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The Swan

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Dates to Remember

April 1st
Send Input for the "The Swan"

April 4th – 6th
Region III Spring Assembly
& Convention, Austin

April 8th
Literature Orders due to
Michelle

April 12th
SAAIG Monthly Meeting

SAAIG Monthly Newcomer
Meeting (March Leader:
Monday 7:30 P.M. Group)

"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.

"Unity Day" ... A BIG Success

We send our special thanks to Lynn G., Delores and EVERYONE who helped to make SAAIG "Unity Day" February 23, 2008, such a BIG SUCCESS. Below is the HAIKU Barbara Diane guided participants to write during the day.

SAAIG "UNITY DAY" HAIKU

Abstinence for me
is Unity with OA
in every way!

OA is great and
a spiritual journey
join us and get well!

Hear, today, you are
our love, and our life forever.
We live in you now.

Across the whole world
loving, caring together
unite forever.

Selfish self-seeking
and afraid I am in charge
God frees me from me!

Sanity is here,
surrender, the only price
you will ever pay.

A sink of dishes
messy desk and pile of bills
breathe the world still turns.

On the flight out west
I finished knitting my socks
you can look at them.

Glaciers of our soul
Cave in on one another
we are inside and out.

to stay connected
is to pray and know our God
listen and no others.

we put our hands together
praying and hoping in our HP
on Unity Day.

Unity means friends
OA means recovery
12 steps is my path!

no bite of bad food
comforts us in daily life
as OA CAN DO!

program gives us hope
to live our life on life's terms
UNITY is KEY!

not desperate now
new hope has arrived, thank
God!
Calms my weary soul

Oh, my clothes don't fit
I'm too cheap to buy new ones –
abstinence saves dough.

abstinence pluses —
close wear out, collar bones
show,
new body of hope

our serenity
depends on our willingness
to ask Higher Power

Acceptance is the key
in sponsorship is my key
to OA success

when I am disturbed
some fact of my life is wrong
because I play god.

When it too much,
then we lose our peace of mind.
Willingness is next.

It was not always possible to discern the capitalization or the punctuation. "True" Haiku usually have no punctuation and capitalization.

Step by Step

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
(4th edition, page 63)

OA 12 & 12: Step 3

AA 12 & 12: Step 3

Coming Attractions

- *Step Four*
- *"Living Another Way..."*

Often this step evokes two opposite reactions. One: This is great! Now all I have to do, is get up each day "turn my life and my will over to the care of God of my understanding" and then go back to sleep. Hey, this OA program isn't that hard after all. The other: What! You crazy overeater..."turn my life and my will over to the care of God of my understanding?" What if he doesn't come through for us? What if he messes up our lives?

As I interpret the third step (and, believe me, I find myself there quite often), this doesn't mean give "it" to God and go back to sleep. Do you really believe that is God's will for you?

Before we go further, your sponsor is so important in helping you to understand the steps. I encourage you to discuss this step with him or her. If you haven't chosen a sponsor, I suggest now would be a good time to do so.

"When the third step is implemented sincerely, our Higher Power will give us the knowledge of our best course in life, along with the willingness and ability to follow that course, even when it seems difficult and uncomfortable."

It is said that when facing a difficult decision, one should do the "legwork," as if everything depended on you and pray as if everything depended on your Higher Power. And, for those who find this extremely difficult, I ask you, with your "unmanageable life" what do you have to lose? Is your life going that well, that you have so much to lose? I'll make you a deal that my sponsor made with me: Try this third step and if it doesn't work, we'll give you back your problem with food...and other areas of your life that

have become unmanageable. Believe me, I'm not being flip. My, off and on, quest to do step three has taken me more time than any other step, with the possible exception of step four.

Before I talk about how to implement this step, let me remind you of some things we've heard at OA "At some of these we balked, we thought we could find an easier softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon." I remind you of this because for me, and many others, step 3 is different from anything we've ever done. Let me temper this by reminding you that we are looking for "...spiritual progress, not spiritual perfection." To my fellow perfectionists, "This step...and the others, don't have to be done perfectly. None of these steps can be done perfectly." We are a work in progress.

What is God's will for us? Do you think God wants us to overeat? ...abuse our bodies in any other way? Step 3 in OA's 12 X 12 tells us of an inner resource...intuition. It is supposed to be God's direct line into our minds and hearts. 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 to focus on God's will, both for our eating and for the living of our lives.

Quoting from OA's 12 X 12, " In learning God's will, we may again refer to our experience, knowledge, common sense, intuition and the wisdom of spiritual mentors. If something has repeatedly worked well for us or for someone else in a similar situation, we may assume it will in our present situation, ultimately bringing good to us and to others, which is God's will." For example, the person who volunteers for everything and resents other people for putting them in this position. After realizing the pattern, this person says "no" the next time they are in this position. The results are, no added work he or she didn't want, and no resentment.

"When faced with choices, we earnestly seek guidance from our Higher Power, and when that guidance comes we act on it."

Step three "requires a new way of thinking, acting and living," words that echoed in "How it Works." "...we found that we could not work the program until we let go absolutely." Let go of our preconceived notion about what is right for you." If you presently can't do this step, you might pray for the willingness to do this step. I agreed to read Step 3 in OA's 12 X 12, every night until I was willing to try it. The steps are designed to find a new, healthier way of dealing with life.

I'll leave you with something I heard the other day: There were three birds sitting on a wire. One decided to fly away. How many birds were left? Three, because the one bird only **decided** to fly away.

Monday Morning OA Meeting
