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The Swan

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2008-09 Service Board

Chair: Open
Vice Chair: Melanie-Allison D.
Treasurer: Open
Parliamentarian: Open
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Communications Secretary: Pam W.
First Delegate: Lynn G.
Alternate Delegate: Connie C.

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WSO/Correspondence: Pam W.
Email: JoAnne R.
Events Calendar: Denise G.
Newsletter: Denise G.
Website: JoAnne R.

PI/ PO

Chair: Open
Information Line: Lori
Media: Open
Health Fairs: Open
Outreach: Barbara D.

12 & 12

Chair: Suzanne R.
I.D.E.A. Day: Alice G. and
Lynn G.
Unity Day: Earl
Slumber Falls: Elaine L.
Literature: Cyndi and Terry
Newcomers/ "Welcome Back"
Meeting: Lea
Lifeline Rep: James
Audio Library: Connie C.
Archives: Barbara F.

Dates to Remember

June 1st
Send Input for the "The Swan"

June 8th
Literature Orders due to Cyndi

June 13th
SAAIG Monthly Meeting
SAAIG Monthly Newcomer Meeting

"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, 78201.

Upcoming Events

Date	Sponsor	Event	Location
6/26-28, 2009	San Antonio	8th Annual Slumber Falls Retreat - "What are you Powerless over Today" For further information contact Elaine L. at elangstl@aol.com or Sharon O. at sacha@grandecom.net or go to www.OASanAntonio.org	Slumber Falls Church Camp, New Braunfels, Tx
Aug, 2009	San Antonio	Sponsorship Workshop - Details to follow or contact Earl B. at 632-1530 for more information	
8/26-29, 2010	OA	World Service Convention 50th Anniversary	Los Angeles, CA

Kudos Korner

Many thanks go out to our delegates Lynn G. and Graciela M. for attending their assigned conventions. Lynn G. traveled to Oklahoma City in early April for our OA Region III convention. Lynn G. is also chairing the 12/12 committee for our Region III. Way to go Lynn G. and thanks so much for your service to our Intergroup. Connie C. is our designated WSO delegate, but due to personal circumstances was unable to attend the WSO Convention. Graciela M. graciously attended in Connie's absence. This is a very big commitment and wonderful service to our Intergroup. Graciela is in attendance, as we speak, at the WSO Convention in Albuquerque. We look forward to hearing reports from both Lynn and Graciela on their wonderful experiences. Thanks to both of you again for your time and service to our San Antonio Area Intergroup!

Outreach

Public Information/ Public Outreach will have a committee meeting on Wed. May 27, 2009 at Starbucks on HWY 281/Bitters at 4:00. Anyone interested in helping to carry the message to other compulsive eaters on a broader scale in service to Overeaters Anonymous, please come and see how you can help. We need volunteers! Call Melanie for more information at 210-705-4736.

Volunteers

OA needs Spanish speaking volunteers to make reach out phone calls to those who have called for information in response to our public service announcements. Please contact Graciela at 210-219-9660.

Step by Step

Step Five

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Step Five Reading

AABB: Chapter Six:
 “Into Action”
 OA 12 & 12: Step 5
 AA 12 & 12: Step 5

Coming Attractions

- *Step Six*
- *“Living Another Way...”*

I know now the idea of step 5 kept me from really diving into OA back in the mid 90s. I thought only my Higher Power should know my secrets and wrongdoings. Once I reached 341 pounds, I was so desperate I began working the 12 steps with a recovered sponsor and I worked the steps as they are written in the Big Book of AA. My sponsor reminded me who I chose to do my 5th step with was entirely up to me. I appreciated the fact I had options, but I was already comfortable with my sponsor and with my progress in the program, so I chose my sponsor. The day I was to work step 5, my sponsor and I went to an OA conference. We had lunch and had a huge laugh. I believe a good laugh before serious work does wonders. We took a walk and along the route I found a penny. My grandmother and I used to walk a lot when I was a kid. She used to tell me to keep my eyes open for spare change. After my grandmother died, I kept finding coins. I took it as a simple hello from my grandmother and

sometimes more, if I was particularly restless. My sponsor said, yes but it is also a reminder, 'In God We Trust'. I knew then God was in on this 5th step. As we read through my writing so many truths were revealed. Things I needed to hear and know 10 years ago. At the end, my sponsor asked me if there was anything I'd left out. Of course there was. What a relief to get it all out. What's more my mess wasn't all over the news the next day. Today when something crops up I find myself running to God and my sponsor. Today, I am at 280 and headed towards a normal body weight.

James D.

I was getting ready to go on a hike and decided to go to the bathroom before I left my house. As I approached my bathroom sink, there was a quite large moving scorpion - IN MY SINK! So I thought - OK Sue - breathe in and out. I thought, if I just turn on the faucet and wash it

down the sink, it could come back up and really sting me. So I thought a shoe - I need to kill it with a shoe. Not a flip flop because they are flimsy and the flip flop may not kill it - only wound it and I wanted it dead. So I grabbed a shoe that was heavy, sturdy, and strong enough to absolutely get rid of the scorpion that was in my sink. I hit it and hit it again until it was dead. I then cleaned up the mess until there were no remains of the scorpion in the sink. That is what I think of when I think of the 5th step. We see the yukky stuff right there before our eyes. We face it - with some fear and anxiety – then we get rid of it with the help of a strong, sturdy HP and sponsor who has taught us to face the mess and clean it up to make room for the good stuff that is promised.

Suzanne



We have misplaced our Health Fair Kit. Please contact Melanie asap at 210-705-4736 if you have any thoughts on where it might be or who had it last.

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