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The Swan

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SAAI 2007-08 Service Board

Chair: Susan D.
Vice Chair: Pam F.
Treasurer: Lynn G.
Recording Secretary: Lillie O.
Communications Secretary:
JoAnne R.
Parliamentarian: Open
Delegate: Connie C.

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Media: Open
Health Fairs: Open
Public Outreach: Jackie R.
Information Line: Lori
Literature: Michelle
12 & 12: Lynn G./ Dolores
Archives: Barbara F.
Newcomer Meeting: Marjory

Dates to Remember

June 1st
Send Input for the "The Swan"

June 10th
Literature Orders due to
Michelle

June 14th
SAAIIG Monthly Meeting

SAAIIG Monthly Newcomer
Meeting

June 22nd
Registration Deadline for
Slumber Falls Retreat

June 27th – 29th
Slumber Falls Retreat

"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.

WSO Update

SAAI Delegate, Connie C., learned along with other delegates from around the world Thursday May 8th during the WSO Business Meeting, in Albuquerque, New Mexico, that SAAI has been awarded an \$800 matching funds grant for our Public Outreach OA Billboards Project. Congratulations SAAI Service Board, Committees and Group Representatives for your commitment and effort to "carry the message to those who still suffer" in the San Antonio Area. Way to Go!!!!

Events

Date	Sponsor	Event	Location
5/30 - 6/1	Central NM IG	OA Weekend Retreat "Blooming in Recovery" For more information: http://www.oaregion3.org/calendar.html	Albuquerque NM
6/6 - 6/8		Serenity in the Rockies For more information: http://www.oaregion3.org/calendar.html	Silverthorne CO
6/6-6/8	Arizona Serenity in the Desert IG	"Annual Summer Retreat – Joy – Recovery"	Prescott AZ
6/13-15	Pikes Peak Serenity IG	"Big Book Comes Alive for OA" Retreat For more information: http://www.oaregion3.org/events/061308event.htm	Colorado Springs CO
6/27-29	San Antonio Area IG and Heart of Texas IG	Save the date Slumber Falls Retreat Seventh Annual "OA Retreat on the Guadalupe" Slumber Falls Retreat The deadline for returning the registration information along with payment by check or money order is June 22, 2008. There are a limited number of slots available for the weekend. You will not want to miss this one-of-a-kind event so be sure to register early. For more information: www.OASanAntonio.org	New Braunfels TX
9/19-21	South-eastern Arizona IG	Region III Assembly & Convention http://www.oaregion3.org/events/r3_conf_fall08.htm	Tucson AZ

Step by Step

Step Five

“Admitted to God, ourselves and another human being the exact nature of our wrongs.”

"We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. NOW THESE ARE ABOUT TO BE CAST OUT." (Big Book p. 72) What a powerful promise!! The completion of Step Five marks the beginning of our personality change or spiritual experience. The goal is a new relationship with a Higher Power.

In the chapter Into Action, we are given specific instructions on how to choose someone to listen to our fifth step, reasons for taking Step Five "The best reason first: If we skip this vital step, we may not overcome drinking (compulsive overeating)." My life depends on it. Good reason.

Only by experiencing the previous steps, especially the

fourth, was I ready, willing and eager to give it away to someone...anyone. After months of listing, writing, seeing how much I wanted my own way, turning to things and people instead of God, the lies I told myself, self-seeking behaviors, and the fears that ruled my life, drove me to overeat, judge, manipulate, give others the power to determine my worth, was I ready to part with this heavy load of baggage, these old ways of thinking and acting?? Oh, yes!! PLEASE Higher Power, remove these "obstacles in our path to a relationship with our Creator". I was prepared for "a long talk". I first experienced true forgiveness during my fifth step. I felt totally accepted

and part of the human race even after sharing sordid details (or so I thought until my sponsor matched these with her experiences.) The love and laughter of my Higher Power through my sponsor left me feeling "hey, I'm not unique, not so bad after all" enabled me to be more tolerant of those about me. Most of the ten promises on page 75 came true for me. I can be alone without being lonely;"the feeling that the food problem has disappeared will often come strongly. We begin to feel the nearness of our Creator". Trust me, I needed those promises coming true in order to continue the healing process of the next four steps!! Anonymous

Step Five Reading

AABB: Chapter Six: "Into Action"
 OA 12 & 12: Step 5
 AA 12 & 12: Step 5

Coming Attractions

- Step Six
- "Living Another Way..."

Living Another Way ... In Recovery

Renoir was painting with only his fingertips because arthritis twisted and cramped his hands - when asked why he continued to paint he answered "The pain passes, but the beauty remains."

Suffering because life cannot satisfy selfish desire is like suffering because a banana tree will not bear mangoes. (Buddha)

A joy shared is twice the joy, a pain shared is half the pain.

Acceptance: What is ...IS; what isn't...ISN'T.

When we are new, we are used to short term gain for long-term pain. As we grow, we gladly choose short-term pain for long-term gain.

"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.