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The Swan

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12 & 12

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Dates to Remember

- Aug. 1**
Deadline for Swan submissions
- Aug. 7**
Deadline for literature orders
(submit to Terry)
- Aug. 8**
SAAI monthly business and
newcomer meetings

"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.

Mark your calendars

Aug. 15 "Sponsorship: Our Privilege and Responsibility," a workshop featuring a guest speaker, panel discussion, skit and an Ask-It basket. It will be held at Alamo Heights Baptist Church, 6501 Broadway St. Registration: 9:45 a.m. Event: 10 a.m.-12:15 p.m. Suggested \$5 donation. Contact: Earl B. 632-

Retreat focuses on powerlessness

More than 30 OA-ers from San Antonio, Austin, and Killeen gathered for the 8th annual Slumber Falls retreat in New Braunfels on June 26-28.

The theme of the event — "What am I powerless over today?" — allowed the participants to study all 12 steps with this one focus in mind.

On Friday night, after hearing a speaker share about her experience with the first three steps, each of us shared what we were powerless over.

On Saturday morning, participants worked Steps 7, 6, 5, and 4, uncovering the one defect that was holding us back in recovery. We shared our fifth step with the large group. What unconditional love we received. We saw how much we have in common.

Saturday evening a speaker shared his experience with Steps 8 and 9 and invited others to do so. We heard miracles — relationships healed with ourselves, family, friends, and co-workers.

On Sunday we traveled the last three steps — 10, 11 and 12. We explored how the Alcoholics Anonymous book maps out how to take those steps and shared how we work these steps in our

Abstinence redefined

The definition of *abstinence* was redefined during the 2009 World Service Business Conference as follows: Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

"It is a wonderful way for new folks to become immersed in OA and a great way for OA folks to get their battery re-charged." — Retreat participant

daily lives. For the newcomers and more seasoned individuals in recovery, this approach to the steps reminded us about how we can live well each day by following these simple directions.

— Elaine

Step by Step

Step Seven

“Humbly asked Him to remove our shortcomings.”

Related readings

AA Big Book: Chapter 6, “Into Action”

OA 12 & 12 Step 7

AA 12 & 12 Step 7

This step takes up a single paragraph in the Alcoholics Anonymous book. It’s short and to the point, yet its contribution to the recovery process is immense.

Key is humility — something we achieve when we let go of feelings of inferiority and superiority. Humility, the OA 12 & 12 explains, places us on “an equal footing with our fellow beings and in harmony with God.” It is crucial for continued recovery because without humility, it is difficult to recognize our shortcomings and be willing to turn to our Higher Power for their removal.

The OA 12 & 12 recommends taking this step by beginning with a prayer for genuine humility. The AA Big Book includes a prayer to be said as a part of the step, as well.

“After we have done this, we can proceed with the rest of step seven, trusting that our

Step 7 prayer

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

Higher Power will grant us the gift of humility to a greater and greater degree, one day at a time, as we continue to let go of our old values and practice the principals of the twelve steps,” the OA 12 & 12 states.

How do we actually do Step 7? The OA 12 & 12 says we take our written inventory and list off each shortcoming individually and ask God to deal with it whenever and however He wants. “We express our

complete willingness to have each shortcoming removed from us. We express our desire to become more effective in serving and helping others as our shortcomings are transformed into assets.” When we identify new character defects, or old ones return, we acknowledge them and then deal with them. We examine our motives, the OA 12 & 12 states, and the effect this problem is having on our lives until we’re sure we’re ready to let go.

If we are patient and persistent, the book states, we will learn much about ourselves and why we feel and act the way we do.

In order to live sanely and grow spiritually, we should humbly ask our Higher Power on a daily basis to remove our defects of character — and be willing to take necessary action.

NEW LITERATURE CONTACT: Please visit our website at www.oasanantonio.org and go to Literature for OA’s new literature ordering process. You may email Terri or download and print the online form. Check it out — it’s really easy. If you have any questions please call Terri at (210) 478-8261 or e-mail her at acalkins61@hotmail.com.

A thought...

Big Book.....\$7.00

OA 12 X 12.....\$12.30

7th Tradition.....\$2.00

Abstinence.....Priceless

— Ken

“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.