



**Focus on Step Three Principle: FAITH**

**March 2018**

**Announcements**

**Mar 3 and Apr 7**  
Step of the Month meeting  
9:45 am, Church of Reconciliation, Alban Room

**Mar 10 & Apr 14**  
Intergroup  
9:45 am, Church of Reconciliation

Newcomer/  
Welcome Back meeting  
10 am, Church of Reconciliation

**Save the date:**

**June 8-10, Slumber Falls Retreat**

**OA Step Three:**

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

*“If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves. We now say yes to this power, deciding from here on to follow spiritual guidance in making every decision. Note we have said this step is simple; we have not said it is easy.”*

OA 12 & 12, P. 19

**A Member’s Story**

Step Three

*NOTE: I started program before there was an OA 12-and-12. Therefore, it was important to me to review the teachings of this step from my original work done from AA’s 12-and-12 when asked to write on Step Three. Quotes and other references in this article are to Step Three in that book.*

Step Three seems like a tall order. But the literature tells me that only one key is needed, and it is called willingness: “[o]nce unlocked by willingness, the door opens almost of itself”. The beginning of willingness for me was the humbling defeat I had with food. I finally was so defeated by food that I was willing to admit I couldn’t manage it and that I needed help.

The principle of Step Three is faith. Although this is the third step, its principle of faith underlies our very first steps into the program. Basically, anyone who has joined the program “and intends to stick has, without realizing it, made a beginning on Step Three.” When I

came to OA and made the decision to keep coming back and work the program, I was already placing my faith in something bigger than myself to help me with food. Every time I write out my food, say a prayer, go to a meeting, speak to a program member, practice my food plan, work on a step, avoid my trigger foods, I am practicing Step Three and its principle of faith in this program.

This simple beginning then becomes a greater understanding of, and willingness to rely on, my Higher Power. Before program I was trying to achieve food and body sanity under my own willpower. In the program, however, I try to align my will with the will of my Higher Power. At first that means giving up some foods and some food behaviors. (Sometimes I need to pray “God, please make me willing to be willing”!) It felt like a loss in the beginning – “my Higher Power doesn’t want me to eat X, Y, or Z.” My understanding now is that my Higher Power needed me to give up the foods and behaviors that were clouding my vision of what God’s will was for me. After

that letting go, aligning my will with God’s will has been an exercise in accepting all the good my Higher Power wants for me. In many instances, my Higher Power’s will for me is far more than I would dare ask for myself.

And I didn’t even know that by attending my first meeting I had already started the work of Step Three.

—Anonymous





**“What it takes to work step three is a real willingness to live by God’s will, one day at a time... We concentrate on wherever or whatever we think God might be, and we say out loud, in words of our own choosing, that we now turn our will and our lives over to our Higher Power, holding nothing back..”**

OA 12 & 12, P. 26

## Principle Three... Members Share on Faith

**When we consider the Step 3 principle of FAITH, Step 3 states, “Made a decision to turn our will and our lives over to the care of God as we understood him.” We demonstrate faith in our Higher Power by our actions. Share how you daily turn over your will and your life to your Higher Power.**

“Each day I read the readings in “For Today” and “Voices of Recovery” as part of my devotional time with my spouse and we discuss, along with the devotional book. I pray for our list and include my plan and then she prays specifically for me to follow through.”

“I turn my will and life over to my HP by following my food plan and to practice prayer and meditation, read and write. I pray to follow my HP’s will in all my actions and relationships.”

“Not giving advice would be a good way to turn my will and my life to my HP. When I am talking to people in my head I am demonstrating misplaced faith in my own ability to know what is right—what is best for them. When I can accept the truth that both others and I have a power greater than ourselves, I can relax.”

“I pray before each meal and when making any plans or decisions.”

“I talk to God asking for guidance to do his will daily.”

“On my knees, on my face, listening to the “God nudge” that says—GET UP!”

“God first.”

“By getting out of my bed and walking out the door.”

“Having faith that God is in control and listen more than talking.”

**Share an example of how you see your faith has grown over time.**

“God is my go-to person, not people around me.”

“I find myself able to, through faith, not get overcome by conditions that used to create problems for me.”

“I’m reading the Abstinence book which shows me how others are relying on their HP to attain abstinence.”

“My treatment of myself and others, and the quiet time I take each day and actually yearn for it. And in my garden.”

