

July/August 2007

# The Swan

OA Meeting/Information Line:  
210-492-5400

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

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### 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: Open.  
Media: Open  
Health Fairs: Open  
Public Outreach: Jackie R.  
Information Line: Susan D.  
Literature: GoGo  
12 & 12: Lynn G./Dolores  
Archives: Barbara F.  
Newcomer Meeting: Marjory  
Lifeline Representative:  
Marjory  
Tape Library: Connie C.

### Dates to Remember:

August 1

Send your Input for the  
"The Swan"

August 4

Region III Convention  
Planning Meeting, Austin

August 11

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
8/30-9/2	OA	<b>World Service Convention: "Ring In Recovery"</b> <b>For More Information:</b> <a href="http://www.oa.org/ws_convention.html">http://www.oa.org/ws_convention.html</a>  Yes! This is a Recovery Convention. The number participating is increasing daily.! What a great opportunity to meet other recovering folks—lots of them.	Philadelphia PA
9/14-9/16	Galveston Bay Area IG Houston Metro IG	<b>2007 HMI-GBAI Annual Convention</b> The Holiday Inn Resort on the Beach 5002 Seawall Blvd. Galveston, TX 77551 Reservation line: 409-740-3581 (This is the only number that has "Overeaters Anonymous" convention room rate of \$89/night.) Ask for: "in-house reservation for the Overeaters Anonymous group rate". There is a limited number at this rate.	Galveston TX
10/14 - 10/16	Tri-County IG (Dallas/Ft. Worth)	<b>Fall 2007 Retreat</b> <b>For More Information:</b> <a href="http://www.oadallas.org/Events/glenrose_07.htm">http://www.oadallas.org/Events/glenrose_07.htm</a>	Glenrose TX
10/19 - 10/21	OA Region III	<b>Region III Fall 2007 Assembly and Conference Hosted by Colorado Central IG</b> <b>For More Information:</b> <a href="http://www.oaregion3.org/events/r3_conf_fall07.pdf">http://www.oaregion3.org/events/r3_conf_fall07.pdf</a>	Denver CO
11/9-11/11	Dallas Metro IG	<b>4<sup>th</sup> Annual McKinney Care &amp; Share Silent Retreat</b> <b>For More Information:</b> <a href="http://www.oadallas.org/events_listing.htm">http://www.oadallas.org/events_listing.htm</a>	Lake Dallas TX
4/4-4/6	OA Region III	<b>Region III Fall 2007 Assembly and Conference "Twelve-steppin' to Recovery"</b> <b>Hosted by Heart of Texas (Austin Area) IG</b>  <b>Service Opportunity</b> 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. <b>Planning Meetings:</b> First Saturday of the Month - 11:00 A.M. (following their monthly intergroup meetings) Austin, Texas For location and last minutes announcements: <a href="http://www.oasanantonio.com/Announcements.html">http://www.oasanantonio.com/Announcements.html</a>	Austin TX

# Service

The Sixth Annual Slumber Falls Retreat was a wonderful success. Thank you to all who participated and all who helped makes this a "recovery weekend" to remember!

**Step Seven**

*“Humbly asked God to remove our shortcomings.”*

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**Step Seven Reading**

AABB Chapter Six, “Into Action”

OA 12 & 12: Step 7

AA 12 & 12: Step 7

**Step Seven 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.”*

**Coming Attractions**

- Step Eight
- “Living Another Way...”

**Step by Step**

Steps six and seven are comparable to steps one and two. In step six, as in step one, I express my total defeat. There is no way I could stop eating compulsively by myself. I could not change my character defects into assets or anything else for that matter, or I would have already done it.

Step seven is the humility step. It is the step that says “I don’t know what is best for me, and I don’t know how I should be. Therefore, I completely heard my entire self over to this Higher Power, who in step two I have come to believe in and trust.”

There is an enormous amount of courage needed to take this step. And more importantly, I we really trust this Higher Power, in step seven we allow ourselves to become vulnerable. We open up all our insides to this Higher Power. We say, “Change me in whatever way you want.”

The first year I changed so much and so quickly, that fear overtook me. I went back to steps two and three. Finally, I could say to my Higher Power, “I trust that you will not change me into something I don’t like.” And after almost three decades in program, and over 24

years of recovery, I can say I like myself. I love myself. And... I still have a lot to work on.

Steps six and seven are the sculptor’s tools to create from an addicted, befuddled block of stone a developing human being. These are the steps where what is not needed is chipped away, sometimes in pretty big pieces, sometimes very small but significant.

I’ve gone through this process many times. The first several times basically shaped the spiritual, emotional, etc. block I was. People told me that the first year the changes are drastic. Moving from backwards, or standing still, to moving forward is a significant and monumental change. It is easily observable and clear to everyone except perhaps the one who is struggling to go into forward direction.

Like a sculptor, each successive “session” takes off more, but in smaller increments, and I am told the changes which happen are hardly perceived except by those closest or those farthest away. By this I mean the changes become so subtle that we who work on these changes often are

not part of the few who notice them. Also though, those for farthest away, say those who see us but once a year, will remark on them almost immediately because these alterations are also significant.

A single edge smoothed out, a corner slightly rounded, these our accomplishments of six and seven after the first half-dozen passes. Yet at first, for me, the changes were from a drastic temper to making phone call and being on the phone for a long time. Or from an almost complete lack of patience (with ensuing temper) to some patience with no demonstrable temper tantrum yet still red in the face.

Those of you who know me now, have probably never seen me lose my temper—because I haven’t in years. Yes, I still get angry, I still have thoughts, but they don’t last very long and I don’t scream and yell and throw things as I used to do. Big changes.

Thank you, Higher Power! Thank you, my wonderful OA Fellowship!

In Abstinence and love,  
Barbara D.

**Living “Another Way” ....Recovery Quotes**

“We absolutely insist on enjoying life.” (AABB, pg 132)

“Living in the **soul-ution**, not the pollution”

“Recovery vs. Relief – what am I looking for?”

“For it to **work on me**, I have to **work on it**.”

“You are worth it, so work it.”