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The Swan

OA Meeting/Information Line:
210-492-5400

SAAIG Website:

www.OASanAntonio.org

SAAI Email Address:

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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

February 1st
Send Input for the "The Swan"

February 2nd
Region III Convention Planning
Meeting, Austin

February 5th
Literature Orders due to Michelle

February 9th
SAAIG Monthly Meeting
SAAIG Monthly Newcomer
Meeting (February Leader:
Monday 9:30 A.M. Group)

February 23rd
OA Unity Day

March 1st
Deadline for room reservations
and reduced registration rate
for Region III Convention in
Austin (April 4-6)

"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"

On the last Saturday in February, OA members across the globe will participate as individuals and in groups in activities and events to recognize and celebrate the strength of the OA Fellowship worldwide. Our San Antonio Area Intergroup Unity Day celebration will be held:

Saturday, February 23rd, 2008, from 1:00 – 4:00 P.M.
(Registration at 12:30 P.M.)
at 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!

Events

Date	Sponsor	Event	Location
2/23	San Antonio Area IG	OA Unity DAY For more information: www.OASanAntonio.org	San Antonio TX
4/4-4/6	OA Region III	Region III Spring 2008 Assembly and Conference "Twelve-steppin' to Recovery" Contact Lynn G. if you are interested in attending planning meetings or helping http://www.oasanantonio.com/Announcements.html	Austin TX

SERVICE

Unity Day – Contact Lynn G. to offer to do service tasks large or small for this event.

Newsletter – Thank you for service contributing to "The Swan" each month. Please keep your experience, strength and hope along with your favorite recovery one-liners coming. Send to: OASAAIG@hotmail.com by the first of each month.

Intergroup – Contact Susan D. if you are interested in serving on one of the committees or helping with other tasks.

SAAIG Newcomer Meetings - Groups are scheduled to provide leaders for the SAAIG Newcomer Meetings held the Second Saturday of each month at 10:00 a.m. Carrying the message to newcomers is so important for them and for us. Contact Marjorie or check www.OASanAntonio.org for the schedule.

Happy Birthday

On January 19, 1960, the first Overeaters Anonymous meeting was held in Los Angeles, California.

Now 48 years old, OA is a worldwide fellowship with over 6,500 groups in 75 countries.

What a Gift! "Happy Birthday, O.A."

Step by Step

Step One

“We admitted we were powerless over food – that our lives had become unmanageable.”

Alone in the sunroom. Food strewn across the table. Physically, emotionally, and spiritually a hopeless mess. With about a year of sometimes, “pretend” abstinence, I once again temporarily and conveniently “forgot” that I am a food addict. I can remember certain things- dates and days of the week from decades ago, songs that played on the radio at the time and every slight anyone inflicted on me. But somehow, I cannot remember that I am a full-blown food addict whose life has become unmanageable. The veil of denial is one of my many ploys to forgetting. I use it to hide behind in an attempt to trick myself from the truth; to believe a lie. To say that the hiding works, is to continue to pretend. The hiding feeds my disease and robs me of growing up and being the person I could be. The connection to my true self, to my Higher Power, and to you is blocked by unwillingness to be

honest and ask for the only help that would finally cease the utter remorse, horror, and hopelessness of my disease. My addict brain said that night, “I will again show you who is in control. I will remind you that you are powerless over me and that I’ve got you again and I will continue to get you.” What a desperate place to be. But the thing is, I had to get there to finally get out. The food addict was jumping up and down with little mini pom poms saying, “Nanny nanny boo boo, I got you!” But what happened next was, God entered the room. I went to an early morning meeting the next day and spoke my truth. There was no “pretend girl” sitting in my chair that morning. There was realness, vulnerability, and surrender. I could no longer pretend that I was OK, or in control. There was no place to go but right where I was. And God joined me there and hasn’t left. I realized that day that the only way I

can stay in recovery from this debilitating disease is to be honest and face the truth. I am powerless over food and my life is unmanageable. I cannot expect to stay in recovery without a constant contact with my Higher Power.

The image of my last (please God) attempt to believe the lie that I could control my food and emotions still reminds me of the power of this disease. It is a picture of an addict, totally lost, out of control, desperate to stop and unable to. I keep that snap shot in my mind. I do not forget. I remember that I am a food addict. I am powerless over food- that my life is unmanageable. I can look to my Higher Power for the only solution there is to this disease. And that power is greater than the power of my addict if I am willing to believe. But...oh! That is the next step!

Step One Reading

- AABB: Preface
- AABB: Forwards to all editions
- AABB: “The Doctor’s Opinion”
- OA 12&12: Step One
- AA 12&12: Step One
- OA (Basic Text) “Keep Coming Back: Rozanne’s Story”

Living “Another Way”in Recovery

Coming Attractions

- *Step Two*
- *“Living Another Way...”*

“My mind is a dangerous neighborhood—I dare not go there alone.”

“Insanity: the seeming inability to learn from ones mistakes”

“Life is not painful, it’s my resistance to life that causes me pain.”

“I don’t believe in miracles—I depend on them.”

“Humility is a state of mind that comes from a realistic and relatively accurate knowledge of ones abilities and limitations.”

“Today’s THE day.”

NOW

Today, this moment is delicate –
 the finest bone china
 through which light glows softly.
 I want to hold this day in my hands –
 hold it gently, breathless
 at the wonder of now –
 how fleeting it is – how soon
 it becomes the past.
 Like a small bird cupped in my hands,
 I want to feel the beat of this day’s heart –
 count the pulse of seconds
 and let each be rich with life.
 At day’s end, I will release the light,
 let it take flight into nocturnal dreams.
 There, I will be the small bird held – my
 heart aquiver with now.

.By: Pamela F.