of Reconciliation Alban Room, 8900 Starcrest, 78217 Zoom ID: 2024111960 Password: OASAAI	OA Open Exchange Q&A Meeting Newcomers, Professionals, Current OA members are all welcome
2nd Saturday	9:45am Hybrid		Church of Reconciliation Alban Room, 8900 Starcrest, 78217 Zoom ID: 2024111960 Password: OASAAI	San Antonio Area Intergroup (SAAI)