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The Swan

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2009-10 Service Board

Chair: Melanie Allison-D.
Vice Chair: Ken
Treasurer: Sharon V.
Parliamentarian: Barbara D.
Recording Secretary: Elaine
Communications Secretary: Pam W.
WSO Delegate: Graciela
Regional Representative: Lynn G.

Committees

Communications

Chair: Pam W.
WSO/correspondence: Pam W.
Email: JoAnne R.
Events calendar: Denise G.
Newsletter: Michelle
Website: JoAnne R.

Public information/outreach

Chair: James
Information Line: Lori
Media: Open
Health Fairs: Open

12 & 12

Chair: Earl B.
IDEA Day: Open
Unity Day: Open

Literature: Terry

Newcomers/Welcome Back

Meeting: Lea

Lifeline Rep: Mary Olive

Audio Library: Dorian

Archives: Barbara F.

Dates to Remember

Sept. 1

Deadline for Swan submissions

Sept. 8

Deadline for literature orders
(submit to Terry)

Sept. 12

SAAI monthly business and
newcomer meetings

“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.

Mark your calendars

Aug. 15 — “Sponsorship: Our Privilege and Responsibility,” a workshop featuring a guest speaker, panel discussion, skit and an Ask-It basket. It will be held at Alamo Heights Baptist Church, 6501 Broadway St. Registration: 9:45 a.m. Event: 10 a.m.-12:15 p.m. Suggested \$5 donation. Contact: Earl B., 632-1530

Aug. 22 — Public outreach/public information meeting, 9:45 a.m. Brigid Room at the Church of Reconciliation, 8900 Starcrest.

Nov. 21 — IDEA Day. Volunteers needed. Those interested in doing service for the International Day Experiencing Abstinence event should contact Earl B.

Workshop to focus on sponsorship

The Alcoholics Anonymous book dedicates an entire section (Chapter 7) to the service of “working with others.”

That chapter opens up with this: “Practical experience shows that nothing will insure immunity from drinking as intensive work with other alcoholics,” or, in our case, with other compulsive overeaters.

On Aug. 15, members interested in learning more about the crucial step of working with others can attend the workshop “Sponsorship: Our Privilege and Responsibility.” (See “Mark your calendars” above for details.) “It’s one of our key tools,” said Earl B., who helped organize the event. “We’re all going to be able to share...what we feel about what sponsorship is.”

“To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it.” — Alcoholics Anonymous, fourth edition

Meeting notice

The 100-Pounders Meeting on Tezel Road on Tuesday nights is no longer being held. Please spread

Abstinence redefined

The definition of *abstinence* was redefined during the 2009 World Service Business Conference as follows: Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

The 12th Step in Action

Many thanks to Sharon V., Barbara F. and Dorian!

Sharon V. has assumed the role of intergroup treasurer, taking over for Barbara F., who has done an outstanding job.

Dorian replaces Sharon V. as our audio library administrator.

Step by Step

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Related readings

AA Big Book: Chapter 6, “Into Action”

OA 12 & 12 Step 8

AA 12 & 12 Step 8

Step eight requires us to look at our relationships “for the purpose of discovering those patterns which have done harm to us and others,” *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* states.

Not only must we make a list of people we have harmed but we must also become willing to forgive the people on that list who we feel have harmed us.

“As long as we have not forgiven people for harms they have done us, we will find it impossible to make sincere amends to them for our side of the conflicts,” the 12 & 12 states.

So how do we get started? We make the list. And if we have trouble identifying what, exactly, constitutes harm, we can ask ourselves what actions others have taken in the past to make *us* feel harmed. We can draw on our fourth-step inventory to help us build our eighth-step list.

“Step eight is a two-part process, the first part of which is to make a list in writing of all persons we have harmed....Once we have gone back through our lives in memory and are sure we have written down the name of every person we have harmed, we are ready to grapple with the second half of the step. Now we must become willing to make amends to each person on our list.” — *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

“Many of us have found that our own name belongs somewhere near the top of our eighth-step list.” The 12 & 12 states. “Yes, we harmed other people, but we have also damaged ourselves with our self-destructive thinking, eating and living habits.”

It goes on to say that a complete willingness to

make amends to ourselves and to forgive ourselves for past mistakes is essential to our recovery.

However, so is a willingness to forgive others — the next part of this step.

The purpose of step eight is to learn attitudes of mercy and forgiveness.

The 12 & 12 suggests that one first step toward forgiveness might be to write down the reasons we are angry with a person. The process can help clarify our emotions and allow us to see that there is a beginning and end to our pain, whether it is laid out in two paragraphs or 20 pages.

If we still are not willing to forgive, then we can turn to prayer as another technique. We can pray for the person daily, asking that they be blessed with all the good things we want for ourselves.

Through our contributions....

Meetings are encouraged to take up donations to help support two very important efforts in spreading the message of recovery from compulsive overeating.

Throughout August, meetings are encouraged to pass their baskets around a second time for the audio library, a free resource for members. The money collected will be used for related costs, such as updating materials and equipment.

In addition, we ask that baskets be passed to cover the cost of sending Lynn G. to the assembly and convention Oct. 16-18 in Albuquerque to represent us at the Region III representative.

Also, members can return audio items via their intergroup rep, as Dorian, the new contact person, will be at the business meetings. She can also be reached at (210) 736-6486.

NEW LITERATURE

CONTACT: Please visit our website at www.oasanantonio.org and go to Literature for OA’s new literature ordering process. You may email Terri or download and print the online form. Check it out — it’s really easy. If you have any questions please call Terri at (210) 478-8261 or e-mail her at acalkins61@hotmail.com.

“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.