“I used to remember prayer and faith only when I hurt. Now I remember during the times in between. I am still growing in my faith.”

“Faith is terribly hard to obtain. It must come from within. Without it, sustained success is impossible. Faith is a lifeline for me. Sometimes I use the group. I know it exists.”

“I trust that when something doesn’t work out the way I expected or planned, I can more easily adjust to this reality.”

“When I get anxious I find myself going to the pantry or the refrigerator. I have done this 3 or 4 times in a single hour, especially early on in my OA program. I used to fail, but now I stop and turn over the problem or what has made me anxious and don’t eat.”

“I now have a wealth of empirical evidence of how God has helped. It is less of a leap of faith and more of asking a good friend, ‘What do you think?’”

“By readings, journaling, and prayers, I have been able to experience true joy that comes from FAITH in a HP greater than me. In that FAITH comes serenity that my HP has my back.”

**Share a time you saw evidence of your faith.**

“When I got through my step-daughter’s death and didn’t resort to compulsive eating to deal with my grief and my husband’s sorrow for the following 2 years.”

“When I moved to San Antonio not knowing anyone.”

“God intervened and kept me from doing something that I shouldn’t do.”

“Taking risks and doing things that scare me.”

“My recovery of 8 years that God controlled.”

## Newcomer’s Corner

### Let’s talk OA Literature!

OA has several types of literature to bolster recovery!

**Books:** *The Twelve Steps and Twelve Traditions of OA*. This book is a study of the OA 12 Steps and 12 Traditions. There is an accompanying workbook, with guided questions to answer as you study the steps and traditions.

*For Today* and *Voices of Recovery*. These books are daily meditations for OA and have

accompanying workbooks.

**Abstinence**, members’ stories of abstinence

*Beyond our Wildest Dreams*, co-founder, Rozanne’s, story of OA’s beginning

**Overeaters Anonymous**, members’ stories from around the world

**Alcoholics Anonymous (aka Big Book)**. This book, which is OA-approved literature, is the foundation text for all “A” recovery programs.

**Pamphlets:** OA has a library of pamphlets! A sampling of the titles:

- \*A Commitment to Abstinence
- \*A Plan of Eating
- \*Before you Take that First Compulsive Bite, Remember
- \*Dignity of Choice
- \*Just for Today
- \*4th Step Inventory Guide

Literature can be found at most face to face meetings or online at [bookstore.oa.org](http://bookstore.oa.org).

**Literature—a tool for recovery!**



## San Antonio Area Intergroup—Service Board

SAAI is duly registered with the World Service Office of Overeaters Anonymous.

Our primary purpose is to aid those with the problem of compulsive eating through the Twelve Steps and Twelve Traditions of Overeaters Anonymous and to serve and represent the OA groups from which the Intergroup is formed.

SAAI can be reached in the following ways:

Phone: 210.492.5400

Email: [news@oasanantonio.com](mailto:news@oasanantonio.com)

US mail:  
SAAI  
PO Box 5458  
San Antonio, TX 78201

### 2017-2018 Board

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*“Once we compulsive overeaters truly take the third step, we cannot fail to recover. As we live out our*

## SAAI Standing Committees

SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

### 2017-2018 Committees

Audio Library: Steve M.  
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Lifeline Rep: OPEN  
12 Step Within: Ron J.  
Sponsorship  
IDEA Day  
Unity Day  
Slumber Falls  
Welcome Back/Newcomer:  
Curtis

OA and AA literature can be ordered and picked up at Intergroup meetings.

[Literature forms online](#)

Place literature order at:  
[oasaliterature@gmail.com](mailto:oasaliterature@gmail.com)



*decision day by day, our Higher Power guides us through the remaining nine steps... We can confidently face any situation life brings, because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help.”*

**OA 12 & 12, P. 27**

## Heard at Unity Day...February 24

**A take-away from today that I want to remember or implement.**

*“I will need to continue to work on releasing my fear and pride.”*

*“We tend to take for granted what is free, so we must ascribe value to our time in OA. Humility maintains spirituality. Anonymity means not assigning anything to one’s self.”*

*“Trust in the wisdom of others who came before me. Traditions make it easier to quit taking things personally.”*

*“People can let you down—OA never will. Make myself a part of, rather than apart from.”*

