

Published February 9, 2008

# 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: Lillie O.  
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

February 23<sup>rd</sup>  
OA Unity Day

March 1<sup>st</sup>

Deadline for Region III  
Convention room reservations  
at special OA rate

Deadline for Region III  
Convention reduced  
registration rate

Send Input for the "The Swan"

March 4<sup>th</sup>

Literature Orders due to  
Michelle

March 8<sup>th</sup>

SAAIG Monthly Meeting

SAAIG Monthly Newcomer  
Meeting (March Leader:  
Monday 7:00 P.M. Group)

"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.

## OA "Unity Day"

Saturday, February 23<sup>rd</sup>, 2008,  
1:00 – 4:00 P.M.  
(Registration at 12:30 P.M.)

Coker United Methodist Church  
231 East North Loop Road,  
San Antonio, Texas 78216

The program begins at 1:00 p.m. At 1:30 p.m. we will join other OAs worldwide in saying the "Unity Prayer." Please plan to join us. See you there!



"Unity Day"  
Contact Lynn G. to  
offer your help

SAAIG Committees  
Contact Susan D. to  
volunteer to help  
with committee tasks

"5 on 5" Make 5  
reach-out calls to 5  
people you haven't  
seen in awhile on the  
5<sup>th</sup> of each month

## Calendar of Events

Date	Spons or	Event	Location
2/23	San Antonio Area IG	OA "Unity Day" For more information: <a href="http://www.OASanAntonio.org">www.OASanAntonio.org</a>	San Antonio TX
4/4-4/6	OA Region III	Region III Spring 2008 Assembly & Conference "Twelve-steppin' to Recovery" Hosted by: Heart of Texas IG (Austin and surrounding areas)  March 1 <sup>st</sup> <ul style="list-style-type: none"> <li>Deadline for discount registration rate</li> <li>Deadline for special hotel rate</li> </ul> For more information: <a href="http://www.main.org/hotig/oaevent.htm">http://www.main.org/hotig/oaevent.htm</a>	Austin TX
5/30 - 6/1	Central NM IG	OA Weekend Retreat For more information: <a href="http://www.oaregion3.org/calendar.html">http://www.oaregion3.org/calendar.html</a>	Albuquerque NM
6/6 - 6/8		Serenity in the Rockies For more information: <a href="http://www.oaregion3.org/calendar.html">http://www.oaregion3.org/calendar.html</a>	Silverthorne CO

"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.

Step Two

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

**Step by Step**

When reading this step in the OA 12 & 12 it didn't start making sense to me until pages 16-17. There are a few words that seem to stand out on these pages. They are: **came, become, willing** and **acted**. I am not an English major and cannot give their full depth and meaning, but as a layman of the English language, I found they were all words that showed or implied some kind of **action**.

Once you have given up the battle of trying to control this horrible disease, you **come** to believe that there must be Something Bigger than ourselves that can handle our world of compulsive overeating.

Then you **became willing** to **act**. You began to see or hear what others did and/or do. You **acted** like them in some little way. You tried some new things. You read something that “clicked” and motivated you. You felt. Your Higher Power pitched in and gave you a break! Your HP shouted, “You can do it, you can do it, you can do it.” You said, “I will do it, I will do it, I will do it!” And, **you did it**. And, **you're worth it!**

BAM! Things start happening. All we really want is sanity. Isn't “**acting as if**” a great way to move towards sanity. “Progress not perfection.”

I have been blessed with an HP that moves and shakes me often. My spiritual journey in abstinence continues to mature in such a way that blows my mind. Thank you HP for taking me out of this solution. I am not in control. The more **I believe**, and **I act**, then, **I become!** Abstinence is all I have to hold on to today. I work in the here and now. I choose to seek, ask, and receive from my HP in times of joy, hunger, fullness, sadness, and anxiousness. (Just to name a few.) My HP gives me the peace I need to make it. I choose transformation. It is my sanity. By: Melanie

**Step Two Reading**

AABB: Bills 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

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

**Coming Attractions**

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

” “D.E.N.I.A.L. Don't even notice I am lying.”

“Once I understand that it is the disease creeping into my thoughts I can pray like everything depends on my Higher Power and work in recovery like everything depends on me.”

“I know every change or transformation that I experience is at HP's hand not mine.”

“I no longer need to test the theory that I can overpower this addiction to food – cunning, baffling, powerful and patient.”

“I am surrounding the hard places with more prayer.”

“Surrender as much of yourself as you understand to as much of God as you understand.”

“The palest ink is stronger than the best memory.”

“O, Lord, manage me because I can't manage myself.”

“It's not who's right. It's what's right.”

“God-sufficiency” versus “self-sufficiency.” (Bill W.)