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The Swan

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“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

2008-09 Service Board

Chair: JoAnne R.
Vice Chair: Melanie-Allison D.
Treasurer: Open
Parliamentarian: Mike C.
Recording Secretary: Lillie O.
Communications Secretary: Pam W.
First Delegate: Lynn G.
Alternate Delegate: Connie C.

Committees

Communications Chair: Pam W.
WSO/Correspondence: Pam W.
Email: Open
Events Calendar: Denise G.
Newsletter: Denise G.
Website: JoAnne R.

PI/ PO

Chair: Rose C.
Information Line: Lori
Media: Open
Health Fairs: Open
Outreach: Barbara D.

12 & 12

Chair: Suzanne R.
I.D.E.A. Day: Alice G. and
Lynn G.

Unity Day: Earl

Slumber Falls: Elaine L.

Literature: Cyndi and Terry
Newcomers/ “Welcome Back”

Meeting: Open

Lifeline Rep: Open

Audio Library: Connie C.

Archives: Barbara F.

Dates to Remember

April 1st

Send Input for the “The Swan”

April 6th

Literature Orders due to
Michelle

April 11th

SAAIG Monthly Meeting
SAAIG Monthly Newcomer
Meeting

| Date | Sponsor | Event | Location |
|---------------|-----------------------|--|--|
| 4/3-5, 2009 | Greater Oklahoma City | Key to the Future - Region III Assembly and Convention For further information: www.oasanantonio.org | Oklahoma City, OK |
| 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

On Saturday, February 28, 2009, from noon – 3:00 Unity Day happened for OA San Antonio. Based on the First Tradition “Our Common Welfare should come first; personal recovery depends upon OA Unity,” the unity of OA in our small corner of the world was certainly reflected during the day. I was very grateful I was able to attend and participate. I can only share from my experience and thank those who made that experience one of the best I have ever attended, if not the best. It was the catalyst that has prompted me to write this letter to the Swan.

When Earl B. reached out to me and put his hand in mine as I did and others did that day, I saw a strengthening of our OA spirit for San Antonio and the world. Saying the OA Prayer as one body along with the world at 1:30 p.m. brought a sense of gratitude to me for this powerful 12 Step Program. It works, it really does, WHEN WE WORK IT. On Monday, following Unity Day, I called my friend Paula Z, in Anchorage, Alaska and asked her if they had Unity Day on Saturday. “Yes,” she said, and remembering that we all said the OA Prayer at the same time with those from Anchorage, Alaska and all over the world brings to mind that “no longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower, we are all together now reaching out our hands for power and strength and as we join hands we find love and understanding beyond our wildest dreams,”* Keep Coming Back, it works when WE work it.

Many thanks to all who blessed the day with their presence and all who did additional service to create a most enlightening and strengthening day. Special thanks to Earl B, Barbara F., Barbara Dianne, Connie C., Kelly, Suzanne, Melanie, Sandy, Elaine, Dolores, and Pam F. Please forgive me if I have forgotten to mention any names.

In OA Recovery,
Sharon V.

*OA Prayer written by Rozanne, OA’s Founder

Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Step Three Reading

- AABB: Chapter Five: “How It Works”
- AABB: Step Three Prayer (page 63)
- OA 12 & 12: Step 3
- AA 12 & 12: Step 3

Step by Step

What a journey for me to get to step three this time around! I had to spend quite some time on steps 1 and 2 and then go through what seemed like a lot of confusion and pain to arrive at Step 3. I knew I was at step 1 when my health, my job and my family seemed as if they had fallen apart over the last 5 years. The family started first in 2003, escalated in 2005 and then seemed stable since 2006. I thought I was on easy street, recoveringly speaking. I got a new supervisor in August 2007 and my health was unpredictable starting then too. So, I did what I was told- go to meetings, have a sponsor, use the tools. I did all that and everything stayed the same or got worse on the job and health. I was so disappointed in my Higher Power. I was doing everything right! How could

I still feel a mess-- emotionally, spiritually and physically? Aha-- the breakthrough came when I asked a fellow OA member, "Have you ever lost your faith in your HP?" She shared her journey and what I heard was, "My HP is lonely for me." It touched my heart. So just as the book, Alcoholics Anonymous, p. 55 says, I realized that ..."deep down in every man, woman and child is the fundamental idea of God...We found that Great Reality deep down within us. In the last analysis it is only there that He may be found." As I nurtured my relationship with this new HP, I found the willingness to turn my will and my life over to the care of this HP. As the AA Twelve Steps Twelve Traditions, pp. 34-35 describes, willingness is my

key to opening the door that to all appearances is slammed shut. Today I have many experiences where I want life to turn out "my way" and these are opportunities to take out the key of willingness and trust my new HP that I can grow from this experience. Maybe this is a chance to run toward something that scares me, or practice cooperation, or to embrace compassion of the human experience. The beauty of Step 3 for me this time is I have a new HP who is guiding me in the life before me today and I am slowly letting go of all my expectations of what this day "should" be.

Elaine L.

Living Another Way ... In Recovery

"In OA we are given no diets. Weight loss is not our only goal, and we accept that even a "perfect" body (if there were such a thing) would not make us happy. Our primary purpose is to abstain from eating compulsively, and we know that in order to do so we will need help." *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, pg 20

"When we place our will and our lives in God's care in step three, we give God our intuition as well. Intuition is supposed to be God's direct line into our minds and hearts, but our problems and our self-will have interfered with this connection. As we work the steps, the interference begins to be removed, and intuition begins to function properly, helping us focus on God's will, both for our eating and for the living of our lives." *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, pg 22

Coming Attractions

- *Step Four*
- *“Living Another Way...”*

“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.