*“This was so honest, open and down to earth. Very human, man among men!”*

*“New energy and thoughts about the Traditions. Audience shared how beneficial the information was for them.”*

**I am glad I came today because...**

*“I wasn’t going to but knew I had to; the idea that personal welfare only flows through common welfare.”*

*“I got affirmation that made my words and thoughts—who I am—is valued here.”*

*“Saw so many great people and new faces, too.”*

*“Showing up and being there was service, and the fellowship was a blessing.”*

**Other reflections...**

*“The idea that so many walks of the OA journey were represented was awesome. I think the Traditions are underrepresented and to have them discussed so well was a delight.”*

*“Great turnout! Great program!”*

*“The Traditions are highly applicable in every relationship—inside AND outside OA.”*

## Region III Convention News

**Convention Dates:** March 19-21, 2019. Save the Dates!

**Theme:** Steppin’ Up—OA in SA  
*Take your program to a new level*

The theme was chosen last summer at the Region III Theme party and planning event. Remember the other great slogans? The Program Committee will be putting those to good use as meeting themes and titles.

See upcoming issues of The Swan for ways to help!

**Convention Chair:** Elaine L  
Questions? Please e-mail [elangstl@aol.com](mailto:elangstl@aol.com)

## A Member's Musing:

## The Meet Up

### Tradition Three

I am VERY grateful that "The only requirement for OA membership is a desire to stop eating compulsively" (Tradition 3).

My first 10 years in OA (1978-1988) I had a desire to be thin and my weight fluctuated. After my parents died 4 months apart in 1981, I dropped out of OA (and life) for 2 years. I went from size 6 to size 38 slacks and was welcomed when I returned to OA.

Losing my job in 1988 (I was too sugar-fogged to function) got me serious about abstinence. While I do *not* recommend taking 10 years to get abstinent, Tradition 3 enabled me to participate in OA until I wanted recovery.

Working steps also uncovered the abuse issues driving my compulsive over- and under-eating.

Tradition 3 and the love of OAers continue to support my healing and help me encourage those who struggle to "Keep coming back."

— Alice G.

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church Main Entrance Second Floor, Room 210 5084 De Zavala (at Vance Jack- son) 78230	Step Study/ Discussion and Speaker (2nd Sun)
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church North Building, Room 128, Interpark Entrance, 12615 San Pedro 78216	Literature: Currently Big Book
	7:00 P.M.	Graciela (210) 219-9660	La Iglesia El Divino Redentor (la casa en frente de la iglesia—por favor entrar por la puerta del costado)	Literatura/ Discusion
	7:30 P.M.	Ken R. (210) 520-3727	St. Andrew's Episcopal Church 6110 NW Loop 410 78238	Discussion
TUES	7:00 P.M.	Noé (210) 392-8031	Alamo Heights Baptist Church 6501 Broadway 78209	12 & 12 Study/ Discus- sion
WED	12:00 P.M.	Kay (404) 286-9169	Unity Church of the Hill Country, 1016 Jefferson St., Library, <b>Kerrville</b> 78028	Steps/ Traditions
	7:30 P.M.	Barbara D. (210) 637-7203	Church of Reconciliation, Brigid Room, 8900 Starcrest 78217	Step Study Newcomers' Ask It Basket
THURS	12:00 P.M.	Mary Helen (210) 534-5875	Crestholme Presbyterian Church 1602 Goliad- Room right behind church	Discussion
	7:00 P.M.	Kristy (512) 393-1366	Unity Church, Life Room, 408 Gruene Rd. <b>New Braunfels</b> 78130	Step Study
FRI	9:30 A.M.	Gwen (210) 862-8211	N.E. Christian Church 2839 Wood- bury (at Nacodoches) 78217 (.6 miles outside Loop 410)	Literature Dis- cussion Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St. <b>Laredo</b>	English/ Spanish
	7:00 P.M.	Dawn C. (210) 849-0027	University United Methodist Church Main Entrance Second Floor, Room S211, 5084 De Zavala (at Vance Jackson) 78230	Speaker/ Step Study/ Discus- sion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest 78217	Literature/ Discussion
2nd SAT	10:00 A.M.	Curtis (210) 487-1683	Church of Reconciliation Brigid Room 8900 Starcrest 78217	SAAI Newcom- er/ "Welcome Back"

**Have an idea for The Swan/El Cisne? Want to contribute content for an upcoming issue?**

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