

## A Gift of Recovery— Anonymous

**“As the years went by I lost the need to feel self-important....I found worth and value doing service in the program.”**

Today I am grateful that I do not spend every waking hour striving to dominate and rule everyone around me to gain what I lacked and believed I so desperately needed—self-importance. As a fat food addict in the throes of my disease, I felt ashamed because I was overweight and could not control the amount of food that I ate. I felt insecure because I thought my co-workers judged me because I got fatter and fatter over the years that I worked at this school.

I was out of control and terrified, wondering what happened to me. I felt like a runaway train. My self-esteem and self-confidence were at an all-time low. I was always trying to impress someone, save somebody. I wanted to be valued from the outside because I was unable to value myself from within. I had no friends and my whole life was a superficial lie.

When I look at that desperate person I see a very sick person. I was sick emotionally and mentally. I was spiritually lost. I didn't have a personal relationship with God or my fellowman. I was even isolated from myself.

Returning to OA gave me a fellowship first and then a sponsor. I learned how to share openly and honestly

The more I listened to people sharing honestly about their feelings and where they were in their program, the less isolated I felt; then the gifts of the principles and the tools; and finally a personal relationship with a Power greater than myself and disease.

As the years went by I lost the need to feel self-important. I was no longer interested in dominating or ruling anyone. I found worth and value doing service in the program. I began to see that I had changed; the program changed me. I received the gifts of recovery.



with my sponsor. Then came working the Twelve Steps and that is when the miracles began to happen slowly, but they happened. And the meetings were very powerful for me.

**June 2016**

### Announcements

**June 4 & July 2**  
9:45am Step Study, Church of Reconciliation

**June 18 & July 9**  
**June meeting moved due to SF Retreat**

9:45am Intergroup, Church of Reconciliation

10am Newcomer/ Welcome Back, Church of Reconciliation

### July 16

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

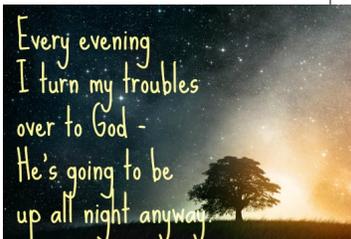
### Sept 1-4, 2016

2016 World Service Convention, Boston, MA

### Sept 9-11, 2016

Region 3 Assembly & Convention, Austin, TX

## A Warm Landing Spot – by JD



**“When you take away the guilt and shame, it seems you can make room for the forgiveness to move in.”**

It’s been nearly a full year of seasons since I walked into my first OA meeting. It was over a warm summer afternoon lunch date after playing a racquet sport all morning together that my friend brought up the idea of attending an OA meeting. She shared the excitement that although she had previously tried out many other forms of dieting, that all she had read about OA was positive and going to be from a different perspective. I was intrigued that she was intrigued.



We agreed that we each had to “go it alone” or attend the meeting solo so that it was our own choice and NOT to appease each other that we were there. We cheated on ourselves though— just as we had many times before dietary wise – and met up in the parking lot

before the meeting. I wasn’t doing this on my own. She wasn’t doing this alone.

We were both welcomed separately and warmly into our small meeting. However, soon the structure of a typical meeting took center stage. Although we were each greeted in the same style and the same method of protocol, I personally real-

ly seemed to understand that although we were a group, what I was hearing was what I, myself needed to hear. Although a group effort, this was going to be the first steps of my very own journey. The guilt and shame I had carried for years as a lone overeater was immediately

starting to feel abolished. When you take away the guilt and shame it seems you can make room for the forgiveness to move in. I was starting to feel forgiven by these other unknowns.

It was my friend who led me to my first OA meeting – but it’s been my choice to stay. She’s still searching but I think I’ve found a warm comfortable spot to land. As the seasons have moved

along, and with a recent time change, we now adjourn our meetings in the dark. However, I no longer seem to be

“in the dark” about the work of OA. I always seem to feel a comfortable warmth in my heart as I attend my weekly meetings . . . solo!

## Newcomer’s Corner



New and long time members share the most important message they received as a newcomer.

“There **IS** a weekly OA meeting near me!” Emphasis on IS; so get with it. No excuses.”

“Keep coming back, it works if you work it!” and they held my hand when they said it, kinda made it real—not just words.”

“Stay for the miracle.”

“I have a disease. I can identify the foods that cause me to binge. I don’t have to pick them up today.”

“So glad you are here.”

“I am a sick person trying to get better, not a bad person trying to be good.”

“Progress not perfection.”

“You are not alone any more. Welcome home.”

“Just one day at a time.”

“I am a spiritual being having a human experience.”

— San Antonio OA members

## 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 2016-2017 elections will be held on Saturday, June 18.

SAAI can be reached in the following ways:

[www.oasanantonio.com](http://www.oasanantonio.com)  
Phone: 210.492.5400  
Email: [oasanantonio@gmail.com](mailto: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.

**"All it takes is the tiniest bit of willingness to be able to partner with God on a journey that gives so much more than it requires." — Lynn G.**

## 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: Deardra 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.  
Literature forms online

Place literature order at:  
[oasaliterature@gmail.com](mailto:oasaliterature@gmail.com)

Want to receive The Swan/EI Cisne via email?

[news@oasanantonio.com](mailto:news@oasanantonio.com)

## 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>



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

**"My program became a living mechanism to guide me toward becoming a kinder, more approachable human being...."**  
**June 4, Voices of Recovery**

**"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."**  
— OA Responsibility Pledge

## 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.	Vera C. (210) 494-2713	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.	Noé (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.	Laura (210) 475-1164	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"