

March 2007

# The Swan

**OA Meeting/Information**  
**Line: 210-492-5400**

**SAAIG Website:**  
[www.OASanAntonio.org](http://www.OASanAntonio.org)

**SAAI Email Address:**  
[OASAAIG@hotmail.com](mailto:OASAAIG@hotmail.com)

**Your SAAIG Service Board**  
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Vice Chair: Barbara Diane

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Recording Secretary: Kara M.

Communication Secretary:  
Carolyn B.

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1<sup>st</sup> Delegate: Connie C.

Alternate Delegate:  
Barbara Diane

**Dates to Remember**

**April 1**

- **Deadline for HMI**
- **Camp Allen Retreat**
- **Special Hotel Rate**

**April 14**

- **Monthly Newcomer Meeting**
- **SAAIG Business 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). 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 Retreats

Whether you need a recovery boost or an opportunity to “carry the message,” you are sure of both at one of the OA Retreats coming soon.

**The Houston Metro Intergroup (HMI)** is sponsoring their 2007 Spring Retreat, Friday through Sunday, April 27<sup>th</sup> - 29<sup>th</sup> at Camp Allen in Navasota, Texas. Room rates are \$170 double/\$230 single occupancy (includes room plus six meals.)

**San Antonio Area and Heart of Texas (Austin) Intergroups** are making plans for their 6<sup>th</sup> Annual “Retreat on the Guadalupe” at Slumber Falls Retreat Center in New Braunfels, Texas.

What a great opportunity to break away, refocus and renew in recovery.

For more information see: [www.OASanAntonio.org](http://www.OASanAntonio.org).

## Newcomer Meetings

Let’s remember to support the SAAIG Monthly Newcomer Meetings. Group representatives, please remind your groups: Newcomer Meetings are held on the Second Saturday of each month, 10:00 a.m., at The Church of Reconciliation, 8900 Starcrest, San Antonio.

## Calendar of Events

Date	Sponsor	Event	Location
3/23-2/25	Las Vegas OA IG	<b>Region III Assembly &amp; Convention: “sOAr free”</b> <b>For More Information:</b> <a href="http://www.oaregion3.org/events/r3_conf_spring07.htm">http://www.oaregion3.org/events/r3_conf_spring07.htm</a>	Las Vegas NV
4/27-4/29	Houston Metro IG	<b>2007 Spring Retreat</b>	Camp Allen TX
4/30-5/5	OA	<b>World Service Business Conference</b> <b>For More Information:</b> <a href="http://www.oa.org/ws_business_conf.html">http://www.oa.org/ws_business_conf.html</a>	Albuquerque NM
6/22-6/24	D.C. Area IG	<b>Summer Solstice Weekend Retreat</b>	Germantown MD
6/29-7/1	San Antonio Area IG Heart of Texas IG	<b>6<sup>th</sup> Annual “Retreat on the Guadalupe”</b> <b>(Slumber Falls Retreat Center)</b>  <b>INFORMATION COMING SOON AT:</b> <a href="http://www.OASanAntonio.org">www.OASanAntonio.org</a>	New Braunfels TX
8/30-9/2	OA	<b>World Service Convention: “Ring In Recovery”</b> <b>For More Information:</b> <a href="http://www.oa.org/ws_convention.html">http://www.oa.org/ws_convention.html</a>	Philadelphia PA
11/9-11/11	Dallas Metro IG	<b>4<sup>th</sup> Annual McKinney Care &amp; Share Silent Retreat</b> <b>For More Information:</b> <a href="http://www.oadallas.org/events_listing.htm">http://www.oadallas.org/events_listing.htm</a>	Lake Dallas TX

**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  
(4<sup>th</sup> edition, page 63)

OA 12 & 12: Step 3

AA 12 & 12: Step 3

**Coming in April**

- Information on 6<sup>th</sup> Annual “Retreat on the Guadalupe” (Slumber Falls)
- *Step Four: “Made a searching and fearless moral inventory of ourselves.”*
- *Our Experience, Strength and Hope*
- *And More*

**Step by Step: Step 3 Leads “the Way”**

Step 3 is a key point in our program. Without taking this step, my fear and anxiety would keep me from working the rest of the steps. More importantly, it would keep me from enjoying the promises, the results of working the rest of the steps.

The first three steps are often referred to as the OA waltz. No matter how many years of abstinence, no matter how many times I work through the steps, I always come back to the foundation of the program—which is steps 1 through 3.

However, no matter how incomplete I feel about these steps, at some point, I remind myself—and my sponsees— that it is important to take the lead and work the rest of the steps.

How do I work step 3? How is it possible to turn my entire will

and life over to the care of my Higher Power? An AA speaker, Father Tom, said, “Show up. Pay attention. Tell the truth.” I use this in tense situations as a mantra. I have found that if I do these three things, amazing results happen!

A compulsive overeater/food addict is walking along the street and s/he meets God. “God, I can’t do this anymore,” s/he says. “Please, please, will you give me recovery?” God says, “Recovery isn’t free, how much money do you have?” The food addict reaches into his/her pocket. “Fifty bucks.” “I’ll take it,” says God, “you’re recovered.” The person stands up straight, no longer compulsively eating. It feels pretty good. “Yeah but, God?” “Yes?” “I know I gave you my money willingly. But, you see, I need to get gas for my

car.” God says, “You have a car?” “Well, yes.” “You didn’t tell me that. I’ll take the car.” “But...” God interrupts and says, “I’ll take the car. It’s part of the price for your recovery.” “But how will I get to work?” “You have a job? I’ll take the job, too.” “But God, how will I pay my mortgage?” “Mortgage? You have a house? I’ll take that too.” “But God, my family. How will I take care of them if You have my house and my job?” God says to him/her gently and lovingly: “In order to keep your recovery; you must give Me these things. But I will let you drive My car, as long as you remember it’s MY car. You can have the job, but remember you’re working it for ME. It’s My house but I will let you live in it. And as for the family, they are MY family but I will trust you to take care of them.”  
*Barbara D.*

Over 500 people attended OA’s 47<sup>th</sup> Birthday Party last month in L.A. traveling from the following states and provinces: Alberta, Arizona, California, Tennessee, Pennsylvania, Oregon, New York, Nevada, North Carolina, Michigan, Maryland, Illinois and Colorado. For details see: to [www.oalaintergroup.org](http://www.oalaintergroup.org)

**Service: What will you do today?**

“...Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—which helps reach a fellow sufferer adds to the quality of our own recovery. Getting to meetings, putting away chairs, putting out literature, talking to newcomers, doing whatever needs to be done in a group or for OA as a whole are ways in which we give back what we have so generously been given.”

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**“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](mailto:OASAAIG@hotmail.com) by the first of each month for the next edition.**