

February 2007

# The Swan

OA Meeting/Information  
Line: 210-492-5400

SAAIG Website:  
[www.OASanAntonio.com](http://www.OASanAntonio.com)

SAAI Email Address:  
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## Your SAAIG Service Board Members:

Chair: Elaine L.

Vice Chair: Barbara Diane L.

Treasurer: Kelly M.

Recording Secretary: Kara M.

Communication Secretary:  
Carolyn B./ JoAnne R.

Parliamentarian: Vera

1<sup>st</sup> Delegate: Connie C.

Alternate Delegate:  
Barbara Diane L.

## Dates to Remember

Feb 23

Deadline for Region III

Conf hotel rate

Feb 24

SAAIG Unity Day

April 1

Deadline for HMI 2007

Camp Allen Retreat  
special hotel rate

“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). 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.

## OA Unity Day

Saturday, February 24, 2007  
9:30 a.m. – 2:00 p.m.

On the last Saturday in February, OA members across the globe will participate as individuals and in groups in activities and events to recognize and celebrate the strength of the OA Fellowship worldwide. Our Unity Day celebration here in San Antonio will be held **Saturday, February 24, 2007, from 9:30 a.m. to 2:00 p.m. at the University United Methodist Church (Two blocks east of IH-10 at the corner of DeZavala and Vance Jackson.)**

Our theme this year is, “**Together WE Can...**” Please join us.

- **Registration begins at 9:30.**
- **Bring your brown bag lunch**
- **“Stay for the Miracle.”**

For more information see: [www.OASanAntonio.com](http://www.OASanAntonio.com)

## New and Improved Literature Order Process

Meeting representatives be sure to place your group literature orders several days prior to the SAAIG monthly meeting. Forms are available from GoGo or on the SAAIG website. Completed forms may be sent directly to GoGo by email. Thanks for your help in improving our literature order and distribution

## Coming Events

Date	Sponsor	Event	Location
2/24	San Antonio Area IG	Unity Day Celebration “Together WE Can...”	San Antonio, TX
2/23-2/25	Los Angeles IG	47th Annual OA Birthday Party For More Information see: <a href="http://www.oalaig.org/html/birthday_party.html">http://www.oalaig.org/html/birthday_party.html</a>	Los Angeles, CA
3/23-2/25	Las Vegas OA IG	Region III Assembly & Convention: “sOAr free” For More Information see: <a href="http://www.oaregion3.org/events/r3_conf_spring07.htm">http://www.oaregion3.org/events/r3_conf_spring07.htm</a>	Las Vegas, NV
4/27-4/29	Houston Metro IG	2007 Spring Retreat Mark the dates. More information coming soon	Camp Allen, TX
4/30-5/5	OA	World Service Business Conference More information <a href="http://www.oa.org/ws_business_conf.html">http://www.oa.org/ws_business_conf.html</a>	Albuquerque, NM
8/30-9/2	OA	World Service Convention: “Ring In Recovery” <a href="http://www.oa.org/ws_convention.html">http://www.oa.org/ws_convention.html</a>	Philadelphia, PA

**Coming in March**

- *Step Three: "Made a decision to turn our will and our lives over to the care of God, as we understood him." Our Experience, Strength and Hope*
- *Details on Houston Metro IG 2007 Retreat (Camp Allen)*
- *And More*

**Step Two**

*"Came to believe in a Power greater than ourselves could restore us to sanity."*

**Step Two Reading**

*AABB: Bills story*

*AABB: There is a solution "We came to believe.."*

*AABB: More about alcoholism*

*AABB: "We agnostics"*

*OA 12 & 12: Step 2*

*(AA 12 & 12: Step 2*

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**Another definition of Abstinence – Guilt-free Eating**

Another definition of abstinence is guilt-free eating. Here's how it works for me--now! My evening snacks were getting more uncomfortable. After a while--I, finally, spoke to my sponsor and told her the truth. The snacks had a beginning, a middle, and an end--and I wasn't craving food after I ate them (that for me would have probably made them be a binge). However, they were making me very uncomfortable!

So, my sponsor and I planned the snack. I weighed and measured it carefully. She told me to say to myself, "I'm not going to die of hunger between now and tomorrow morning." It worked! I felt better going to sleep, and more content this morning getting up.

Why is there so much shame with this food thing? I have no idea. Whatever anyone has told me they do with food, I've done it or heard about it. Most of the time I am surprised that people feel so guilty about a little bit of food--an extra "x", when I binged it was a whole bag/box/dozen, etc. of whatever.

And, I don't need to know why I feel so much shame. Perhaps it is just part of the disease. That's the problem.

The solution, for me, is to be truthful about my food with someone I trust--besides God. When I am truthful, I feel clean. Then I can eat whatever I have planned--in front of anyone, wherever I am--and feel guilt-free! "A new freedom" is a promise of this program. It works if I work it! Anonymous

**Step by Step: The Eleven-Step Solution Begins**

Step 2 outlines the beginning of the 11-step solution to the problem I admitted in Step 1. It is the beginning of my healing process, so I must continue my step work if I am to find the spiritual awakening, sanity and recovery promised in the steps. Step 2 is simple for me today: I have come to believe in the unconditional love of my Higher Power and that unconditional love will restore me to sanity today. How have I come to believe in my Higher Power's unconditional love for me? I desperately needed this kind of love to get up and face the day, so that's what I envisioned my Higher Power to be. The last 3 years have brought me some heartache, more than I had

experienced before, and I needed someone who was big enough to hold my broken heart and give me the strength to face one day at a time without compulsive eating. I just did not know how to handle the life I was living. The answer came to me in Step 2. I didn't need another person or being telling me I wasn't good enough, or hadn't measured up. I needed love and acceptance just as I was. Voila, I found it in Step 2. This step gives me the courage to get out of bed and face this 24 hours, and to take the rest of the Steps so I can recover. And what is sanity today? Sanity is refraining from compulsive eating, and a willingness to invite my Higher Power into today's life

experiences. I get to take this step as often as I need to any day. Just reminding myself of the unconditional love I receive right now frees my mind of fear, and opens up possibilities I didn't know existed. That frees me to continue my step work and the adventure of recovery just for today.  
By Elaine L.

**Ready Reference**

*Acceptance Prayer  
AABB 4<sup>th</sup> Edition, Page 417*

*Resentment Prayers  
AABB 4<sup>th</sup> Edition, Page 552*

*Third Step Prayer  
AABB 4<sup>th</sup> Edition, Page 63*

*Seventh Step Prayer  
AABB 4<sup>th</sup> Edition, Page 76*

**"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](mailto:OASAAIG@hotmail.com) by the first of each month for the edition.**