

Published June 13, 2009

The Swan

OA Meeting/Information Line:
210-492-5400
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2008-09 Service Board

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

Committees

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

PI/ PO

Chair: Open
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: Terry
Newcomers/ "Welcome Back"
Meeting: Lea
Lifeline Rep: James
Audio Library: Connie C.
Archives: Barbara F.

Dates to Remember

July 1st
Send Input for the "The Swan"

July 6th
Literature Orders due to Terry

July 13th
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
6/26-28, 2009	San Antonio	8th Annual Slumber Falls Retreat - "What are you Powerless over Today" For further information contact Elaine L. at elangstl@aol.com or Sharon O. at sacha@grandecom.net or go to www.OASanAntonio.org	Slumber Falls Church Camp, New Braunfels, Tx
Aug, 2009	San Antonio	Sponsorship Workshop - Details to follow or contact Earl B. at 632-1530 for more information	
8/26-29, 2010	OA	World Service Convention 50th Anniversary	Los Angeles, CA

Many Thanks

Please take a minute to thank these individuals for their service to OA:

- Oscar, Haydee, Don, and Graciela for volunteering at the Citi Health Fair on May 20th. They had a great day and made almost 300 contacts! Thanks also goes to Barbara D. for her footwork of getting our name on the list of vendors, and acting as contact person. Look for these possible newcomers in our meetings!
- The many groups that have given so generously to our delegate funding! Your efforts are greatly appreciated and we are very close to our budget goal. Our delegates have attended their respectful conventions and their reports are on our region and World Service websites. Thanks for making it another successful year for our delegates, and SAAIG!
- Our Nominating Committee, Ken, Sharon V. and Barbara D! They are bringing forth a new slate of Board and Committee members for us to vote on this month. The job of recruiting and talking to people and visiting numerous meetings to request their service is a very time consuming task and we greatly appreciate their service.
- All outgoing Service Board and Committee Members for their commitment to service in 2008-09.

Gone - But Not Forgotten

One of our long time members Connie C. will be moving out of the San Antonio area. Connie has served our OA community for many years, and her time and service will be greatly missed. Connie, you will always be in our thoughts and prayers. We hope you will continue to share your message with others as you have done so generously in San Antonio. We can't thank you enough for your service.

Step Six**Step by Step**

“Were entirely ready to have God remove all these defects of character.”

Step Six Reading

AABB: Chapter Six:
“Into Action”
OA 12 & 12: Step 6
AA 12 & 12: Step 6

When I became abstinent from eating compulsively I did not expect my personality to change. It did. I didn’t think I did it on purpose, it just happened. For me, when I was “in the food”, I had my own binge buddies. These “buddies” have drifted from my inner circle now. Some I do have contact with, some not. Our dynamics have changed and our goals are different. Some of these persons don’t like me without my fat, some won’t include me because of my food restrictions, but still there are others who did understand. When I committed to working the steps, putting down the

food, calling on a power greater than myself, the people that saw and believed my commitment cheered me on. Some have even done some “clean-up” of their own.

Today, I am a new person, making new friends at each meeting. These new friends are curious, they don’t know the crazy, insane, unproductive, anxious, procrastinator, isolator, insecure, and selfish person I used to be. Being entirely ready to remove these defects, for me, took no thought, because I clung so tight to staying abstinent, working the program,

going to meetings, and just “doing the next right thing”. These character defects were not a part of that. I had no room, time, or energy for them that they so freely took from me for many years! I have recaptured that energy and harnessed it into my daily program.

It works when you work it, and you’re worth it!

Coming Attractions

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

Living Another Way ... In Recovery

“There is a rhythm to life: growth comes from a winter of rest, spring rains, a summer of wildflowers and fireflies. If everything in nature follows God’s plan, why do I think I have a better one for myself? To live according to natural laws, I need abstinence and freedom from obsession – needs that are filled, not when I’m in charge of running my life, but when I turn my will over to God in the matter of food. True wisdom, then, is to seek and follow God’s will for me in every aspect of my life. Making progress along that path to the best of my ability is surely living as close to nature’s intention as possible.” *For Today*, p. 224.

NEW LITERATURE CONTACT: Please visit our website at www.oasanantonio.org and go to Literature for OA’s new literature ordering procedure. You may email Terri, or download the form and print. Check it out...it’s really easy. If you have any questions please call Terri at 210-478-8261 or e-mail her at acalkins61@hotmail.com.

“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 by the first of each month for the next edition.