

## A Zest for Living – Rozanne S.

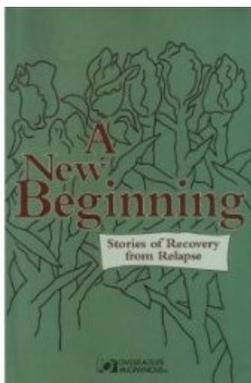
*“During my initial recovery thirty-one years ago, two later relapses and my current recovery in OA, I learned that life doesn't have to be full of tears.”*

A new day was beginning. The early morning sky was blue; the breeze felt fresh and crisp. Suddenly my phone rang. "Oh, Rozanne!", the caller cried. "What shall I do? I've been in and out of OA for twelve years, but I only have one foot in the OA door. Meetings are so boring; eating plans are confusing. I still have 20 pounds to lose, but I don't seem to be able to do it. I'm not really happy inside. How do you maintain your enthusiasm about OA and the program?"

How indeed. This was a serious, thought provoking question. What happens to us after we've been in OA for a period of time? Is inventory-taking becoming too much trouble? Does our prayer and meditation time grow stale? Is our carefully crafted food plan turn into the same old thing each day? Is it easier to go to a movie than a meeting? Do the speakers all begin to sound alike?

Sometimes we find ourselves resting on our laurels. Maybe we've

been at a normal weight for quite a while. Family relations may be smoother. Our job situation is finally stable. The threat to our health from overweight is diminishing. We no longer overreact to every little thing. OA becomes one same old happening after another.



What happened to that pink cloud feeling we had as newcomers? It was so exciting; everything was new and hopeful. Recovery could be ours! Where did that euphoria go? Perhaps we can't maintain that ecstatic newness forever, but we can find something better – a joyous appreciation of life without excess food.

What steps can we take to maintain a zest for living no matter how long we've been in OA, no matter what life throws at us?

First we must remember what it was like during the depths of our overeating. Hopelessness and despair were our constant companions. Frustration and rage overwhelmed us. Life scarcely seemed worth living.

Next we must realize that, with God's help, our dark past is our greatest possession—the key to maintaining our own happiness while bringing joy and peace of mind to others. We must share our experience and talk about our recovery honestly. Let's give other overeaters hope that, if recovery happened to us, it can happen to them.

Each day we must make an effort to "act as if." As we go about our daily activities, we smile.

— Continued on Page 2

**April 2016**

### Announcements

**April 2 & May 7**  
9:45am Step Study,  
Church of Reconciliation

**April 9 & May 14**

9:45am Intergroup,  
Church of Reconciliation

10am Newcomer/  
Welcome Back,  
Church of Reconciliation

**May 21**

Speaker Meeting,  
6pm, Abiding Presence Lutheran  
Church, 14700 San  
Pedro, 78232

**Spring 2016**

Region III Convention  
& Assembly,  
April 15-17, 2016,  
Abilene, TX

**June 10-12, 2016**

Slumber Falls Retreat, <http://oasanantonio.com/events.html>

**Sept 1-4, 2016**

2016 World Service  
Convention, Boston,  
MA

start over  
TODAY

*"I can be gentle with myself where my feelings are concerned and firm with myself when it comes to my daily food intake."*

## A Zest for Living - Continued from Page 1

When someone asks, "How are you?" we answer "Fine." This is not intended as a denial of our feelings. Rather the very act of affirming we are okay banishes self-pity and makes us feel better. A positive life becomes a reality.

This doesn't eliminate the need for inventories, for clearing away the wreckage of the past and sweeping up the emotional debris of the present. What this attitude does engender is the feeling of "my glass is half-full" instead of "what's the use—my glass is half-empty."

Most important of all, before rushing into each new day, let's center ourselves with the Higher Power of our choice. According to the Third Step, we make a decision to turn our lives and our wills over to the care of God as we understand God. What a relief!

Now we can relax and enjoy life. In the end that attitude is what this program is all about.

During my initial recovery thirty-one years ago, two later relapses and my current recovery in OA, I learned that life doesn't have to be full of tears. I don't have to be a victim of my past. I can take responsibility for my present and approach my future with anticipation and excitement.

I can be gentle with myself where my feelings are concerned and firm with myself when it comes to my daily food intake. Being at a normal weight is terrific; enjoying life each day is a positive challenge.

Recovery is a journey, not a destination. Let's take that trip together. The "Road of Happy Destiny" mentioned in the "Big Book" can be trudged, but it can also be walked, skipped and run. How do you want to live the rest of your life? The choice is yours.

— Reprinted from *A New Beginning: Stories of Recovery from Relapse*, 1998.

### Recovery from Relapse Resources

[Breaking Out of Relapse video](#)

[Recovery from Relapse podcast](#)

[Welcome Back podcast](#)

[Been Slipping and Sliding writing tool](#)

[Starting Over Again—A Life-line article](#)

*A New Beginning: Stories of Recovery from Relapse*—available in paperback from SAAI Literature Chair or in paperback and e-format at an online retailer

## Newcomer's Corner

I joined OA about 3 years ago. It's been quite the journey so far. I'm slowly, imperfectly, and gradually transforming the way that I think and the way I react to life....In the beginning of my recovery, my sponsor encouraged me to do gratitude lists....I list five or ten things that I have in my life that I am grateful for. Sometimes I say my list out-

load, as I commute to work, sometimes I email my list to my sponsor, and recently I have been texting them to a girlfriend. When I do this simple exercise, I focus on all the beautiful things I have in my life. I realize how truly blessed I am instead of focusing on what I don't have. It shifts my focus from looking at what I am missing and reminds me

of the things that I have. As by miracle, I feel full, content. I realize how blessed I am. It always lifts my mood.

