

Focus on Step Seven Principle: HUMILITY

July 2018

Announcements

July 7 & Aug 4
Step of the Month meeting
9:45 am, Church of Reconciliation, Alban Room

July 14 & Aug 11
Intergroup
9:45 am, Church of Reconciliation

July 14 & Aug 11
Newcomer/Welcome Back meeting
9:45 am, Church of Reconciliation, Alban Room

OA Step Seven

Humbly asked Him to remove our shortcomings.

"In OA, we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Humility, as we encounter it in our OA Fellowship, places us neither above nor below other people on some imagined ladder of worth. It places us exactly where we belong, on an equal footing with our fellow beings and in harmony with God."

(P. 60), OA 12 & 12, First Edition

A Member's Story

When I get to Step Seven, I am more than ready to have God remove my shortcomings....as long as I am not inconvenienced, put out, or stretched beyond my comfort zone, and all my needs and wants are met immediately, if not sooner. Welcome to my world: the brain of a compulsive overeater! I have had many decades thinking about me and my needs and fighting with all my might for my rights. What does practicing Step Seven look like to me today and how has it changed since I came to OA in 1994?

Today I begin most days with my favorite program prayers: Serenity, Step Three, Step Seven and Step Eleven. I need all of these on a daily basis to remind me that I am "making honesty, tolerance, and true love of man and God the daily basis for living" (AA 12 & 12, p. 72). I am completely committed to that ideal, . . . until I am stretched to listen patiently, refrain from self-righteousness, accommodate others' needs before my own, and be confident I will be taken care of during the day.

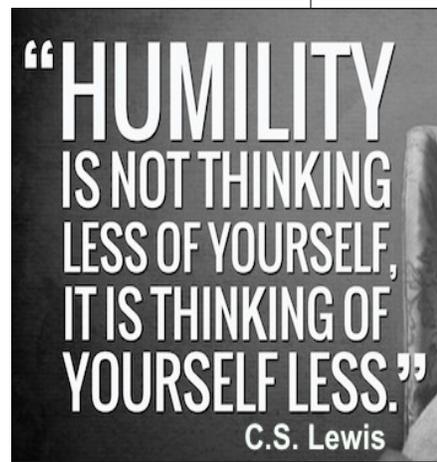
This is when I have to practice the Step Seven prayer in my life: "My Creator, I am now willing you should have all of me, good and bad. I pray you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength as I go out from here to do your bidding. Amen" (Big Book, p. 76)

I breathe and ask God to give me the patience to listen to my husband when he wants to share his thoughts and ideas, when I would rather change the subject and discuss what I want (which is just selfishness). When I am at work and want to criticize, judge or condemn others for the way they think or act, I breathe and ask God to help me extend tolerance and love. When I want to lie to my sponsor about what I ate when I email my daily food, I breathe and ask God to help me be honest and then write it all down in black and white.

The truth of the matter is that some of my most glaring defects, such as inadequacy and hostility, have abated most of the time.

The insidious selfishness that is the hallmark of my disease is there every day. I need to bring God into every moment that selfishness stands in the way of the humility God wants to offer, so I can focus on building my character and embodying spiritual values in my daily life.

— By Elaine L.



“As we take step seven, our goal...is simply to draw closer to being the people God intends us to be. We pray to be made new, not for our own gratification, but so that we may be more useful instruments of our Higher Power...Real humility about our character defects carries with it acceptance. We accept that each defect, as painful to us as it may be, is a part of who we are. With humble acceptance, we can quietly say to our Higher Power, ‘I am this way, and only with your help can I change.’”

(P. 61) OA 12 & 12, First Edition



Principle Seven— Members Share on Humility

For the Step 7 Principle of Humility, the OA and 12 & 12 (P. 62, First Edition) says, “In OA we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption and the status-seeking.” Can you tell how you have experienced an “end to the feelings of inadequacy, the self-absorption and the status-seeking” in recovery?

