

Tradition Two In Action: A Group Conscience

“...being afraid didn't have to hold me back; on the contrary, this was an opportunity for me to grow!”

I love my home group, the Saturday 8:30am at Church of Reconciliation. I have no idea how long this meeting has been going on; I only know that it fits my schedule and it is one of my home groups.

Over the last couple of months, I started thinking how my home group was functioning from the point of view of a newcomer, or a person struggling in their disease, or returning after a relapse. Was I carrying the message to the best of my ability? Could we be stronger as a meeting? I grew up in a home where conflict was avoided or it flared into hostility. In other words, my first reaction to issues where there are differences of opinion or strong feelings, I get scared. But, being afraid didn't have to hold me back; on the contrary, this was an opportunity for me to grow! I

I requested a group conscience at a specific date and the group agreed. For a couple of weeks, I circulated a paper with a couple of the issues I was concerned about and asked others to add any issue

they wanted to discuss.

As a group, we agreed to take 15 minutes before the meeting ended to hold the group conscience. A member requested we read Traditions One and Two before we began. While there were at least 10 issues for discussion, we tackled just a couple in the time we had. As Tradition Two states: “In order to reach an *informed* group conscience, we affirm each group member's right to take part in the discussions, and we listen to everyone attentively with open minds.”

What happened? The group had a healthy, respectful discussion and made some decisions.



- To insure as many people as possible get a chance to share in this large meeting, a member

suggested we use a 2 or 3 minute timer that a person holds as he/she speaks.

- To establish rotation of leadership, we instituted a Chair Meeting sign up sheet.
- To practice principles before personalities, we agreed to refrain from mentioning sponsors by name or referencing members by name in our sharing.

The week after our group conscience, I invited members to share their thoughts on the experience.

“I liked the idea of seeing the issues beforehand because I saw others had already put [the issue I was concerned with] on there so I didn't have to add it. I have been so uncomfortable about that [long sharing] and even thought about not coming for a while because I thought it had gotten out of hand. Now I see that we did well today and I'm real excited about that.”

— Continued on page 2

May 2017

Announcements

May 6 & June 3
9:45am Step Study,
Church of Reconciliation

May 13 & June 10
9:45am Intergroup,
Church of Reconciliation

10am Newcomer/
Welcome Back,
Church of Reconciliation

May 13
Region 3 2019
Planning Meeting
@11am, Church of
Reconciliation

June 9-11
Slumber Falls Re-
treat



“What I love about the group conscience is that it makes it feel like this is our program.”

“I think the meeting we had last week was very informative and a good way to have a healthy, nice meeting and it would be very helpful overall for the newcomers to concentrate on the message rather than [other matters].”

“We talked about principles before personalities and we don’t mention any names, at all.”

“It was a necessary meeting that we had and many of the things we discussed were useful and if we apply them, I think it will help our group. I think the group was healthy even before then, but to implement the things we have it’s going to make a big difference.”

“I think group consciences are definitely necessary. Especially for me, I tend to let things go rather than addressing them head on and so group consciences are a necessary part of an

addictive program. Because as addicts we tend to let it go or to get really, really, really defensive. So I think the group conscience is a great way to minimize things along the way and just make sure the group is functioning. I am excited to do the group inventory and I think that will be really helpful to keep the group healthy.”



“I love the group conscience. I truly think it makes our meeting

healthy. It gives us the opportunity to be honest and say what can be better and hear that what bothers us may not bother others. It gives me an idea that I am part of the group and we do what is best for the group. I can work on the things that I don’t like if the group thinks that is better

for others. I like to be accountable for the group and I like that we all have a voice; that it doesn’t matter how much abstinence you have, you are part of the group conscience and make the meeting more healthy and see more recovery for all of us.”

“What I love about the group conscience is that it makes it feel like this is our program. We are this program so we can put our thoughts; it’s not like an organization we are stepping into; it’s us! So what we get to vote on or say on makes us feel we are part of it.”

A group conscience is a learning experience. The questions asked and how members respond to each other shows how to step up to lead.

– Elaine

Newcomer’s Corner

Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery....

For example, a newcomer’s action plan might focus on planning, shopping for and

preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need

help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of other OA tools to bring structure, balance and manageability into our lives....

– *The Tools of Recovery*, pp. 5-6



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.
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WSO Delegate: Mary Rose J.
Region III Representative: Noé G.



“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.

2016-2017 Committees

Audio Library: Carolyn
Archives: Barbara F.
Communication: Jody H.
Swan/El 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/El Cisne via email?

news@oasanantonio.com

“For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience.....”
Tradition Two, Twelve Traditions

Region III and World Service OA News

Region 3 Convention and Assembly planning meeting on **Saturday, May 13 at 11am**, after Intergroup.

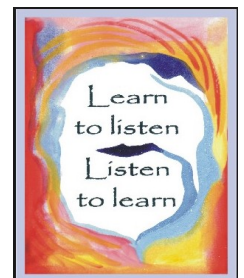
- Provide trend data on rooms needed/filled, cost and overall attendance to the Convention and Visitors Bureau along with the preferred dates (March 1-3 or March 29-31, 2019) - assigned to Elaine & Lynn

WSO News

- Vote for the next [Public Information poster](#) designed by one of our members
- [The Twelve Step Study Workshop and Study Guide](#) is available
- [A Step Ahead newsletter](#)

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/>



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"