—Anonymous, *OA Sea to Sky Intergroup (Vancouver, BC, September 28, 2015, adapted)*



## 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.

SAAI can be reached in the following ways:

www.oasanantonio.com  
Phone: 210.492.5400  
Email: oasanantonio@gmail.com  
US mail:  
SAAI  
PO Box 5458  
San Antonio, TX 78210

### 2015-2016 Board

Chair: Lynn G.  
Vice Chair: Mark S.  
Treasurer: Lindsay H.  
Recording Secretary: Oralia L.  
Communications Secretary: Elaine L.  
Parliamentarian: Susan D.  
WSO Delegate: Mary Rose J.  
Region III Representative: Curtis M.



**“Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship...”**  
— Tools of Recovery

## SAAI Standing Committees

SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

### 2015-2016 Committees

Audio Library: Laura E.  
Archives: Barbara F.  
Communication: Elaine L.  
Swan/EI Cisne  
Website  
Public Information/  
Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.  
Literature: Valerie  
Lifeline Rep: Deandra S.  
12 & 12: Ron J.  
Sponsorship  
IDEA Day  
Unity Day  
Slumber Falls  
Welcome Back/Newcomer: Karen

OA and AA literature can be ordered and picked up at Intergroup meetings.  
Place literature order at: oasaliterature@gmail.com

**Want to receive The Swan/EI Cisne via email?**

[saoaswan@gmail.com](mailto:saoaswan@gmail.com)

**“Action entails major Step work – working with a sponsor and processing the defects encountered.”**  
**April 1, Voices of Recovery**

## Resources

Registered telephone meetings are a courtesy to OA members. Each meeting is autonomous. Some meetings choose to record all or part of a meeting for available playback at a future time. By accessing and using this information, a member agrees he or she has been notified that a telephone meeting may be recorded. A member has the option of listening without speaking; and/or if participat-

ing vocally, have the option of using one's own name, a fictitious name or none at all.

OA Online and Phone meetings:  
<https://www.oa.org/membersgroups/find-a-meeting/>

OA Podcasts: <http://www.oa.org/oapodcasts/>

Los Angeles Virtual Speakers:  
<http://www.oalaig.org/speakers-podcasts/oa-speakers.html>

Integrity is making sure that the things you say and the things you do are in alignment.

## The Meet Up

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church Main Entrance Second Floor, Room 210 5084 De Zavala (at Vance Jackson) 78230	Step Study/ Discussion and Speaker (2nd Sun)
	5:00 P.M.	Carol M. (830) 591-4442	First Baptist Church, <b>Uvalde</b> 220 H. High St. (Fellowship Hall)	Big Book, Literature
MON	9:30 A.M.	Laura (210) 475-1164	Shearer Hills Baptist Church South Building, Room 128 12615 San Pedro 78216	Literature: Currently Big Book
	7:00 P.M.	Graciela (210) 219-9660	La Iglesia El Divino Redentor (la casa en frente de la iglesia—por favor entrar por la puerta del costado)	Literatura/ Discussion
	7:30 P.M.	Ken R. (210) 520-3727	St. Andrew's Episcopal Church 6110 NW Loop 410 78238	Discussion
TUES	7:00 P.M.	Noe (210) 392-8031	Alamo Heights Baptist Church 6501 Broadway 78209	12 & 12 Study/ Discussion
WED	12:00 P.M.	Sharon (830) 899-5810	St. Andrew Lutheran Church, Library 7420 FM 2673, Canyon Lake 78133	Discussion
	7:30 P.M.	Barbara D. (210) 637-7203	Church of Reconciliation, Brigid Room, 8900 Starcrest 78217	Step Study Newcomers' Ask It Basket
THURS	12:00 P.M.	Mary Helen (210) 534-5875	Crestholme Presbyterian Church 1602 Goliad- Room right behind church	Discussion
	7:00 P.M.	Elaine (210) 332-0551	Unity Church, Life Room, 408 Gruene Rd. New Braunfels 78130	Step Study
FRI	9:30 A.M.	Deardra S. (210) 391-1638	N.E. Christian Church 2839 Woodbury (at Nacodoches) 78217 (.6 miles outside Loop 410)	Literature Discussion Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St. <b>Laredo</b>	English/Spanish
	7:00 P.M.	Heather L. (210) 884-9466	University United Methodist Church Main Entrance Second Floor, Room S211 5084 De Zavala (at Vance Jackson) 78230	Speaker/ Step Study/ Discussion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest 78217	Literature/ Discussion
1st SAT	9:45 A.M.	Carrie (507) 530-5115	Church of Reconciliation Alban Room 8900 Starcrest 78217	<b>Monthly Step Study</b>
2nd SAT	10:00 A.M.	Karen (714) 722-1656	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"