



"We are not a glum lot..."

Alcoholics Anonymous pg 132

Fresh from the Sponsorship workshop—10 reasons to get a sponsor by Ken R.:

Learn BB quotes and page numbers

Don't have insurance for real therapy

It makes people think you're working a program

Someone else you can judge

To help hone your denial skills

Someone to blame when you break your abstinence

Your one phone call when you get arrested

Someone to pay for your literature

Someone to read your literature

Your old sponsor begged you to get a new one

Relating to the Traditions: TRADITION 9

Guiding principle: Structure

OA as such ought never be organized but we may create service boards or committees directly responsible to those they serve

The first time I read "OA ought never be organized . . ." I remember thinking, "I can belong to this group!" I related that statement to my lack of organization without understanding the balance and importance of Tradition 9.

Early in recovery, I "organized" a new meeting and handled all the details. Because I didn't encourage attendees to invest themselves in the meeting by doing service, people stopped coming. This experience reminds me to question whether I am trying to organize (control) a meeting rather than being open to what others have to offer during the group conscience process.

The OA 12 & 12 (2nd edition, 2018) states that "When Traditions are not honored, individuals have a responsibility to speak up — lovingly and clearly When members ignore the Traditions, it is often because they don't understand them or the spiritual Principles on which the Traditions are based." (p. 147) In the 1980's someone who

had recently moved to San Antonio had to the courage to introduce the Traditions to the large Sunday evening OA group. She came from an established group in another state and was shocked that our groups were violating the Traditions out of ignorance. At the encouragement of her sponsor, she led meetings on the Traditions. There was a significant improvement in the quality of the meetings after the Traditions were explained and adopted by group conscience (Tradition 2). The OA 12 & 12 also comments that "Individuals who have a healthy respect for the group conscience follow the guidelines the group has decided on. As with our Traditions, when individuals ignore the group conscience, every member has the right and responsibility to speak up." (p. 149)

The teamwork needed to put on San Antonio's 2019 Region III Conference in San Antonio demonstrates the second part of Tradition 9: ". . .we may create service boards or committees directly responsible

to those they serve."(p. 145) Carrying the OA's message of recovery to those who still suffer often requires teams organized to develop and produce events or literature. The opportunity to serve on these teams strengthens personal recovery and often affords the opportunity to develop new skills and new relationships in the process.

The principles of the Traditions can also be applied to personal relationships outside of OA. For example, ". . . OA is encouraged by Tradition Nine to keep the emphasis on fellowship, rather than organization. This Tradition helps to ensure that God always remains our ultimate authority in OA." (p. 146) Focusing on fellowship (the common good) rather than control can strengthen a relationship, especially when those involved acknowledge God as their ultimate authority and work together for the common good of the relationship.

-Anonymous

Announcements

Sept 2018



Sept 1 & Oct 6

Step of the Month meeting 9:45 am, Church of Reconciliation, Alban Room

Sept 8 & Oct 13

Intergroup 9:45 am, Church of Reconciliation, Alban Room

Sept 8 & Oct 13

Newcomer/Welcome Back meeting 9:45 am, Church of Reconciliation, Alban Room

NEW MEETINGS!!!

TUESDAYS 5:45 pm

Alamo Heights Baptist Church, Joe & Charlie Big Book Study - Bring BB, Notebook & Dinner if desired

THURSDAYS 7:00 pm

St. Vincent de Paul Catholic Church, Room 2 4222 SW Loop 410 Lifeline Discussion

See page 4 for contact information

STEP ZERO DISCUSSION

The disease of compulsive eating is 3-fold: physical, emotional, spiritual. What happens to my body, my emotions, and my spirit when I eat compulsively?

When I choose to give in to my compulsion, the easier, softer way, for a scant time I get a familiar sense of false peace, relaxation, and then numbness. Right here is where the separation begins. I am separated from my body, my emotions and my spirit. And when I am under the influence of a compulsive binge I don't care. I don't care about my body, it no longer matters. All I want is my fix; that feeling of numbness. I am also separate from my feelings and my spirit. I want to be separate. I want to do what I want to do and that is to be separate from every part of me because I can no longer stand to be conscious and connected: mind, body, and spirit.

-Anonymous
"We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start." Alcoholics Anonymous pg 58

TWELVE STEPS of OVEREATERS ANONYMOUS

1. We admitted we were powerless over food—that our lives had become unmanageable

Tool Shed

A Plan of Eating

A Plan of Eating—As a tool, a plan of eating helps us to abstain from eating compulsively. ...Although individual plans of eating are as varied as our members, most members agree that some plan—no matter how flexible or structured— is necessary...(OA Pamphlet, *The Tools of Recovery*)

Members share on the tool of A Plan of Eating:

UGH, UGH, UGH. I used to think and do the "food plan" as if it were the god of my choice. It was my sacred ticket to freedom—how could that be when I just couldn't achieve nirvana with it. If I deviated one iota from it, I was at square one. It "seemed" like I just wasn't one of those who could do it perfectly. As the years progressed so did my food plan change. It became something I could live with other than the "grey sheet", where one green bean over my limit was a breach of "abstinence as I understood it".

