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# The Swan

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## 2008-09 Service Board

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Treasurer: Open

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Events Calendar: Denise G.

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12 & 12

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Lynn G.

Unity Day: Earl

Slumber Falls: Elaine L.

Literature: Michelle

Newcomers/ "Welcome Back"

Meeting: Marjory

Lifeline Rep: Marjory

Audio Library: Connie C.

Archives: Barbara F.

## Dates to Remember

February 1<sup>st</sup>

Send Input for the "The Swan"

February 9<sup>th</sup>

Literature Orders due to  
Michelle

February 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
1/17/09	San Antonio	<b>Sponsorship Workshop</b>	San Antonio, Texas
2/28/09	San Antonio	<b>Unity Day Details forthcoming</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

## SPIRITUAL DEVELOPMENT

"It is easy to get confused about the spiritual nature of the OA program. As it says in *Our Invitation to You*, we have a threefold illness: physical, emotional, spiritual. It then goes on to say that our program is spiritual. Period. It does not say that our recovery program is threefold, only spiritual. However, this doesn't mean that if we sit on a mountaintop and contemplate our navels, we will never have to think about the physical and emotional aspects of our lives. The emotional, physical, and spiritual dimensions of our being are interconnected; what we do in one area affects us in other areas as well.

Every spiritual path includes physical and emotional disciplines as tools for spiritual development. Not one of them says that gluttony is the path to spiritual enlightenment. My spiritual development began when I put the fork down. I was 110 pounds overweight, and bingeing on massive quantities of candy. My brain was so fogged by the sugar that I was emotionally and spiritually numb."

"One of the benefits of spirituality is feeling at peace with the universe – knowing who I am and knowing all is right with me and God. Eating just the right amount of food, not too much and not too little, is part of staying right-sized both spiritually and physically. Weighing and measuring my food is a spiritual act of acceptance that I am an overeater."

"It's easy to get caught up in arguments about which part of our recovery is most important – the physical, emotional, or spiritual. The answer is whichever part is missing. The three are so interconnected, that if one part is missing, the other two parts are severely stunted."  
Virginia, USA, *Seeking the Spiritual Path*, pg 95-96

**Step One**

*"We admitted we were powerless over food – that our lives had become unmanageable."*

**Step One Reading**

AABB: Preface  
 AABB: Forwards to all editions  
 AABB: The Doctor's Opinion  
 OA 12 & 12: Step 1  
 AA 12 & 12: Step 1  
 OA (Basic Text) "Keep Coming Back: Rozanne's Story"

**Step by Step**

My POWERLESSNESS over alcohol is the result of an allergic reaction that alcoholics have to drug ethanol. It is very simply, that once I've taken the first few drinks, a craving is produced for the next drink that is greater than my will power to resist that next drink.

My UNMANAGEABILITY is the result of my mind that cannot find peace of mind without alcohol in my blood stream. A mind that can remember the sense of ease and comfort that

comes at once with a couple of drinks. A mind that cannot remember the suffering and humiliation which has accompanied my previous drinking episodes. That on my own, I am without defense against the first drink.

When I truly understand that I no longer have any POWER over my body nor over my mind where alcohol is concerned, I am ready to take a look at the next Step.

But I must also understand that the fact I have no power to control the amount I drink once I start drinking in not the REAL Problem. The REAL Problem is that I have a MIND that I can no longer depend on to keep me from taking the first drink.

**Living Another Way ... In Recovery****Coming Attractions**

- *Step Two*
- *"Living Another Way..."*

"Consider it all joy, my brothers, when you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything." . . . James 1:2

"The person who removes a mountain begins by carrying away small stones." - Anonymous

"And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, or thing, or situation--some fact of my life--unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment." *Alcoholics Anonymous*, p. 449

"Dear God, remind me of what life was like before I came to Overeaters Anonymous – the obsession, the demoralization, the treadmill, the despair and sickness. I am as powerless over food now as I was the day I walked in. Compulsive overeating and hope are not compatible." *For Today*, pg 221

"When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle." *Overeaters Anonymous*, Second Edition, p. 238

**"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.**