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The Swan

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Dates to Remember

May 1st
Send Input for the "The Swan"

May 4th
Literature Orders due to Cyndi

May 9th
SAAIG Monthly Meeting
SAAIG Monthly Newcomer
Meeting

"The Swan" is prepared by the San Antonio Area Intergroup (SAAI).
SAAI 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.

Upcoming Events

Date	Sponsor	Event	Location
5/4-9, 2009	WSO	2009 World Service Business Conference For further information: www.oasanantonio.org	Albuquerque, New Mexico
6/26-28, 2009	San Antonio	8th Annual Slumber Falls Retreat - "What are you Powerless over Today" For further information contact Elaine L. at elangstl@aol.com or Sharon O. at sacha@grandecom.net	Slumber Falls Church Camp, New Braunfels, Tx
8/26-29, 2010	OA	World Service Convention 50th Anniversary	Los Angeles, CA

UNITY DAY

We had a great Unity Day. Lots of different people, men and mostly women, quiet and mostly noisy, tall and short, but mostly medium. We were young, middle-aged, old, pudgy, skinny, svelte, energetic, peaceful, talkative, quiet, outgoing, introverted, lovely, silly, and serious. Distracted, and focused. Happy and sad. All together. We put away all the judgments, the comparisons and isolation.

We started out talking to each other one-on-one about the first tradition: What does it mean: Personal Recovery Depends Upon OA Unity?

The questions were simple but challenging: Have you experienced unity in your OA meetings? What can you do to promote unity in OA? What are the obstacles to unity in OA?

We put together a sunflower rooted in the heart of OA Unity. We put together a quilt with each square representing unity in OA. We stood together, held hands, and said the unity prayer with our sisters and brothers in OA across the world.

We listened to a panel on Unity: some long-time Unity junkies who inspired us to put our recovery first by putting OA Unity first. We thought about what it means to put principles before personalities. We went home feeling OK with each other and ourselves, no competition, no resentments, just enjoying the atmosphere of love and acceptance, just resting in the unity of the 12-Steps with GOD doing for us what we could not do for ourselves.

Anonymous

Step by Step

Step Four

"Made a searching and fearless moral inventory of ourselves."

Step Four Reading

AABB: Chapter Five:
"How It Works"
OA 12 & 12: Step 4
AA 12 & 12: Step 4

Coming Attractions

- *Step Five*
- *"Living Another Way..."*

What I heard when I first came into program was the fear others expressed about doing this particular step. Maybe I was too ignorant and/or naive but that was not the emotion I equated with this step. I was determined and ready. I did what my sponsor told me to do. I hear people today say that they do not want to have anyone tell them what to do. We have a saying in program that states: "Do it anyway!" What do you have to lose other than the way you have been doing "IT" which has gotten you where you are today. I wrote my first 4th step within the first 2 months of program and gave it away during that time period also. I followed instructions. The problem with my first 4th step was that integral piece entitled "My Part" was missing. That inventory was all about "Their Part". I did not get relief doing the following step 5 and it was a beginning that helped me find my way to "My Part". The relief began to take place in the next 4th and 5th steps. I am not recommending that anyone do it this way, I am just sharing how I was able to get to "My Part". Today when I am resent-filled or fear-filled etc. I look to myself (after making sure there isn't someone else who can take the blame) JOKE!!!!!! These steps have helped me to find what needs to be realigned within me. I learned through many years and many inventories to do a searching and fearless moral inventory of MYSELF. Now, why do an inventory?
#1 It is the 4th step and I do not skip it, they are in order for a reason;

#2 My sponsor has told me to do it;
#3 I need to clean house to let go of unwanted refuse;
#4 I want to be a better person; thousands have gone before me and their lives have changed as a result of the steps;
#5 I want to do God's work today; I am told this is a Spiritual program and I have experienced the spirit of the program working in others as well as my life;
#6 I need to look at my liabilities (defects) so I can begin letting go of them;
#7 I need to recognize my assets and claim the good of me.

When I first came into program my Mother was the problem. It was not an illusion that she disliked me and was ashamed of me because of my appearance (I weighed over 320 pounds several times in and out of program). I blamed her for everything bad in my life. I can remember sitting at my first OA Retreat (1980) talking about my Mother. There was a man sitting across the room from me and when he shared he very blatantly addressed my comments and said, "I want you all to know it is not about your Mothers, it is not about "them"---it is about you." I wanted to run and I also wanted to hit him. It was the one comment I remembered and took with me. He had given me a gift!!! I worked on those issues and it took many inventories to come to where I have been able to say for many years now, "It

is not about my Mother, it is not about them, it is about the liabilities that have been within me." These defects have lessened by my being willing to do many inventories and going on to work steps 5-9 on many topics. God has given me the grace to forgive and accept. The 4th Step is invaluable. I also remember a few years later an older woman coming up to me at a seminar I was taking and again talking about my MOTHER. She basically told me if I accepted my Mother it would not make any difference what she did, that I would have compassion and I would be free of the resentment. Today I am free of that resentment. I call my Mother on a daily basis, I love her, I am able to set limits with her in regards to my siblings etc., and I accept her. This program works when I work it because I am worth it and she is worth it. Do not let a little thing like someone telling you what to do keep you from the freedom working the program can bring. You are worth it. On a daily basis I pray for all those I love as well as those I presently do not love. Somehow that list of the ones I do not love has dwindled.
"KEEP COMING BACK - IT WORKS WHEN WE WORK IT....."

Sharon V.

"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.