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The Swan

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Newcomer Meeting: Marjory
Lifeline Representative: Marjory
Tape Library: Connie C.

Dates to Remember

May 1st
Send Input for the "The Swan"

May 6th
Literature Orders due to
Michelle

May 10th
SAAIG Monthly Meeting

SAAIG Monthly Newcomer
Meeting (March Leader:
Tuesday 7:00 P.M. Group)

"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.

Region III Assembly & Convention: A Big Success

Our San Antonio Area Intergroup Delegate, Connie C., reported that the Retion III Assembly & Convention hosted by Heart of Texas Intergroup (Austin and surrounding area) was a big success. There were many San Antonio OA members attending and they agreed:

"It was wonderful.

"It was so well organized."

"I loved just being surrounded by the fellowship."

"The main speaker was telling my story."

The baskets sent for the raffle by local SAAI OA Groups were beautiful, Austin appreciated our efforts and support in sending the baskets, helping with the Hospitality Room, the Registration Desk, as speakers and as session facilitators. It was a fine example of the fellowship working together in unity, service and recovery for a successful convention.

Special thanks to Lynn G, our SAAI 12 & !2 Committee Chair, for coordinating with Austin and to everyone, for your service.

Events

Date	Sponsor	Event	Location
4/25 -7	Galveston Bay Area IG	7 th Annual OA Spring Retreat http://www.oagalveston.org/events.html	Camp Allen TX
5/8 -10	WSO	2008 World Service Business Conference (WSBC) For more information: http://www.oa.org/ws_business_conf.html	Albuquerque NM
5/30 - 6/1	Central NM IG	OA Weekend Retreat "Blooming in Recovery" For more information: http://www.oaregion3.org/calendar.html	Albuquerque NM
6/6 - 6/8		Serenity in the Rockies For more information: http://www.oaregion3.org/calendar.html	Silverthorne CO
6/6-6/8	Arizona Serenity in the Desert IG	"Annual Summer Retreat – Joy – Recovery"	Prescott AZ
6/13-15	Pikes Peak Serenity IG	"Big Book Comes Alive for OA" Retreat For more information: http://www.oaregion3.org/events/061308event.htm	Colorado Springs CO
9/19-21	South-eastern Arizona IG	Region III Assembly & Convention http://www.oaregion3.org/events/r3_conf_fall08.htm	Tucson AZ

Step by Step

Step Four

“Made a searching and fearless moral inventory of ourselves.

For so many years, I hated myself. I obsessed over countless failures to control my eating and over the stockpile of actions and words that hurt the people around me. After I completed Step 4, though, the feeling of self-hatred gradually went away, and it was replaced instead with self-love. For me, the fourth step was a like a bulldozer — it scooped the debris of my past out of my way. The wreckage had, for so long, obscured any love I felt for myself. And, I have found that loving myself has been crucial to my recovery.

But this transformation didn't happen over night. When I walked into my first OA meeting nearly five years ago, I could no more admit my shortcomings than I could control my binging. I was incapable of viewing myself as anything other than a victim. The way I saw it: I had been wronged by everyone around me, and they were to blame for my food problems.

When it came time to take a good look at myself, to

conduct a searching and fearless moral inventory, I just couldn't do it. I prided myself on being a "good" person because people liked me that way. I valued other people's opinions so much because I didn't think mine mattered: I was overweight and weak, I thought. If I wrote down all the things that haunted me — that whispered in my ear all the way to the refrigerator —then there would be the proof, in black and white, that I wasn't a good person.

For two years, I stalled on the fourth step. I started a number of inventories, sometimes getting further than others, only to tear them up. Each time, I told myself I would try a different, more thorough approach. Deep down, I knew that it didn't matter how I got from Point A to Point B, as long as I kept in mind that "nothing counted but thoroughness and honesty," as stated in the Big Book.

Desperate and tired of fighting the daily food battle, I surrendered to my Higher Power, saying I would do anything to get better. I would put all my ugliness on the table and stare at it as long as I needed to if it would lead to liberation. I became willing with His help, and only then was I able to cast aside the fear of facing my flaws.

It's been about a year since I completed this step, and I still continue to use it on a regular basis because there is always new debris, new resentments with which to deal. I know better than to let them pile up because they'll smother that newfound love of self that is so important to my recovery.

So I clear resentments from my life as quickly as I can, except now I don't need a bulldozer. When I am working this program correctly, a rake gets the job done.

Michelle

Step Four Reading

AABB: Chapter Five "How It Works" beginning with "Next we launched out on a course of vigorous action... (4th edition, page 63)

OA 12 & 12: Step 4

AA 12 & 12: Step 4

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Coming Attractions

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

Step by Step Booklet

We are pleased to announce our first edition of "Step by Step" in booklet form with selected reprints from 2007 and before. Whether you purchase a copy for yourself or one or more for sponsees, you will not want to miss this.

Contact: OASAAIG@hotmail.com, your SAAI Group Representative or Service Board Member to obtain yours (\$2.50).

“When all else fails, read the directions.”

Our directions are found in the first 164 pages of the AABB.

“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.