Today, abstinence is what sobriety is for the alcoholic. It is the ACTION of refraining from

compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight." The food plan is one of the nine tools that help me to maintain an abstinent lifestyle. It is a tool, tool, tool, and it is not synonymous with gruel, gruel, gruel!

Deprivation is not for me anymore. My food plan aids in bringing freedom from the obsession along with the steps and the rest of the tools. Thank God for the progression OA has experienced. It has been through willingness and surrender of the fellowship to change in our way of thinking about the FOOD PLAN. It is no longer ugh, ugh, ugh.

-Sharon V.

A plan of eating, or food plan, is the beginning of freedom from compulsive overeating/under-eating. It is usually one of the first tools of the program used. It is not "the diet" that many people hoped for when they came to OA. Many newcomers, and not so newcomers, get confused with this tool—what is it and how do we use it.

WHAT: As *simple* as it gets, a food plan is what, when, and how much you eat. A daily food plan is what you will eat today. For example, if part of abstinence

(which is often confused with a food plan) is defined as three moderate meals a day with nothing in between, then the food plan might be what you will eat for breakfast, lunch and dinner.

In our plan of eating, we delete binge foods, those are the ones we eat and cannot stop at a reasonable amount once we start. These will differ between overeaters. These are foods to avoid completely. We may add to the list as we realize other foods that belong in this category.

WHY: Instead of depending on resolutions and willpower to help make good decisions in front of the fridge, in the restaurant, or on the couch watching TV, we have established a sensible plan of eating in advance. This daily plan serves to separate our eating from our emotions. Reducing the time we think about food clears our head of the ongoing conflict between our self-will and the disease. Compulsive overeating/under-eating is but a symptom and not the problem. But, developing and practicing a new way of eating is the beginning of a physical, emotional, and spiritual journey to a place where we no longer need to eat in excess. -Ken R.

Newcomer's Corner - A New Way of Thinking

Have you ever felt hopeless and lost in your way of thinking? As if everything you needed depended upon how well you relied upon yourself and your way of thinking? I was raised to believe that "God helps those who help themselves". That meant that God wouldn't help me if I did not help myself first. My answer was to diet, lose the weight, and do well for a while and then relapse, only to repeat it again and again. I couldn't "help myself" away from the obsessive compulsions to eat or not eat. Obviously, my "way of thinking" was not working. I hit my bottom. My body became broken after the years of stuffing my feelings with food and living behind the walls that I graciously created. That meant my self-sufficiency would be broken and I couldn't bear losing that. Who wants to give up and admit defeat? I did, and defiantly cried out, "God please help me, I can't stand alone."

One day a friend of mine was talking about going to an OA meeting at the church I belonged to. That was an easy one for me. I could go to a meeting at a familiar place and have a friend there. I decided to surrender to God and see. If self-sufficiency was all that it was cracked up to be, I wouldn't have these compulsions and a brain that spoke addiction and false messages; rather, I'd be free to be me.

It has been almost two years that I walked into my first OA meeting, and by sticking around I have found "a new way of thinking". I am grateful that my friend carried the message of hope and that God heard my cry. Instead of ME, I have learned it is WE. Instead of confusion and denial, I accept the truth that this disease is too powerful for me to stand against it alone. It is ok to reach out and ask for help; to check on a newcomer or someone whom I haven't seen at a meeting in a while. By admitting my powerlessness I have found a grace, a power to be: the grace to be in fellowship instead of isolation, to be on a healthy food plan instead of grazing, to be with my feelings instead of stuffing them with food, and to be attached with God, who is always available and ready to direct my life in a meaningful and loving way. It is my turn, now, to carry the message as my friend did that wonderful day. When I turn it over to a Higher Power of my understanding, there is hope and freedom beyond this devastating disease. My God says, "Just call upon me and you will be saved."

I've got to learn my part and for that I am grateful.

-Bonnie S

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:

Phone: 210.492.5400

Email: news@oasanantonio.com

US mail:
SAAI
PO Box 5458
San Antonio, TX 78201
2018-2019 Board

Chair: Lea B.
Vice Chair: Barbara F.
Treasurer: Becca E.
Recording Secretary: Helen
Communications Secretary: Mike H.
Parliamentarian: Julene F.
WSO Delegate: Mary Rose J.
Region III Representative: Amanda

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



**Next SAAI Function—
Nov. 17**

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Region 3 Convention
Dates: March 29-31, 2019.
Theme: Steppin' Up—OA in SA—*Take your program to a new level*

Convention Chair: Elaine L
Questions? Please e-mail elangstl@aol.com

SAAI Standing Committees

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

2018-2019 Committees

Audio Library: Steve M.
Archives: Barbara F.
Communication: Mike H.
Swan/El Cisne: Barbara D., Sharon V., Ken R. Lynn G., Dolores C., Lea B.
Website: Mike H.
Public Information: Noe G.
Professional Outreach: Mary Rose J.

