

May/June 2007

The Swan

OA Meeting/Information Line:
210-492-5400

SAAIG Website:
www.OASanAntonio.org

SAAI Email Address:
OASAAIG@hotmail.com

**Your SAAIG Service Board
Members:**

Chair: Elaine L.

Vice Chair: Barbara Diane

Treasurer: Kelly M.

Recording Secretary: Kara M.

Communications Secretary:
JoAnne R.

Parliamentarian: Vera

Dates to Remember:

June 1

Send your Input for the
"The Swan"

June 9

SAAIG Monthly Meeting

SAAIG Service Board
Officer Election

SAAIG Monthly Newcomer
Meeting (Group reps be
sure to sign up to lead this
meeting)

June 21

Deadline for registration for
Slumber Falls Retreat

"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.

Events

Date	Sponsor	Event	Location
6/1-6/3	Serenity in the Desert IG	Summer Retreat For More Information: http://www.oaregion3.org/events/060107event.htm	Payson AZ
6/22-6/24	D.C. Area IG	Summer Solstice Weekend Retreat For More Information: http://www.oaregion3.org/events/OA_Wellspring_Flyer_Reg_fo_rm_June2007.pdf	Germantown MD
6/29-7/1	San Antonio Area IG Heart of Texas IG	6th Annual "Retreat on the Guadalupe" This year's theme, "There is a Solution...(for me)" will focus on the AA Big Book and directions for recovery from compulsive overeating and food addiction found there. You won't want to miss it. Be sure to register early. For More Information: http://www.oasanantonio.com/documents/07SlumerFalls.pdf	Slumber Falls Retreat Center New Braunfels TX
8/30-9/2	OA	World Service Convention: "Ring In Recovery" For More Information: http://www.oa.org/ws_convention.html	Philadelphia PA
9/14-9/16	Galveston Bay Area IG Houston Metro IG	2007 HMI-GBAI Annual Convention The Holiday Inn Resort on the Beach 5002 Seawall Blvd. Galveston, TX 77551 Reservation line: 409-740-3581 (This is the only number that has "Overeaters Anonymous" convention room rate of \$89/night.) Ask for: "in-house reservation for the Overeaters Anonymous group rate". There is a limited number at this rate so you will want to make your reservations early.	Galveston TX
10/14 - 10/16	Tri-County IG (Dallas/Ft. Worth)	Fall 2007 Retreat For More Information: http://www.oadallas.org/Events/glenrose_07.htm	Glenrose TX
10/19 - 10/21	OA Region III	Region III Fall 2007 Assembly and Conference Hosted by Colorado Central IG For More Information: http://www.oaregion3.org/events/r3_conf_fall07.pdf	Denver CO
11/9-11/11	Dallas Metro IG	4th Annual McKinney Care & Share Silent Retreat For More Information: http://www.oadallas.org/events_listing.htm	Lake Dallas TX

Service

The **Slumber Falls Retreat** is coming soon. There are many acts of service that go on behind the scenes and during an event to ensure success. To help with these jobs (big or small) contact Suzanne (210-378-0437 or suzratner@aol.com).

Service is slimming.

Our next issue of "The Swan" will include suggestions for a living in recovery during the summer. Group representatives, please spread the word and help us collect recovery strategies and tips such as:

- traveling abstinent
- working the steps on the road
- managing changes and
- others ideas and suggestions that have worked for you

Send to: OASAAIG@hotmail.com by June 1st for inclusion in our next issue.

Step Five

“Admitted to God, ourselves and another human being the exact nature of our wrongs.”

Step Five Reading

AABB: Chapter Six: “Into Action”

OA 12 & 12: Step 5

AA 12 & 12: Step 5

Coming Attractions

- *“There is a Solution...(for me)”*
Slumber Falls
Retreat
- *Step Six*
- *Staying Abstinent while traveling*

Step by Step

Steps 2 and 3 started the process of trusting a Higher Power. Step 5 allowed me to develop a personal relationship with that HP who received all my admissions without recrimination or punishment. I felt restored to a state of child-like innocence, wherein mistakes are considered part of the learning process, not fatal flaws. When I realized that my HP loves me unconditionally, I could accept and forgive my mistakes and start growing up. As an adult abstaining from compulsive overeating, I want to do the next right thing and I rely on my HP to guide and direct me into this right way of acting.

As a sponsee, I have shared every 5th step but one, with a sponsor. In each instance I was assured that my actions were no better or worse than anyone's. First, I learned that human beings are very similar in what they want, and what they will do to get it. Second, I felt restored to full membership in the family of

people among whom I walked. I no longer felt invisible, and insignificant. Finally, I felt relieved of the drive to achieve more and more just to gain prestige, fame or notoriety; I gained a new understanding of the concept of enough.

As a sponsor receiving a 5th step, I like to begin by praying aloud and inviting my Higher Power to be present and use me in whatever way is beneficial. I may ask the sponsee to pray out loud also for whatever they feel is needed. I do not have hard and fast rules about how to do a 5th step, whatever allows the sponsee to get the job done is all right with me. Some sponsees like to bring a written copy of the 5th step for me to read as they read aloud; others prefer to speak from notes. At various points in the recitation of resentments and wrongs, a discussion often is in order. For

instance, is the sponsee confusing who did the harm, or justifying his/her actions? I have seen how clarifying these points brings relief from guilt, restores faith in the self, fosters forgiveness and allows a workable list to emerge for Step 8.

At the conclusion of hearing a 5th step, I can't improve on the directions in the Big Book of Alcoholic Anonymous: so I suggest my sponsee returns home to a quiet period for a review of their 5th step, and a period of meditation on whether anything was omitted. If anything comes to mind, I ask them to contact me. I also suggest a nap.

Connie C.

Living “Another Way.....”

“Summer Time” Can you believe it? We are halfway through May, and June is around the corner with trips and travels, family vacations and visits, responsibilities and reprieves. Whew! What a great time for living just “One Day at a Time.” Those changes in routine that used to open the door to compulsive overeating and food addiction offer opportunities now for me to step out away from the old and try something new **in life** (rather than in consumption). Thanks to this program I now know there is one thing that does not change, does not have a season, a special month or day. I am an addict this day and all the days that have gone before. With the help of this program and those who work it, I can choose “another way” “Just for Today.”

Thank you, HP. Thank you, OA.

Anonymous

“For today: All the promises of recovery can be mine if I want them. This program shows me what to do.”

June 19. OA “For today”.

“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.