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# The Swan

OA Meeting/Information Line:  
210-492-5400

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

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## 2008-09 Service Board

Chair: JoAnne R.  
Vice Chair: Melanie-Allison D.  
Treasurer: Open  
Parliamentarian: Mike C.  
Recording Secretary: Lillie O.  
Communications Secretary: Pam W.  
First Delegate: Lynn G.  
Alternate Delegate: Connie C.

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Communications Chair: Pam W.  
WSO/Correspondence: Pam W.  
Email: Caroline M.  
Events Calendar: Denise G.  
Newsletter: Denise G.  
Website: JoAnne R.  
and Caroline M.

## PI/ PO

Chair: Rose C.  
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: Marjory

Lifeline Rep: Marjory

Audio Library: Connie C.

Archives: Barbara F.

## Dates to Remember

### March 1<sup>st</sup>

Send Input for the "The Swan"

### March 9<sup>th</sup>

Literature Orders due to  
Michelle

### March 14<sup>th</sup>

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
2/28/09	San Antonio	<b>Unity Day</b> <b>Details below</b>	San Antonio, Texas
2/27-3/1, 2009	Dallas Metroplex	<b>"Stepping Together" 2009 Convention</b> For further information: <a href="http://www.oasanantonio.org">www.oasanantonio.org</a>	Dallas, Texas
4/3-5, 2009	Greater Oklahoma City	<b>Key to the Future - Region III Assembly and Convention</b> For further information: <a href="http://www.oasanantonio.org">www.oasanantonio.org</a>	Oklahoma City, OK
5/4-9, 2009	WSO	<b>2009 World Service Business Conference</b> For further information: <a href="http://www.oasanantonio.org">www.oasanantonio.org</a>	Albuquerque, New Mexico
8/26-29, 2010	OA	<b>World Service Convention 50<sup>th</sup> Anniversary</b>	Los Angeles, CA

## UNITY DAY

Please join OA San Antonio as we join together for Unity Day on Saturday, February 28, 2009 at the Alamo Heights Baptist Church, 6501 Broadway Street. Doors open at 11:30 for set up and the program will run from noon to 3:00 p.m. Tables will be provided for brown baggers. There will be speakers, workshops, panel discussions, a raffle, literature table and lots of fellowship. At 1:30 p.m. members will pause in the day and join hands in an expression of unity to reaffirm the strength inherent in OA's worldwide unity. Suggested donation of \$5.00. Contact Earl B. at 632-1530 with any questions

## SLUMBER FALLS

Consider signing up for the 2009 8<sup>th</sup> Annual Slumber Falls Retreat being held June 26-28, 2009 at the Slumber Falls Church Camp, New Braunfels, Texas. Theme for the event is "What are you Powerless over Today?" A 12 step study.

For more information on this event contact:

Elaine L. at [elangstl@aol.com](mailto:elangstl@aol.com)  
or  
Sharon O. at  
[sacha@grandecom.net](mailto:sacha@grandecom.net)

**Step Two**

*“Came to believe that a Power greater than ourselves could restore us to sanity.”*

**Step Two Reading**

- AABB: Bill’s Story
- AABB: There is a solution  
“We came to believe.”
- AABB: More about alcoholism
- AABB: “We agnostics”
- OA 12 & 12: Step 2
- AA 12 & 12: Step 2

**Step by Step**

After years of struggling: yo-yo dieting, binging, purging, fasting, drugging, over-exercising and a nearly successful suicide attempt I tried weighing and measuring 3 meals a day for 63 days but I did not reach goal weight. Then I was completely out of solutions to control my weight. Although I had been attending 12 Step meetings in another program for 11 months I was in denial that I needed OA. An OA member and a loving friend named Mary listened to me whine about needing to lose weight and being unable to follow through with even one sensible solution for one day. When she asked me if I was “willing to go to any lengths” the wall of denial crashed. I recognized that phrase as an invitation to another 12 step program and abruptly hung up the phone. I thought about her question all evening while crying throughout my last binge. In the morning, I called her back and asked for help. She gave me a few simple instructions for that day and I followed them. I got on my knees and asked my Higher

Power to remove the compulsion to overeat for that 24 hours; I ate my 3 weighed and measured meals **with nothing in between**, and I thanked my Higher Power for an abstinent day when I went to bed that night. That was when I noticed a new condition in my mind: silence. I was at peace instead of making sincere but doomed promises about the next day; I was calm instead of berating myself for failing yet again. I was grateful for the relief from what I thought of as my horrible self. I came to believe my Higher Power was real and not some imaginary friend because what had previously been impossible for me to do had become possible that day, simply after asking that Higher Power for help. My Higher Power got busy restoring me to sanity right away. Mary arranged to meet me at my first OA meeting. There I learned that my eating behaviors had a name: compulsive overeating, and that many people were

recovering from that disease through the 12 Steps of OA. I heard some more instructions: get a sponsor, pick a food plan, get phone numbers. Choosing to follow those directions immediately and without question was the next step toward sane living. I got a meeting list, and found meetings available every day of the week. I went to the meetings, I listened, and I used all the tools. Sanity is understanding that eating or overeating any food will not make my life perfect and problem free. Food does not cure headaches, mend broken relationships, solve traffic problems, relieve colds, or ease loneliness. Food does not inspire confidence, joy or happiness. Working the steps and using the tools makes my life better, and enables me to find solutions to problems.

Connie C.

**Living Another Way ... In Recovery**

**Coming Attractions**

- Step Three
- “Living Another Way...”

“For today: I open myself to God’s will by putting out of my mind something I want but don’t need and can’t get.” *For Today*, pg 224

“The art of living requires that I like myself, accept what I am and stop wishing I were otherwise.” *For Today*, pg 15

“Each morning brings a new surrender, a new admission of powerlessness, and a new commitment to abstinence through Steps One, Two and Three. It is a quiet time, a new beginning, a new day.” *Lifeline Sampler*, p. 69

“I can only be happy by spending today gratefully accepting who I am, what I have, and what I can do in this moment to better myself.” *Voices of Recovery*, p. 12

**“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](mailto:OASAAIG@hotmail.com) by the first of each month for the next edition.**