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# 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: 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:**

**December 1**

- Send your Input for the "The Swan"
- Region III Convention Planning Meeting, Austin

**December 8**

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

"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
11/17	San Antonio Area IG	International Day Experiencing Abstinence (I.D.E.A.)  "Building Our Recovery through the Holidays & Beyond" coming up November 17 <sup>th</sup> , 9:00 a.m. to 2:00 p.m., at Coker United Methodist Church, 231 North Loop Road, San Antonio, Texas.  On this special day OA members worldwide are encouraged to begin or reaffirm their abstinence from compulsive overeating. Please join us.  <b>For More Information:</b> <a href="http://www.oasanantonio.com/">http://www.oasanantonio.com/</a>	San Antonio TX
2/23	San Antonio Area IG	<b>SAVE THE DATE</b> OA Unity DAY Contact: Lynn G. to offer your service for this event.	San Antonio TX
4/4-4/6	OA Region III	<b>Region III Spring 2008 Assembly and Conference</b> "Twelve-steppin' to Recovery" <b>Hosted by Heart of</b> Contact Lynn G. if you are interested in attending planning meetings or helping. : <a href="http://www.oasanantonio.com/Announcements.html">http://www.oasanantonio.com/Announcements.html</a>	Austin TX

### SAAIG Service Positions Open

- Recording Secretary (Service Board Position)
- Committee work.

If you are willing to serve, please contact: Susan D. at 210-492-5400 or [OASAAIG@hotmail.com](mailto:OASAAIG@hotmail.com).

### SAAIG NEWCOMER MEETINGS

are held the SECOND SATURDAY of each month at 10:00 AM. Groups are scheduled to provide leaders for these meetings. Carrying the message to newcomers is so important for them and for us. Please ensure someone from your group is present when scheduled.

	Second Saturday	Leading Group
2007	November	Monday 7:00 P.M.
	December	Monday 7:30 P.M.
2008	January	Sunday 5:00 P.M.
	February	Monday 9:30 A.M.
	March	Monday 7:00 P.M.
	April	Monday 7:30 P.M.
	May	Tuesday 7:00 P.M.
	June	Wednesday 7:30 P.M.
	July	Friday 9:30 A.M.
	August	Friday 5:00 P.M.
	September	Saturday 8:30 A.M.
	October	Sunday 5:00 P.M.

SERVICES  
FOCUS

**Thank you for your service of contributing to "The Swan" this month. Please keep your experience, strength and hope along with your favorite recovery one-liners coming to: [OASAAIG@hotmail.com](mailto:OASAAIG@hotmail.com) by the first of each month for the next edition.**

## Step by Step

### Step Eleven

*"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."*

### Step Eleven Reading

AABB: Chapter Six "Into Action," p. 85 to the end of the chapter

OA 12 & 12: Step 10

AA 12 & 12: Step 10

AABB: Appendix II, "Spiritual Experience"

### Coming Attractions

- Step Twelve
- "Living Another Way..."

I did not know that I was separated from God when I came to the program. I did not know I was separated from myself. I knew I was different. I knew something was so wrong. Each day I would again fall short of doing what I intended. I would again and again turn back to food, the ever-present drug that dimmed the lights, deadened the pain and took me from my very self-- the self God made me to be. In abstinence I could not hide. Little by little with your help the truth began to surface. I began to see that tiny part in me that wanted to save me and was willing to "go the distance" for me. I came to see through the daily guidance of a sponsor, the fellowship of others like me, and the process of working the steps exactly as they are laid out in the BB -- **there is a God I had never known before**, a Higher Power, "doing for me what I could not do for myself." I began to know that Power, the same One that helped all addicts who sought Him "return from the gates of hell."

Right before the directions for Step Eleven in the BB (Page 85) it reads: *"Much has already been said about receiving strength, inspiration and direction from Him who has all knowledge and power. If we have carefully followed*

*directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action."*

That is exactly how it was for me also. I had begun to notice that Presence in my day helping me, guiding me. I had begun to see and feel a connection to this new God, to others in the program and to myself. The directions for recovery tell me these insights and gifts are not enough. I must go further. I must consciously **seek** that connection. I must learn to be still, to turn off my "busy brain." I must learn to pray for knowledge of God's will instead of focusing on me and my will. It was so different for me to not decide ahead of time the solution I wanted and to not already know.

This was going to take a lifetime of practice for me to learn, but what mattered is that I **seek today, practice today**. I must practice being still, being present and noticing the presence of a Higher Power in my life. I must practice asking that Higher Power for His will and His power to do it. Left to me it cannot be done. I have to be reminded again and again. **It is not me. It is not up to me.**

Over the years I have used many tools in this seeking. What I have found works best for me are the ones in the BB in Chapter Six This tells me exactly what to do in the morning, at night and during the day to work this step. This helps me "keep it simple." I do not have to reinvent anything. For months I needed to read those directions each day morning and night to remember. I still do that especially when faced with life's little challenges which is most of the time. It helps me also to remember that it is not up to me to understand or reach some lofty level. Just follow directions and **do the best I can today**.

What has happened to me in doing the best I can to work this step is not unique. It is the promised result that comes each and every time I "follow the directions." I don't know why I can make things so difficult at times, but even when I struggle this new God keeps guiding me through the only program that has ever worked for me.

Prayerfully I can now say: "Thank you, God. Thank you, OA, for turning on the light in my heart and in my life and setting me free ODAT." JoAnneR.

## Living "Another Way" .....in Recovery

Surrender means being willing to follow someone else's direction.

Worrying is like being in a rocking chair, It gives you something to do but does not get you anywhere.

Attitude is everything.

It takes a passion to conquer a passion.

Just for today

The Big Book is your road map, the meetings are your filling stations.

You can act your way into the right thinking, but you can't think your way into the right action. (William James)

When I turned myself over to God, I took my life out of the hands of an idiot.

You cannot stumble when you are on your knees.