I must admit that I only occasionally experience genuine humility as described above. Relating to others in OA has been easier than relating to my church friends. Focusing on what I perceived to be the differences (e.g., single vs. married; program vs. non-program) between me and church friends created a separation (at least on my side). I did not identify that pattern as a lack of humility on my part and a Step 7 issue. I am grateful that in the past couple months I have been willing to focus more on what I have in common with my church friends. For example, we all make mistakes and are there because we need and want spiritual help. I pray that through Step 7 God continues to bring me to the acceptance of myself that is the ground of true humility.

Newcomer’s Corner

Tools of Recovery—Plan of Eating

If you are expecting a diet plan, recipe section or required guide of what to eat, you will not find it in OA today. Instead, OA suggests a plan of eating to “help us abstain from compulsive eating. This tool helps us deal with the physical aspects of our disease and achieve physical recovery.” (From oa.org, Tools of Recovery page.)

OA publishes a pamphlet *Dignity of Choice*, which “provides

The OA 12 & 12 (P. 63, First Edition) says, “we pay to be made new, not for our own gratification but so that we may be more useful instruments of our Higher Power.” Tell how you see you are becoming a more “useful instrument” to your Higher Power.

When I first got abstinent, my sponsor made it very clear that if I wanted to keep my program, I needed to give it away to newcomers and others. I was scared of people and often did not know what to say. In order to stay abstinent I made it a point to talk to at least one newcomer after every meeting. Often in the course of that conversation, I would panic because I did not know what to say. I would smile, listen, and pray frantically inside for God to “get me out of the way and love this person through me.” When I prayed, “somehow” the conversations turned out all right. That prayer continues to work in conversations with newcomers, sponsees, sponsors, and a stranger standing next to me in a long line or seated next to me on a bus or airplane. The grace to start and carry on a conversation is “new” behavior, and it enables me to be a channel of God’s compassion to those I meet.

“We have found that our willingness to act is an important factor in our healing...we may visualize ourselves as the people we will be...we may find it helpful to rehearse what we’ll say and do when tempted....” (OA 12 & 12, P. 64, First Edition). Please share the

guidance to both new and longtime OA members in devising their own plans of eating.”

A *Plan of Eating* pamphlet discusses a plan of eating as a tool, offers a way to examine our eating history, and examines binge foods and compulsive eating behaviors.

Tools of Recovery—Meetings

Does your recovery need a jump start or a boost? You might consider changing up or adding to your meeting schedule. You might implement “30 in 30”, meaning

tips, strategies and ACTIONS you have used as a new person in recovery.

When I first got abstinent, I was obsessed with food 24-7 for 9 months. I went to at least 1 meeting a day during that period, sometimes telling my HP that if that meeting didn’t work, I was going to stop at every convenience store on the way home.

The meetings worked to get me home abstinent (thank you, HP). Then often I would sit in the car “too tired” to make a call. At that point I often told HP that I did not feel like and was NOT going to make a call. Being honest with HP somehow ended up with my picking up the phone when I walked in the door and **making 1 or more calls that kept me abstinent until I went to bed. Using the tools and working the steps** to best of my ability with my sponsor eventually overcame the obsession with food and I was free to **focus on doing service and learning how to live the new life I was given.**

Heard at Slumber Falls... MEDITATION

is like training a puppy to “stay”. You tell the puppy to stay, and it walks away; you **gently bring the puppy back.**

Our encouragement: In meditation we try to be quiet, be still, listen....and our mind wanders off. We gently bring our mind back...Again. Again. Again. And yet Again.

30 meetings in 30 days.

“Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face to face, OA offers telephone and online meetings.” (oa.org, Tools of Recovery page.)

What OA tools are you WILLING to use for your recovery today? Find the OA pamphlet, *Tools of Recovery*, at your next meeting!

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

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

2017-2018 Board

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SAAI Standing Committees

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

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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.

Place literature order at:
oasaliterature@gmail.com

Want to receive The Swan/
El Cisne via email?
news@oasanantonio.com

Region III Convention

March 29-31, 2019

Save the Date!

Reports from Slumber Falls

Members share their key take-away's from Slumber Falls Retreat held in June....

"That I am worthy of being here. I'm part of a group that gets me."

"Work the steps even if I have done the steps before. Use the Fourth Step worksheets as a simple way to take my inventory."

"A get-away with program people improves my recovery."

