

June/july 2007

The Swan

OA Meeting/Information Line:
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**Your SAAIG Service Board
Members:**

Chair: Elaine L.

Vice Chair: Barbara Diane

Treasurer: Kelly M.

Recording Secretary: Kara M.

Communications Secretary:
JoAnne R.

Parliamentarian: Vera

Dates to Remember:

June 21

Deadline for registration for
Slumber Falls Retreat

July 1

Send your Input for the
"The Swan"

July 14

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
6/29 - 7/1	San Antonio Area IG Heart of Texas IG	6TH ANNUAL "Retreat on the Guadalupe" "There is a Solution...((for ME))" REGISTRATION DEADLINE: JUNE 21ST You do not want to miss this one of a kind retreat focusing on the AA Big Book and directions for recovery from compulsive overeating and food addiction found there. For More Information: http://www.oasanantonio.com/documents/07SlumerFalls.pdf	Slumber Falls Retreat Center New Braunfels TX
8/30-9/2	OA	World Service Convention: "Ring In Recovery" For More Information: http://www.oa.org/ws_convention.html	Philadelphia PA
9/14-9/16	Galveston Bay Area IG Houston Metro IG	2007 HMI-GBAI Annual Convention 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 so you will want to make your reservations early.	Galveston TX
10/14 - 10/16	Tri-County IG (Dallas/ Ft. Worth)	Fall 2007 Retreat For More Information: http://www.oadallas.org/Events/glenrose_07.htm	Glenrose TX
10/19 - 10/21	OA Region III	Region III Fall 2007 Assembly and Conference Hosted by Colorado Central IG For More Information: http://www.oaregion3.org/events/r3_conf_fall07.pdf	Denver CO
11/9-11/11	Dallas Metro IG	4th Annual McKinney Care & Share Silent Retreat For More Information: http://www.oadallas.org/events_listing.htm	Lake Dallas TX



From WSBC in Albuquerque, our delegate Connie C. has brought back:

- draft of the **NEW!!!** P.I. Manual,
- Presentation Folder for Professional Outreach Mailings
- Lifeline Bookmarks, and
- info on getting old extra copies of Lifeline to distribute to newcomers, or at health fairs.

The World Service Convention in Philadelphia August 30 - September 2, 2007 is a recovery convention—not business conference.

Step Six

“Were entirely ready to have God remove all these defects of character”

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Step Six Reading

AABB Chapter Six
 “Into action” page 76 (third edition)
 OA 12 & 12: Step 6
 AA 12 & 12: Step 6

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Step by Step

Early in program this step seemed so simple to me. Sure, God, take my defects, make me a better person; then I would move on through the steps without much thought of consciously cooperating with God for their removal. I realize today I am always on step six. “Being entirely ready” means I have a willingness to change. The Big Book says, “We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us to be willing.”

In step four I identified my objectionable behavior. Can I remember my step six commitment as I go through the day and I want to turn to my old behaviors as solutions rather than trusting God and doing things differently?

Today I am not ready to have fear be removed so I may move ahead in my step work toward the design **God** has for my life. And frankly I am not praying too hard for the willingness to remove this. Can I trust God? Sure with the food I can trust God, but what if the changes required to the way I live my life are too drastic for me? As usual

I find my fear to be self-centered, that I may lose something I have or not get something I want. The OA 12 & 12 when describing the Step Six principle of willingness says we are “learning through each day’s experience the difference between self-will and a simple willingness to cooperate with the guidance of our Higher Power.”

I will keep praying for willingness because I have found life in recovery so much better than the alternative. Lynn G.

Living “Another Way”Traveling Abstinent

My recent trip was all about “Keep It Simple” in terms of food. What I did and do in general:

- Take some supplies in my suitcase: individual salmon, tuna or chicken servings in convenient light-weight pouch; individual mayo and mustard packets, protein bars, dried fruit, trail mix.
- Pack as many meals for the day of travel as are needed. I do not set myself up for frustration and stress by planning to purchase a meal in the airport unless I have a minimum of a 2 hour layover and *know what will be available at that airport from experience*.
- When I arrive at my destination, I find a grocery or convenience store and buy vegetable juice, hard cheese, and a whole grain product that I can eat safely--if there is one for sale. Also I buy cold cuts and fresh salad if I have a refrigerator in the hotel room. I read all labels when purchasing from an unfamiliar store to be certain that the item fits my food plan as committed because while I am on a trip is NOT the time to change my food plan.
- When I visit family or friends, I contact them before my arrival and alert them that I have some food issues and would welcome the opportunity to go to the grocery store with them when I arrive. I give a generic food plan to my host: fruit, vegetable, salad, meat, poultry, fish, eggs, cheese, plain oatmeal. I determine what time I will arrive, and plan for all the meals of that day--whether I will pack them, or eat with my hosts. I let the host know what kind of restaurant will be acceptable for my food plan. I do make it clear that my food plan is NOT a diet; it is NOT NEGOTIABLE, and it is really very easy and basic.

Other foods that pack and travel well: wheat germ and powdered milk, fruit leather in individual servings; beef jerky, hard salami.

During this trip I only ate two meals out—one with OA friends and the other a planned banquet. I think this trip showed me how easy food can be when I am not faced with choosing from a menu or needing to select at a restaurant three times a day. Almost all my decisions were made at one time--before the trip.

Anonymous

Coming Attractions

- Our newly elected SAAIG Service Board for 2007-08
- Step Seven
- “Living Another Way...”