

October/November 2007

The Swan

OA Meeting/Information Line:
210-492-5400

SAAIG Website:
www.OASanAntonio.org

SAAI Email Address:
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:

November 1
Send your Input for the "The Swan"

November 3
Region III Convention Planning
Meeting, Austin

November 10
SAAIG Monthly Meeting

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

November 17
I.D.E.A. Workshop

"Building Our Recovery for the
Holidays & Beyond"

"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

"Building Our Recovery through the Holidays & Beyond"

On Saturday, November 17th SAAIG will celebrate the International Day Experiencing Abstinence (I.D.E.A.) On this date worldwide OA members are encouraged to begin or reaffirm their abstinence from compulsive overeating. You will not want to miss this!

I.D.E.A.

Saturday, November 17th, 9:00 a.m. – 2:00 p.m.

Coker United Methodist Church

231 North Loop Road

San Antonio, Texas

Contact: Lynn G. to offer your service for this event

Date	Sponsor	Event	Location
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
11/17	San Antonio Area IG	"Building Our Recovery for the Holidays & Beyond" For More Information: http://www.oasanantonio.com/	San Antonio TX
2/23	San Antonio Area IG	SAVE THE DATE OA Unity DAY Contact: Lynn G. to offer your service for this event.	San Antonio TX
4/4- 4/6	OA Region III	Region III Fall 2007 Assembly and Conference "Twelve-steppin' to Recovery" Hosted by Heart of Texas (Austin Area) IG Service Opportunity Mark your calendars and get ready for Service as we support the Heart of Texas OA Intergroup in planning and preparing to host the Region III Convention, " Contact Lynn G. if you are interested in attending planning meetings or helping. : http://www.oasanantonio.com/Announcements.html	Austin TX

Service Opportunities

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.

NEWCOMERS MEETING SECOND SATURDAY, 10:00 AM

GROUP REPRESENTATIVES please check with Marjory to be sure your group is scheduled to cover one SAAIG Newcomer Meetings. Ensuring we have someone there to carry the message to newcomers is so important for the newcomer and for each of us. Check www.OASanAntonio.org Announcements for the schedule.

Step Ten

“Continued to take personal inventory and when we were wrong, promptly admitted it.”

Step Ten Reading

AABB: Chapter Six “Intro Action,” p. 84 & 85

OA 12 & 12: Step 10

AA 12 & 12: Step 10

Coming Attractions

- Step Eleven
- “Living Another Way...”

“When you are home by yourself, you’re behind enemy lines.”

Honesty gets us sober, tolerance keeps us sober. (Bill W.)

Ask Daily

- * Am I meditating and getting closer to God?
- * Am I eating and exercising correctly?
- * Am I keeping up on my obligations and commitments?
- * What am I doing for my pleasure?

Stick with the winners and win with the stickers.

The problem with isolating is that you get such bad advice.

Step by Step

According to the OA 12 and 12, “the purpose of step 10 is to identify and remove from our path today’s stumbling blocks, those manifestations of pride, fear, anger, self-pity, greed, and other emotions which are bringing pain into our lives and keeping us from growing today.” Funny ... I thought I had gotten rid of those things in Steps 6 and 7, but here they were, constantly popping up. Was there something wrong w/my program? Many years ago I called my sponsor from a pay phone. I felt frantic and helpless because a character defect kept surfacing, and I kept acting out a behavior that I thought I had let go in Steps 6 and 7. I begged her, “When will I stop doing this?” She calmly and lovingly replied, “When you’re ready.” Again, was there something wrong with my program?

Step 10 tells me that, quite the opposite, there’s nothing wrong with my program. Step 10 is the step that makes me realize how human I am ... I make mistakes, I am not made pure as newly fallen snow just because I have asked HP to remove my shortcomings.

Life happens, as the saying goes, and I respond the way I know how to respond. Step 10 acts as my buffer against emotional hangovers and the roaring tornado that I can easily become. Step 10 is the daily checking in with myself and my HP that allows me to let go of the feelings I experience--the very feelings that lead me to eat compulsively. Step 10 gives me a daily process that I can follow to “recognize our emotions and walk through the pain they cause us, but then to let go of them, and turn them over to our Higher Power so that we can regain our emotional balance.”

I’ll give you an example of some recent 10th step work. I have been feeling overwhelmed at work and at home. What may have started as self-compassion was quickly becoming rampant self-pity. I was taking on responsibilities that didn’t belong to me and becoming resentful because of it (no one was asking me to do these things, but one of my character defects is martyrdom). I was feeling anxious and antsy and food was calling me loudly and I was having minor

temper tantrums that were threatening to blow out of proportion. I knew I needed some 10th step work.

One of the questions my sponsor suggests I write about on a daily basis is, “What bothered you today?” About a dozen pages later, I was able to recognize the real underlying feelings I was experiencing, the thoughts that led to those feelings, and the character traits/instincts that were out of whack. By the end of my writing rampage (and that’s really what it was), I was able to take a deep breath and ask HP to help me. In fact, those were the last two words I wrote, “HELP ME.” I felt HP’s love and comfort, and was able to sleep a full night’s sleep for the first time in several weeks. What a miracle.

Online Step Study Archives; Introduction to Step Ten, Part Two, Leader’s Share <http://www.therecoverygroup.org/wts/2000/2000-10.html#>

Living “Another Way”in Recovery

Self-restraint - I would rather be comfortable than right.

Camels in a caravan kneel down in the evening and the camel-driver unload their burdens. In the morning, the camels kneel down again, and the camel-driver put the burdens back on. It’s the same with prayer: we get on our knees to unload at night, and in the morning we get on our knees again. God gives us just the load we are able to carry that day. (Dr. Bob)

“Unwillingness to forgive is like drinking poison and hoping the other person dies.”

“Those who laugh – last.”

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 by the first of each month for the next edition.