

September/October 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: Open
12 & 12: Lynn G./Dolores
Archives: Barbara F.
Newcomer Meeting: Marjory
Lifeline Representative:
Marjory
Tape Library: Connie C.

Dates to Remember:

October 1

Send your Input for the
"The Swan"

October 6

Region III Convention
Planning Meeting, Austin

October 13

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
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	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
11/17	San Antonio Area IG	SAVE THE DATE Plans are underway for SAAIG Annual I.D.E.A. Day. Mark your calendars and save the date. You will not want to miss this! Contact: Lynn G. to offer your service for this event.	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, "Twelve-steppin' to Recovery" April, 2008. Contact Lynn G. if you are interested in attending planning meetings or helping. Planning Meetings First Saturday of the Month - 11:00 A.M. (following their monthly intergroup meetings) Austin, Texas For location and last minutes announcements: http://www.oasanantonio.com/Announcements.html	Austin TX

Service Opportunities

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.

SAAIG Service Positions Open

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

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

Step Nine

“Made direct amends to such people wherever possible except when to do so would injure them or others.”

Step Nine Reading

AABB: Chapter Six “Into Action,” p. 76

OA 12 & 12: Step 9

AA 12 & 12: Step 9

Step by Step

It is a blessing that I was able to do my 9th step during the Jewish High Holy Days last year. The ten days between Rosh Hashanah and Yom Kippur are the most sacred time in the Jewish year. It is when we ask God to write us in the Book of Life for another year and when we ask God to forgive us our sins from the past year. God forgives us for our sins toward Him, but it is our duty to make amends to those people here on Earth we have harmed. In past years, as I went through the ten days of the High Holy Days, I did what I was able to do. Perhaps a perfunctory, “I’m sorry” was about it. Last year, when I was willing to do my real work in the OA program, there was a change. I was able and willing to see what I had done to people and the harm that I had caused. I was able to fully

experience the guilt, sadness, remorse and regret and not defend against the pain of these most difficult feelings. It is these very feelings that have caused me for so many tortuous years to alternately starve myself and then overeat over and over again. I could not possibly face what I had said and done to people so I pretended that I had no part, no responsibility at all. I was living a lie; I was the “pretend girl.” Everything was great, when it really was not. My 9th step was the catalyst for change. It was my chance to face my truth and make things right with my God, with others and myself. It was on Yom Kipper, the Day of Atonement that I was able to finish my 9th step. There was a flood of emotions on that most holy day. I felt relieved, free, unburdened, so sad, and most importantly, I felt blessed. The

most impossible thing –to face my God and my truth-was, in fact, not impossible at all. My faith and my trust in God were renewed. I have a different relationship with my Higher Power. It is more honest, closer, more trusting, and more open. This new connection with my God has afforded me a new relationship with myself. I don’t hate myself, I try not to hide from myself, and I try not to bury myself in food or the deprivation of it as a way to punish myself for the harm I have done. Taking step 9 has given me the chance to right past wrongs and to embrace the gift of healthier relationships one day at a time.

Suzanne R.

Thank you for your service and contributions to “The Swan” this month. Please send your experience, strength and hope along with your favorite recovery one-liners to: OASAAIG@hotmail.com by the first of each month for the next edition.

Living “Another Way”in Recovery

One Liners

“We carry the message, not the mess.”

“Behind every resentment is a judgement.”

“After physical recovery our sobriety depends on how we **discipline our emotions** and **live** the OA Program.... Not just from **knowing** it.”

“The monkey may be off my back, but the circus is still in my head” ...unless I work the steps and use the tools of the Program **this day**.

“Overeaters Anonymous

Does not work in **theory**...

It only works in **practice**.”

“Even if you’re on the right track, you’ll get run over if you just sit there.” –Will Rogers

THE MATURITY PRAYER

God, Grant me the maturity
to accept what I'm feeling
and the courage to correct
the actions that I took
that made me feel this way.

THE MATURITY PRAYER #2

God, Grant me the maturity to
accept the results
I have created...
and the courage
to change the actions
I took....
to create these results.

Coming Attractions

- More Information on IDEA Day
- Step Ten
- “Living Another Way...”