

January 2007

The Swan

OA Meeting/Information
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Chair: Elaine L.

Vice Chair: Barbara Diane L.

Treasurer: Tana S.

Recording Secretary: Open

Communication Secretary:
Carolyn B.

Parliamentarian: Kelly M.

1st Delegate: Connie C.

Alt Delegate: Open

Dates to Remember

Feb 23 Deadline for
Special Region III hotel
rate

Feb 23-25 OA Birthday

Feb 24 Unity Day

Mar 23-25 Region III Conf

Apr 27-29 HMI Spring
Retreat

“The Swan” is prepared by the San Antonio Area Intergroup (SAAI). SAAI is a service board organized for the support of, and directly responsible to, local member OA Meetings (Re: Ninth Tradition). SAAI is duly registered with the World Service Office (WSO) of Overeaters Anonymous and may be reached at: P.O. Box 5458, San Antonio, Texas.

“Stay for the Miracle” 47 Years of OA

February 23 – 25, 2007

The Los Angeles Area Intergroup will host a one-of-a-kind event for OA at the LAX Crowne Plaza Hotel. This annual OA Birthday is a three-day celebration of OA's founding in Los Angeles in 1960.

Every year hundreds (over 400 last year) of recovering compulsive overeaters from around the world gather to celebrate both the event and their recovery. Many of the fellowship's longest standing members attend. Speakers and workshop leaders often have 20, 30 and 40+ years of recovery.

Events will begin Friday night with an inspirational main speaker, followed by “It's a Wonderful OA Life”, a play written and performed by OA members, many of whom are in the Los Angeles entertainment business. Saturday is an all-day affair with ‘round the clock Marathon meetings, workshops and panels

This year they are also including “*The ABCs of Abstinence*”, a popular workshop held around the country by a member who has outlined a way for members to design their abstinence and jump-start their programs. There is a Saturday luncheon, followed by another great

speaker, as well as a Saturday Night dinner and speaker, followed by a dance, karaoke, and more fun. Sunday continues with more meetings, panels and workshops and concludes with a great closing speaker.

For registration info:
www.oalaig.org/ConReg/index.php

NEW SPANISH MEETING

Monday 7:30 PM at
La Iglesia El Divino
Redentor
2802 W. Salinas
San Antonio

Unity Day 2007

February 24, 2007

Mark your calendars and save the date for this special OA event. Unity Day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, OA members gather and pause to reaffirm OA's Unity.

**Coming in
February***Unity Day Info**HMI Spring Retreat
Info**Step Two: Our
Experience, Strength
and Hope***Step One**

*"We admitted we
were powerless
over food – that
our lives had
become
unmanageable."*

Step One Reading*AABB: Preface**AABB: Forwards to all
editions**AABB: The Doctor's
Opinion**OA 12&12: Step One**AA 12&12: Step One**OA (Basic Text) "Keep
Coming Back:
Rozanne's Story"***"sOAr" free – Region III Spring Conference****March 23 – 25, 2007**

The Las Vegas OA Intergroup invites you to **sOAr free** at the Region III Spring 2007 Assembly and Convention on March 23 - 25, 2007, at the Clarion Hotel & Suites in Las Vegas, Nevada.

Room rates are \$89 per night. Be sure to mention "Overeaters Anonymous" rate when calling. The deadline for receiving the special rate is February 23, 2007. The rate is good for 3 days before and after the event.

Among the highlights of the convention will be morning walks and meditation sessions on Saturday and Sunday and two interactive workshops on Saturday.

For more information on the conference: www.oasanantonio.com/events.html

Step by Step: "Just" Powerless

I knew something was not right even as a young girl, but I just kept thinking my weight was the problem. If I could just get to the "right" weight, I would be o.k. My dieting attempts included "all or nothing" approaches to eating—a binge /purge cycle that went on for decades. I tried whatever diet was popular at the time I found enough energy or fear to try to do something about the so-called problem (my weight.) Each time I began so hopeful. "This is it. This time, it will work." The first doctor I saw about the problem said I "just needed to eat less." He was right. I just couldn't do it, even as a child.

At last I stumbled through the doors of OA and began to see the light of this 12 Step Program, but only to a degree. I know this program works. It worked for me with God's help for nineteen years. It was not easy, but it did work. It gave me a life I never dreamed I could have.

Eleven years ago I let circumstances -- illness, work, family, daily living get in the way of taking care of me. Little by little I let that good life distract me and I stopped doing the things I need to do **each day** to take care of me. I had to learn again that I cannot negotiate with this disease. It is a killer and I want to live.

This time the Steps are for me, the amends is to me and with God's help and the help of OA recovery is for me "One Day at a Time." Before in Phase I of my recovery I could only see part of the problem and part of the healing God has for me, but only part. I want it all.

I am so grateful. God and OA have not given up on me. At last, I haven't either. Soon I will celebrate 19+1 years in recovery. I will joyfully hold a 19-year chip in one hand and 1- year chip in the other grateful for the bridge that joins "where I have been and where I am going" Thank you HP. Thank you OA. JoAnneR

"The Swan" needs YOU. Please submit your experience, strength and hope along with your favorite recovery one-liners, quotes and readings to: OASAAIG@hotmail.com by the first of each month for the next edition.