



Step 9: Unlocking the Manacles – Lifeline, August 1983

“I wrote to my aunt, apologizing for any pain I had caused her. A couple of days later, she called and asked me to have lunch with her.”

When I said the third-step prayer this morning, the words, “Take away my difficulties,” made me realize that one of my greatest difficulties has indeed been taken away.

I have had a long-standing resentment toward an aunt of mine. The bad feelings went back twenty years, and I tried a variety of therapies in an effort to get rid of them. Some attacked the problem directly, others obliquely. Among the suggestions I tried was to imagine putting my aunt in a chair and having a conversation with her. Nothing helped; the resentment persisted.

It was so intense that when my uncle died a year and a half ago, I didn’t attend the funeral. Living only twenty miles apart, my aunt and I saw each other from time to time at family gatherings; but I always avoided her, and I never spoke.

Last November, just three months old in Overeaters Anonymous, I learned I would be seeing my aunt at a holiday

dinner. I asked my sponsor for help. She suggested I read the Big Book story, “Freedom from Bondage,” and do what that AA did. I wanted desperately to be free of my resentment because it kept me in emotional turmoil and was driving me toward relapse. So I did what was suggested: I prayed for the person I resented, asking God to give her health, prosperity, happiness and all the good things I want for myself.

At the dinner gathering, I was able to sit across from my aunt and be civil— but just barely.

Three months ago, when it was time to take the eighth step, I listed my aunt as someone I had harmed and to whom I was willing to make amends. I knew in my gut I had to do this if I wanted to recover.

I wrote to my aunt, apologizing for any pain I had caused her. A couple of days later, she called and asked me to have lunch with her. We set a date, but

on the appointed day I woke with laryngitis and couldn’t talk. I cancelled our date and made a new one three weeks hence. That day I had such a sore throat I could swallow only with great pain. What resistance! But I went anyway. Though I felt nervous and awkward, I accepted those feelings, reminding myself that, under the circumstances, they were natural.

That was two weeks ago. Yesterday, I attended a golden anniversary party, and my aunt was there. I walked into the hotel reception room and gave her a big hug, then hugged all my other aunts and uncles and cousins....

The resentment has been taken away. Through the twelve-step program and the many good companions who walk this spiritual path, my Higher Power has given me freedom from bondage and a new peace of mind. I am truly experiencing victory over a difficulty.

—Reprinted from *Lifeline Sampler*, p. 153

September 2016

Announcements

Sep. 3 & Oct. 1
9:45am Step Study,
Church of Reconciliation

Sep. 17
9:45am Intergroup,
Church of Reconciliation

10am Newcomer/
Welcome Back,
Church of Reconciliation

Sep. 17
11am Archives Meeting, Church of Reconciliation

Sep. 17

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

Sept 9-11, 2016

[Region 3 Assembly & Convention, Austin, TX](#)

November 19, 2016

International Day of Experiencing Abstinence, Location/ Time, TBD



“Today is the first day of our new life—our birthday.... I promise to be present to your feelings and be a compassionate and understanding friend.”

Amends to Myself—Lifeline, November 2009

Dearest Susie:

I haven't done a great job of taking care of you, or being fair, honest and realistic with you.

I've done a worse job of protecting your physical, emotional, mental and spiritual health. I haven't set strong, clear boundaries with other people and within you. I've taken on every negative belief about you as if it were true. I believed you didn't deserve to be loved, respected or honored. I convinced you that you don't fit in anywhere and are defective, inadequate and have to be and do right all the time.

I've been a perfectionist in how I interact with others. I have to live up to an unrealistic standard or I am less than everyone. This is humiliation, not humility. I've taken on others' shame and felt wrong, even when I've done nothing wrong. I'm sorry you haven't been able to count on me to be there for you and treasure you. My amends to you is I promise to relate to you in

a new way.

Today is the first day of our new life—our birthday. I love and respect you. I promise to give you the benefit of the doubt instead of rushing to judge and condemn you. I promise to be present to your feelings and be a compassionate and understanding friend. I promise to honor who you are and to encourage your efforts. ...

You matter as much as others do and are not supposed to suffer for others. I am powerless over everything except my own choices, and that is where I will invest my energy. You are the presence of God, and I will treat you accordingly. I will apply the same truths of the universe to you as I do to others, accepting your evolution and effort as being divinely ordered. My higher self will be your constant companion, helping me to love you more, to help you feel safe and trust all is well. I will help you ask for what you want and not sell out because it conflicts with

another's wants. I am accepting God's abundance for us.

I will make your body a priority, as a temple of God. And I will create a home in which you feel nurtured, and comfortable having others visit. I will learn to direct my energy into what God wants for you, which will be a joyful expression. I will no longer be concerned with who will love you and will just love ourselves.

I will be as honest as I can—open, loving, consistent, gentle, yet accountable. My mantra will be “Does this choice expand your self-respect and love, or diminish it?” I promise to help you grow into a confident, balanced, serene woman who no longer worries about disappointing others, but is more concerned about not disappointing herself.

I see how much I have hurt you and how misguided my thinking has been. I promise to check my reality when my thoughts are too demanding or negative. My number one job is to love, respect and honor you. Please forgive me for not doing my job in the past.

Love, Susie

Newcomer's Corner

Words to the Willing

OA is still new to me but already I feel myself growing as I learn how to deal with my compulsion. I hope the following suggestions, heard at my first meetings, will be as helpful to other willing newcomers as they are to me.

Listen and learn. During my first two weeks in OA, I just listened— and boy did I learn!

I learned I am not alone in this compulsion, that my weird eating habits were unique after all and that there is a way to arrest my disease. I learned that if I overeat again I do not have to give up on myself. If I stub my toe, I can still get up and walk. ...

If you fail to plan, you plan to fail. Being home from work is difficult for me, so I plan each day off so it does not become

a disaster. Likewise, I plan my food ahead to avoid meals with low nutrition and high calories. I find that by having both a work plan and a food plan I avoid worry, hurry and indecision. In this way, I steer clear of excess food, and of emotional excesses that entice me to overeat....

— adapted from *Lifeline Sampler*, pp. 28-29



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

2016-2017 Board

Chair: Curtis M.
Vice Chair: Lynn G.
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WSO Delegate: Mary Rose J.
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“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: Laura E.
Archives: Barbara F.
Communication: Latoya T.
Swan/EI Cisne
Website
Public Information/
Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.
Literature: Valerie
Lifeline Rep: vacant
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

Want to receive The Swan/EI Cisne via email?

news@oasanantonio.com

“True comfort is to be found in the balance and sanity of abstinence.”
September 9, For Today

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>



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, Uvalde 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. 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.	Carrie (507) 530-5115	Church of Reconciliation Alban Room 8900 Starcrest 78217	Monthly Step Study
2nd SAT	10:00 A.M.	Karen (714) 722-1656	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"