

August/September 2007

# The Swan

OA Meeting/Information Line:  
210-492-5400

SAAIG Website:  
[www.OASanAntonio.org](http://www.OASanAntonio.org)

SAAI Email Address:  
[OASAAIG@hotmail.com](mailto:OASAAIG@hotmail.com)

### SAAIG 2007-08 Service Board:

Chair: Susan D.  
Vice Chair: Pam F.  
Treasurer: Kelly M.  
Recording Secretary: Open  
Communications Secretary:  
JoAnne R.  
Parliamentarian: Jackie R.  
Delegate: Connie C.

### SAAIG Committees:

Newsletter: JoAnne R..  
Public Information: Open.  
Media: Open  
Health Fairs: Open  
Public Outreach: Jackie R.  
Information Line: Susan D.  
Literature: GoGo  
12 & 12: Lynn G./Dolores  
Archives: Barbara F.  
Newcomer Meeting: Marjory  
Lifeline Representative:  
Marjory  
Tape Library: Connie C.

### Dates to Remember:

September 1

Send your Input for the  
"The Swan"

Region III Convention  
Planning Meeting, Austin

September 8

SAAIG Monthly Meeting

SAAIG Monthly Newcomer  
Meeting (Group reps be  
sure to sign up to lead this  
meeting)

"The Swan" is prepared by the San Antonio Area Intergroup (SAAIG).

SAAIG is a service board organized for the support of, and directly responsible to, local member OA Meetings (Re: Ninth Tradition). SAAIG 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.

## Events

Date	Sponsor	Event	Location
8/30-9/2	OA	<b>World Service Convention: "Ring In Recovery"</b> <b>For More Information:</b> <a href="http://www.oa.org/ws_convention.html">http://www.oa.org/ws_convention.html</a>	Philadelphia PA
9/14-9/16	Galveston Bay Area IG Houston Metro IG	<b>2007 HMI-GBAI Annual Convention</b> The Holiday Inn Resort on the Beach 5002 Seawall Blvd. Galveston, TX 77551 Reservation line: 409-740-3581 (This is the only number that has "Overeaters Anonymous" convention room rate of \$89/night.) Ask for: "in-house reservation for the Overeaters Anonymous group rate". There is a limited number at this rate.	Galveston TX
10/14 - 10/16	Tri-County IG (Dallas/ Ft. Worth)	<b>Fall 2007 Retreat</b> <b>For More Information:</b> <a href="http://www.oadallas.org/Events/glenrose_07.htm">http://www.oadallas.org/Events/glenrose_07.htm</a>	Glenrose TX
10/19 - 10/21	OA Region III	<b>Region III Fall 2007 Assembly and Conference</b> <b>Hosted by Colorado Central IG</b> <b>For More Information:</b> <a href="http://www.oaregion3.org/events/r3_conf_fall07.pdf">http://www.oaregion3.org/events/r3_conf_fall07.pdf</a>	Denver CO
11/9-11/11	Dallas Metro IG	<b>4<sup>th</sup> Annual McKinney Care &amp; Share Silent Retreat</b> <b>For More Information:</b> <a href="http://www.oadallas.org/events_listing.htm">http://www.oadallas.org/events_listing.htm</a>	Lake Dallas TX
4/4-4/6	OA Region III	<b>Region III Fall 2007 Assembly and Conference</b> <b>"Twelve-steppin' to Recovery"</b> <b>Hosted by Heart of Texas (Austin Area) IG</b>  <b>Service Opportunity</b> Mark your calendars and get ready for Service as we support the Heart of Texas OA Intergroup in planning and preparing to host the Region III Convention, "Twelve-steppin' to Recovery" April, 2008. <b>Planning Meetings:</b> First Saturday of the Month - 11:00 A.M. (following their monthly intergroup meetings) Austin, Texas For location and last minutes announcements: <a href="http://www.oasanantonio.com/Announcements.html">http://www.oasanantonio.com/Announcements.html</a>	Austin TX

Service is a "Tool of Recovery" that encourages us to act. We don't **think** ourselves into sanity. With the help of our Higher Power we **act** following the lead of our AA/OA founders who tell us "**Service is a key.**"

There are SAAIG service opportunities open right now:

- Recording Secretary (Service Board Position)
- Public Information (Standing Committee Position)
- Committee work.

If you are willing to serve, please contact: Susan D. at 210-492-5400 or [OASAAIG@hotmail.com](mailto:OASAAIG@hotmail.com).

# Service

**Step Eight**

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

**Step Eight Reading**

AABB Chapter Six, “Into Action” (pp76-84)

OA 12 & 12: Step 8

AA 12 & 12: Step 8

**Step by Step**

The first part of Step Eight seemed easy to me, since I had made a list of people for whom I felt resentment when I took my fourth step inventory. The part about being willing to make amends to them all was very hard for me, because I was focusing on the harm many of them had done to me. My Sponsor helped me to see the importance of forgiveness. As long as I was unforgiving for harms that people had done to me, it was impossible to make sincere amends to them for my side of the conflict. I was encouraged to first pray for the willingness to forgive, and then

write down the reason I was angry with each person on my list. This writing process helped me to get in touch with my true feelings. It helped to clarify many confused and buried emotions. Unfortunately two of the people on my list were parents who have been deceased long before I came into program. Putting my feelings on paper and truly understanding and forgiving them for all the real or imaginary wrongs I thought they had done to me were so healing. Once God gave

me the gift of a forgiving “Spirit” I could see where I was at fault and became willing to make amends to all those on my list. I learned from my OA Step Eight study to turn to God, asking for the willingness to do the things I fear, to make the amends I owe.

I am so grateful for step eight and nine. Releasing resentments and giving and receiving forgiveness are such a huge part of my recovery process.

Vera

**Living “Another Way” .....in Recovery**

**Coming Attractions**

- Step Nine
- “Living Another Way...”

**In Steps Eight and Nine**

“We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes.”

AABB

**“One-liners”**

“I’d rather be useful than right.”

“The tenth step is kind of like toilet paper. If you don’t use it for a few days, people notice.”

“There are only two things that a compulsive overeater hates: the way things are and change.”

“Pain is inevitable. Suffering is optional.”

**I AM HUNGRY**

*I am hungry  
to dig my feet in the sand  
while singing to the clouds  
that inspire my heart to sing.*

*I am hungry  
for the waters to lap at my thighs  
and the wind to comb my hair  
while my heart thanks the river bed  
for a place to rest*

*I am hungry  
for the flowers and the mountains and  
the trees and the sun and moon and rivers  
and clouds and oceans to pile on top of me  
and crush me with their beauty.*

*I am hungry  
to be a woman, sexy and wise  
witty and compassionate  
loving and loved  
I am hungry.*

Anonymous

**Thank you for your service of contributing to “The Swan” this month. Please keep your experience, strength and hope along with your favorite recovery one-liners coming to: [OASAAIG@hotmail.com](mailto:OASAAIG@hotmail.com) by the first of each month for the next edition.**