



When the Time is Right— Lifeline, Sept./Oct. 2009

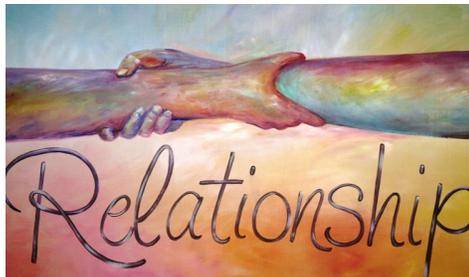
“As I lay facing the wall, with apprehension I told her of my struggles and victories with anorexia.”

I am a woman living with anorexia. Although I have nearly four years of recovery, I will never have a normal relationship with food. I've been to the depths of hell with this disease, and I put my life and body back together piece by piece, pound by pound. My lowest weight was 105 pounds (48 kg), extremely dangerous for my 5-foot 9-inch (175 cm) frame. I have maintained a 30-pound (14 kg) weight gain by working a solid, if sometimes imperfect, Twelve Step program. I attend meetings, pray, write, and follow a plan of eating.

One of the greatest gifts of OA is service. Recently, a sponsee asked me about my experience in disclosing my eating history to someone I am dating. Of course, the time arrives when it is right to tell someone, and each individual must decide when that time has come. Hiding our relationship with OA is too reminiscent of the shame we felt while act-

ing out in our disease. Our abstinence is a gift no one is worth sacrificing for.

Nearly four years ago, I checked into an inpatient hospital program. I told the woman I was seeing at the time that she could support me in my recovery or I would do it without her. Ultimately, she found someone else.



Although the experience was gut-wrenching, I know now that I may not have made it if she had not left me. That early in recovery, I don't know that I could have put my program before someone I badly wanted to be with, so I will always be grateful to her for making that choice for me.

After I joined OA, I took time off from dating to focus on getting a year of abstinence, which most Twelve-Step programs recommend. As addicts,

we tend to be people pleasers, and it is easy for us to get distracted by the high that comes with a new relationship.

Telling someone is always hard, no matter the person or the reaction. I told my current girlfriend that night before my first abstinent birthday. The sense of accomplishment I felt about having reached my one-year anniversary gave me the courage to have this difficult conversation. As I lay facing the wall, with apprehension I told her of my struggles and victories with anorexia. She listened and told me it didn't change the way she felt about me. We have been together three years now.

From the moment I told her about OA, she never stopped asking questions. She knows my snack time, how much I need to eat at every meal and how many meetings I attend each week. She has held me in her arms as I cried hysterically, and she has sat next to me as I have shared my story in meetings.

— Continued on page 2

June 2017

Announcements

June 3 & July 1
9:45am Step Study,
Church of Reconciliation

June 17 & July 8
9:45am Intergroup,
Church of Reconciliation

Meeting changed due to Slumber Falls Retreat.

10am Newcomer/
Welcome Back,
Church of Reconciliation

June 9-11
Slumber Falls Retreat

September 23
5:30pm
Region 3 Theme
Party at OA member's home. BYOD,
have fun, and help us select the Region 3 2019 Theme!



“By being open and honest, I have found a companion who loves me despite my struggles.”

One of the reasons we’ve lasted so long is that my program is a strong presence in our relationship. She accepts my abstinence comes even before her. Having all the major players on board helps me maintain a strong program, and I find that people usually respect and admire me for taking care of myself by any means necessary.

The answer is not that I have the perfect partner, but that I have the perfect program. I took the time to build a strong foundation before jumping into the confusing and often scary world of romance. By the time I told my girlfriend about my program, I had no doubt where my priorities lay. By being open and honest, I have found a companion who loves me despite my struggles.

In recovery, we can only have successful relationships by knowing that the presence of OA in our lives is crucial.

— Corina, New York, New York

Newcomer’s Corner

Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting

away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirements can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are

encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

As OA’s responsibility pledge states: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

— *The Tools of Recovery*, p. 7

San Antonio Area Intergroup Board Elections

The elections for the 2017-2018 SAAI Board will take place on Saturday, June 17 at 9:45am. Intergroup Representatives vote.

The Nominating Committee presents the following slate:

Chair: Lea B.
 Vice Chair: Lynn G.
 Treasurer: Lenora M.
 Recording Secretary: Melinda
 Communications Secretary: Jody H.
 Parliamentarian: Julene F.
 World Service Business Conference Delegate (2 year term): Mary J.

Sincerely,
 Curtis, Karen, Barbara F., Elaine—
 Nominating Committee

Members in Relapse—Words of Wisdom

If you are in relapse or still waiting to get abstinent, the most important thing you can do is get yourself to meetings. No matter how far into the food you get, no matter how much weight you gain, no matter how crazy you feel, keep coming back! You are not alone. Other OA members have suffered the agonies of relapse and are back in recovery. What they found most helpful is to go to meetings and tell it like it is.

“I had three relapses during my first six years in program, but I never quit coming back. OA is the only thing I never gave up doing...”

—Members in Relapse, p. 6



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 78201

2016-2017 Board

Chair: Curtis M.
Vice Chair: Lynn G.
Treasurer: Lenora M.
Recording Secretary: Kara M.
Communications Secretary: Jody H.
Parliamentarian: Julene F.
WSO Delegate: Mary Rose J.
Region III Representative: Noé G.

The SAAI Board is elected at the June Intergroup. THANK YOU outgoing SAAI Board for your service!

SAAI Standing Committees

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

2016-2017 Committees

Audio Library: Carolyn
Archives: Barbara F.
Communication: Jody H.
Swan/EI Cisne: Elaine L.
Website: Jody H.
Public Information: Karen
Professional Outreach: Mary Rose J.

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

OA and AA literature can be ordered and picked up at Intergroup meetings.
[Literature forms online](#)

Place literature order at:
oasaliterature@gmail.com

Want to receive The Swan/EI Cisne via email?

news@oasanantonio.com

Region III and World Service OA News

Region 3 2019 Convention and Assembly Update

Join us on Saturday, September 23 at 5:30pm at an OA member's home to help us select the 2019 theme.

5:30-6:30—Bring your own dinner
6:30—Recovery scavenger hunt
7:00—Theme selection
7:30-8:00 Speaker

WSO News
Have you checked on Lifeline yet? You can order a [hard copy subscription](#) or enjoy it [online](#).

Check out the 9-part podcast on [Sponsorship Success](#) and the [questionnaire](#).

Visit oa.org frequently to learn about our worldwide fellowship.

Looking for recovery while on the road? Try one of the dozens of OA Podcasts on workshops, step study, interviews, and literature at <http://www.oa.org/oapodcasts/>

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



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

“For me, the first stage of Step Six is to accept that I have weaknesses and to know that God embraces me nonetheless.”
June 1, Voices of Recovery

free
yourself



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)
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church North Building, Room 128, Interpark Entrance, 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.	Kay (404) 286-9169	Unity Church of the Hill Country, 1016 Jefferson St., Library, Kerville 78028	Steps/Traditions
	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.	Gwen (210) 862-8211	N.E. Christian Church 2839 Woodbury (at Nacadoches) 78217 (.6 miles outside Loop 410)	Literature Discussion Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St. Laredo	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.	Lenora (210) 287-5292	Church of Reconciliation Alban Room 8900 Starcrest 78217	Monthly Step Study
2nd SAT	10:00 A.M.	Barbara (210) 508-8727	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"