

April/May 2007

The Swan

OA Meeting/Information Line:
210-492-5400

SAAIG Website:
www.OASanAntonio.org

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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

1st Delegate: Connie C.

Alternate Delegate:
Barbara Diane

Dates to Remember:

May 12

- SAAIG Monthly Meeting
- SAAIG Monthly Newcomer Meeting

June 21

- Deadline for registration for Slumber Falls Retreat

“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). 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.

OA Slumber Falls Retreat

On June 29 – July 1, 2007

the San Antonio Area and Heart of Texas (Austin) Intergroups will host their Sixth Annual “OA Retreat on the Guadalupe” at Slumber Falls Retreat Center in New Braunfels, Texas.

The theme “There is a Solution...(for me)” will focus on the AA Big Book and directions for recovery from compulsive overeating and food addiction found there.

Accommodations There will be four people to a cabin. Each cabin has two sets of bunk beds and one bathroom. You will need to bring bedding, pillows, toiletries,

towels, swimsuit, flashlight, and a candle (for candle light meeting.) Microwave and refrigerator are available for limited use.

The **deadline for returning the registration** information along with payment by check or money order is June 21, 2007. 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 see Announcements at: www.OASanAntonio.org

Slumber Falls Retreat Participation Options and Cost

Friday through Sunday
Includes registration, lodging for two nights and four meals (Saturday breakfast, lunch and dinner, and Sunday breakfast).
\$76.00

Saturday and Sunday
Includes registration, lodging for one night and four meals (Saturday breakfast, lunch and dinner, and Sunday breakfast).
\$47.00

Saturday Daytime
Includes registration for Saturday and two meals (lunch and dinner) **\$30.00**

Calendar of Events

| Date | Sponsor | Event | Location |
|-------------|--|--|------------------|
| 4/27-4/29 | Houston Metro IG | 2007 Spring Retreat | Camp Allen TX |
| 4/30-5/5 | OA | World Service Business Conference For More Information: http://www.oa.org/ws_business_conf.html | Albuquerque NM |
| 6/22-6/24 | D.C. Area IG | Summer Solstice Weekend Retreat | Germantown MD |
| 6/29-7/1 | San Antonio Area IG Heart of Texas IG | 6 th Annual “Retreat on the Guadalupe” (Slumber Falls Retreat Center) For More Information: www.OASanAntonio.org | 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 |
| 10/19-10/21 | Colorado Central OA IG | Region III Fall 2007 Assembly and Conference For More Information: http://www.oaregion3.org/events/r3_conf_fall07.pdf | Denver CO |
| 11/9-11/11 | Dallas Metro IG | 4 th Annual McKinney Care & Share Silent Retreat For More Information: http://www.oadallas.org/events_listing.htm | Lake Dallas TX |

Step Four

“Made a searching and fearless moral inventory of ourselves.”

Step Four Reading

AABB: Chapter Five
 “How It Works”
 starting with “Next we launched out on a course of vigorous action... (4th edition, page 63)

OA 12 & 12: Step 4

AA 12 & 12: Step 4

Coming Attractions

- Step Five
- Our Experience, Strength and Hope
- And More

Step by Step: “A Sober Horse Thief”...NOT

“If you sober up a drunken horse thief, you’ve got a sober horse thief.” That described me when I was abstinent without having the psychic change promised as the result of taking the 12 steps. *I knew something was missing in my recovery. I spoke of and believed in a Higher Power but had a very weak and flimsy relationship with this Power.* Having been in program for years, abstinent physically for long stretches at a time, I had to *pray for the willingness to set aside everything I even thought I knew about program, the steps, this way of life and pray for an open-mind. It took years in the program for me to “admit to my innermost self” that I was indeed a food addict and needed help.*

The directions in the Big Book are pretty clear & specific for working (taking) the fourth step. It was much more effective when I followed them with the help of a sponsor and the Grace of God.

. “Resentment is the number offender. It destroys more food

addicts than anything else” - including food!!! The food may be down, but resentments remain, along with fears, shame and guilt

The third step prayer preceded any writing

My first instruction was to simply make a list of any person, institution, or principle that angered me. That was a lengthy list! Next, I was to write the causes and effects, i.e., what had they done (or not done) and what instinct in me was harmed, interfered with, or threatened. This, I was told, was my last chance for “finger-pointing.” Afterwards, the detective became the criminal as God helped me look at my part – my dishonesty, selfishness, self-seeking, fear.

“Selfishness-self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes

of our fellows and they retaliate.” (P62 Alcoholic Anonymous“

Next, I listed fears – everything from getting old and infirm to returning to overeating “one hundred forms of fear”. After answering a few questions to show me where this fear came from and what I did to try to manage, deny or control it, I gave the fear to God in a prayer – each fear, one at a time. “At once we commence to outgrow fear” is the promise and it is coming true; I am commencing.

The shame and guilt over my sex conduct, using my gender to manipulate, control, having violated my own set of morals time and again gave me lots to eat over. Looking at this on paper was painful. The thought of sharing this with someone – YIKES!! **That** was on my fear list. However, Step Five is next month. Stay tuned!!

Anonymous

SAAIG Newcomer Meeting – Carrying the Message

Group Representatives, please remember to support the SAAIG Newcomer Meetings by asking members from your groups to lead and attend one monthly newcomer meeting and then follow up with newcomers afterward. Leading is done on a rotation basis across the SAAIG Meetings. “Together we can” carry the message and support the newcomer.

SAAIG Newcomer Meetings are held the second Saturday of each month at 10:0 a.m. at the Church of the Reconciliation, 8900 Starcrest, San Antonio, Texas.

Contact Marjorie if you have any questions.

“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.