"The 2 paradoxes of the program: I have to Surrender to Win. I need to Accept myself first, in order to Change myself."

"Allowing myself to be uncomfortable makes my relationship with food easier."

"I went just for Saturday and learned more about abstinence, surrender, and commitment."

Members said they were glad they attended because...

"It renewed my strength and hope. I got closer to other members."

"Growth and overcoming fears!"

"I cannot make myself surrender...its an unconscious process... But I can walk the path. Obsession is way to keep myself in my head to avoid feeling."

"I get to spend time with old friends I've known for decades and talk to new people—which helps me stay in recovery."

"I had so much fun enjoying the fellowship and sharing my step work with other participants."

"I hear people share their struggles."

Members want to put this into ACTION for their recovery....

"Become abstinent."

"Keep my disciplines—plan of eating, steps 10, 11 and 12, meetings, sponsorship, writing and reading."

"Starting a Joe and Charlie Big Book study."

"Food plan and Steps, the key to abstinence."

"Challenge myself to feel more feelings and fears to relieve food obsession."

"Daily reading and surrender prayer."

"Repeated practice of step seven enables us to form a working partnership with our Higher Power through which we are relieved of the defects which have blocked our effectiveness... As we gain new humility and ever greater freedom from our character defects, God's power flows more surely and freely through us, bringing healing to others as well as ourselves, and drawing to us all the things we once fought so hard to attain: self-esteem, a feeling of usefulness, joy, strength to surmount difficulties, fellowship and love. Our simple prayers, humbly spoken are answered...and we find that God does for us what we could never do for ourselves. (P. 65-66), OA 12 & 12

A Member's Musings

This July issue of The Swan/El Cisne brings our year to a close; next month new editors will bring you a new direction. We want to share a few words...

Working on *The Swan* for the past year has been a blessing! I got to spend time with my co-editor and learned much from her approach to choosing topics and laying out the newsletter. Because of a conflicting commitment on the second Saturday of each month, I am not able to serve at Intergroup, so being co-editor of the *Swan* has provided an opportunity to give service above the group level.

When I first became abstinent, my sponsor emphasized that I needed to give away my program in order to keep it. Working on the *Swan* has been a welcome and rewarding way to help others share their program and to grow in my recovery.

— Alice G.

A little over a year ago, I was asked if I would work on *The Swan/El Cisne* with a co-editor. I was assured it was a do-able job, and was hopeful with my co-editor's help we could put out a newsletter each month. A year later, we've done it!

What I received from working on *The Swan* is encouragement in my own program and friendship with a fellow. It is true that when I do service, I get more out of it than I give!

Your voices were so important to *The Swan* in this past year! Twelve people wrote lead articles, many people contributed to "Member's Share", and new members contributed their stories and poems! Thank you for contributing your experience, strength and hope this past year!

— Carrie H.

The Meet Up

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 Jackson) 78230	Step Study/ Discussion and Speaker (2nd Sun)
SUN	7:00 P.M.	Elaine (210) 332-0551	Unity Church 408 Gruene Road, New Braunfels, 78130	New meeting! Begins May 6
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 2803 W. Salinas, 78207	Literatura/ Discussion
	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 G. (210) 392-8031	Alamo Heights Baptist Church 6501 Broadway 78209	12 & 12 Study/ Discussion
WED	12:00 P.M.	Kay (404) 286-9169	Unity Church of the Hill Country, 1016 Jefferson St., Library, Kerrville 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. New Braunfels 78130	Step Study
FRI	9:30 A.M.	Gwen (210) 862-8211	N.E. Christian Church 2839 Woodbury (at Nacadoches) 78217 (.6 miles outside Loop 410)	Literature Discussion Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Christ Church Episcopal 2320 Lane St. Laredo	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/ Discussion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest 78217	Literature/ Discussion
1st SAT	9:45 A.M.	Kathy S. (510) 506-1756	Church of Reconciliation Alban Room 8900 Starcrest 78217	Step of the Month
2nd SAT	9:45 A.M.	Curtis (210) 487-1683	Church of Reconciliation Alban Room 8900 Starcrest 78217	SAAI Newcomer/ "Welcome Back"