Meeting Info/Phone line: Sharon V.
Literature: Valerie S.
Lifeline Rep: Richard V.
12X12: Carrie H. & Richard V.
Sponsorship Day, IDEA Day, 12 Step Within, OA Birthday, Unity Day, Slumber Falls Retreat
Welcome Back/Newcomer: Curtis
Region 3 Convention: Elaine L.

CARRYING THE MESSAGE IN THE SAN ANTONIO AREA

Our Public Information and Professional Outreach (PIPO) Committee is hard at work looking for ways to spread the message of recovery to the community at large. What can you do? Let your Dr. or other Health Care professional know about OA. There is literature available to help with this. Contact Mary Rose (858)688-1350 for more info.

The Public Information chair, working with the Center for Students in Recovery at Our Lady of the Lake University has made arrangements for an OA member to speak on Wednesday Sept. 26 at 12:30pm in conjunction with National Recovery month. OLLU Students in Recovery are hosting recovery speakers every Wednesday throughout the month of September at 12:30 and 5:30pm. Another member is getting OA literature to an information session the church is hosting about addiction. If you know of a place or event where our information would be useful, contact Noe G. (210) 392-8031 for help and information.

RESOURCES FOR YOU @ WWW.OA.ORG

- ⇒ For the Newcomer: Are you a compulsive overeater?
- ⇒ List of meetings around the world
- ⇒ Frequently asked questions
- ⇒ Several newsletters on various topics
- ⇒ Podcasts, virtual meetings, and phone meetings
- ⇒ Lifeline samples and subscription forms

.....and much more. So check it out and get your questions answered, find out what is going on with OA all over the world, and get a program booster shot!!

TWELVE STEPS (Continued)

- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him.***
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**
- 7. Humbly asked Him to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong, promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.**

Have an idea for The Swan/El Cisne? Want to contribute content for an upcoming issue?

Contact us at: news@oasanantonio.com

TWELVE STEPS (cont.)

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



Service Station

When I came into program I wasn't even sure I wanted to be there, and I was clueless about what it meant to carry the message forward. As I started working the steps, I became more comfortable with accepting my disease, and grateful for the new-found strength that came from working the first three steps.

I was encouraged by my sponsor to share more of that strength and hope at meetings. Through sharing more, I became stronger eventually taking my turn to lead meetings. I continued to work the steps and eventually took on becoming a sponsor, and volunteering to serve as part of the intergroup.

Service work has strengthened my recovery by giving me an up-close look at the hope that comes from OA, in my own recovery, those I sponsor, and the fellowship as a whole.

It has also strengthened my relationship with my higher power, whom I call God, and has taught me to rely on his daily guidance and his will for me. I know that as much as He desires for me to be free from my addiction, He also gives me the ability to share that message with my fellows, and that gift of purpose brings great joy to my recovery. - Mike H.

AREA MEETINGS

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church, South Campus Main Entrance Second Floor Room S210, 5084 DeZavala (at Vance Jackson), 78249	Step Study / Discussion and Speaker (2nd Sun)
	7:00 P.M.	Elaine (210) 332-0551	Unity Church, 408 Gruene Road, NEW BRAUNFELS , 78130	Literature / Discussion
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church, North Building (Interpark Entrance) Room 128, 12615 San Pedro, 78216	Literature: Currently Big Book
	7:00 P.M.	Graciela (210) 219-9660	La Iglesia El Divino Redentor, 2803 W. Salinas, 78207	Literatura / Discusion
	7:30 P.M.	Ken R. (210) 520-3727	St. Andrew's Episcopal Church, 6110 NW Loop 410, 78238	Discussion
TUES	5:45 P.M.	Julene (210) 923-0707	Alamo Heights Baptist Church, 6501 Broadway, 78209	NEW MEETING: Joe & Charlie Big Book Study - Bring BB, Notebook & Dinner if desired
	7:00 P.M.	Noe G. (210) 392-8031	Alamo Heights Baptist Church, 6501 Broadway, 78209	12 & 12 Study / Discussion
WED	12 Noon	Kay (404) 286-9169	Unity Church of the Hill Country, Library, 1016 Jefferson St., 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 Noon	Mary Helen (210) 534-5875	Crestholme Presbyterian Church, Room right behind church, 1602 Goliad, 78223	Discussion
	7:00 P.M.	Richard (210) 269-2878	St. Vincent de Paul Catholic Church, Room 2, 4222 SW Loop 410, 78227	NEW MEETING: Lifeline Discussion
	7:00 P.M.	Kristy (512) 393-1366	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 .6 miles outside Loop 410), 78217	Literature, Discussion, Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St., LAREDO , 78043	English / Spanish
	7:00 P.M.	Dawn C. (210) 849-0027	University United Methodist Church Main Entrance South Capmpus Second Floor, Room S211, 5084 De Zavala (at Vance Jackson), 78249	Speaker / Step Study / Discussion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Literature / Discussion
****MONTHLY MEETINGS****				
1st SAT	9:45 A.M.	Kathy S. (510) 506-1756	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Step of the Month
2nd SAT	9:45 A.M.	Curtis (210) 487-1683	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"