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The Swan

OA Meeting/Information Line:
210-492-5400

SAAIG Website:
www.OASanAntonio.org

SAAI Email Address:
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: Bill W.
Media: Open
Health Fairs: Open
Public Outreach: Jackie R.
Information Line: Lori
Literature: Michelle
12 & 12: Lynn G./ Dolores
Archives: Barbara F.
Newcomer Meeting: Marjory
Lifeline Representative:
Marjory
Tape Library: Connie C.

Dates to Remember:

January 5

- Send your Input for the "The Swan"
- Region III Convention Planning Meeting, Austin

January 8

- Literature Orders due to Michelle

January 12

- 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.

Attention Group Representatives - Literature Ordering Process

Beginning in December Michelle, has "stepped up" to handle SAAIG Literature. Thank YOU, Michelle. To order literature for your group:

- Complete** the Literature Order Form found on our website <http://www.oasanantonio.com/Literature.html> and
- Email** the order to Michelle mmmartinez20@hotmail.com
- Orders must be received no later than the second Tuesday of the month** to be processed and delivered to the SAAIG Monthly Meeting. (That is the Tuesday before the SAAIG Meeting.)

Note: If you do not have access to email, you may phone your order to Michelle at 210-387-3967 by the Second Tuesday of the month.

Date	Sponsor	Event	Location
2/23	San Antonio Area IG	SAVE THE DATE OA Unity DAY Contact: Lynn G. to offer your service for this event.	San Antonio TX
4/4-4/6	OA Region III	Region III Spring 2008 Assembly and Conference "Twelve-steppin' to Recovery" Hosted by Heart of Contact Lynn G. if you are interested in attending planning meetings or helping. http://www.oasanantonio.com/Announcements.html	Austin TX

SAAIG Service Positions Open

Recording Secretary (Service Board Position)

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

SAAIG NEWCOMER MEETINGS

are held the SECOND SATURDAY of each month at 10:00 AM. Groups are scheduled to provide leaders for these meetings. Carrying the message to newcomers is so important for them and for us. Please ensure someone from your group is present when scheduled.

	Second Saturday	Leading Group
2007	December	Monday 7:30 P.M.
2008	January	Sunday 5:00 P.M.
	February	Monday 9:30 A.M.
	March	Monday 7:00 P.M.
	April	Monday 7:30 P.M.
	May	Tuesday 7:00 P.M.
	June	Wednesday 7:30 P.M.
	July	Friday 9:30 A.M.
	August	Friday 5:00 P.M.
	September	Saturday 8:30 A.M.
	October	Sunday 5:00 P.M.

SERVICES
RECORDS

Thank you for your service of contributing to "The Swan" this month.

Step by Step

Step Twelve

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

Step Twelve Reading

AABB: Chapter Seven
"Working with Others," p. 89

OA 12 & 12: Step 12

AA 12 & 12: Step 12

AABB: Appendix II, "Spiritual Experience"

Coming Attractions

- Step One
- "Living Another Way..."

Step Twelve:

1. Having had a spiritual awakening as a result of these steps,
2. we tried to carry this message to compulsive overeaters,
3. and to practice these principles in all our affairs.

This is the best and the worst step. Let's start with the worst. The third part says, "we tried . . . to practice these principles in all our affairs." Please note the word, ALL.

Unfortunately and fortunately, we need to practice *all* the principles of each step in *all* our interactions with other people and other entities (corporations, governments, etc.). This means being rigorously honesty all the time? Yes, it does. It does *NOT* mean that I tell everyone *everything*, but, what I say should be truthful. The same goes for the principles of each step.

"What an order! I can't go through with it!" Yes, this is a very difficult part to do. None of us has ever done it perfectly. I think that's why it's worded, "we *tried* . . ."

Now for the best stuff—

1. the spiritual awakening and
3. carrying the message.

The spiritual awakening has had books written about it. The Reader's Digest version is that when we have had this spiritual awakening, the compulsive things we did with food fade into the background of our lives. Not disappear, but the compulsivity goes to the borders most of the time. It is no longer the focus of our lives. Our Higher Power becomes the center of our lives.

If you come to the 12th Step, and you have not had one, don't worry. It is *suggested* (STRONGLY) that you go back and rework the steps. Repeat, until you have had a spiritual awakening. Some of you know my story. This is what I did for three and a half years until I was given abstinence. However, I still work through the steps. This program is a process, a journey, which yields incredible riches.

Now for 2. "we tried to carry this message to other compulsive overeaters." This is the propellant

which thrusts me into the fourth dimension, as Bill W. described it. By doing service work, I contact newcomers. When people see that I remain the same size, I (sometimes) can carry the message. When people "catch me" being honest, it can be an opportunity.

The "high" in doing this can be so addictive that many of us have had the experience of taking the first step and only this part of the twelfth step. Doing "the two-step" can create problems for you and others. Yes, I have done this. The people closest to me perhaps lost the chance to come into OA, because I had not done my preparation work. Perhaps they never would have come anyway. I'll never know.

Please, work carefully with your sponsors on this step. It offers a vast wealth of emotional, mental and spiritual growth far outside anything I imagined when I came into OA. I do have a way of life that is "beyond my wildest dreams." And it keeps getting better.

Barbara D.

Living "Another Way"in Recovery

The Ten Practical Points Of Recovery (found in Alcoholics Anonymous, 3rd. Edition Pages 58-60)

1. "...thoroughly followed our path." p.58 line 2
2. "...completely give themselves..." p.58 line 3
3. "...developing...rigorous honesty." p.58 line 9
4. "...willing to go to any length..." p.58 line 18
5. "...fearless and thorough..." p.58 line 23
6. "...let go absolutely." p.58 line 25
7. "...asked His protection and care with complete abandon." p.59 line 5
8. "...the steps we took..." p.59 line 7
9. "...Do not be discouraged." p.60 line 7
10. "...willing to grow along spiritual lines." p.60 line 10