



Step of the Month: Step 6

Guiding principle: Willingness

We were entirely ready to have God remove all these defects of character

Step Six

In the AA 12-and-12, Step Six says, "This is the step that separates the men from the boys." It's referencing the need to have enough willingness and honesty "to try repeatedly Step Six on all his faults—without any reservations whatever..." (emphasis 12-and-12). It then goes on to state that the proposition of having defects of character removed will be "no theory at all; it will be just about the largest fact" (emphasis mine) in the life of a recovering member.

I had to mull that one over when I first read it - and every time after that. That is a truly bold statement in my assessment. It says this way of life isn't a theory - it works - and that's a fact. In my experience, the "without any reservations whatever" speaks to my faith in my Higher Power. If I truly trust my HP, then it follows that I must trust that my HP will take that character defect and replace that void or space (because many of my character defects result in wasted time but also have identified me) with something infinitely better. The infinitely better has been, most times, spiritual (more relief, more peace, more joy, greater feeling usefulness to others, significantly improved relationships) and sometimes more tangible (new skills, more fulfilling work, more satisfying income, more fun).

I noticed something else about this step. It has more mentions of the word perfect or perfection than any other step in the book - and by a large margin (12 times! next frequent is Step 12 which has 2). Horrifying (to me at least...and I'm a perfectionist)! I can't do this program perfectly - what are they talking about?? It says in Step Six the only step which can be taken perfectly is Step One. The rest of the steps are "perfect ideals". The mentions of perfect throughout Step Six are about aligning my will with my HP's will.

The step teaches me that if I say, "No, never!" [to having a character defect removed] that's the point I've shut myself off from my HP's grace and it says that is the "exact point at which we abandon limited objectives and move towards God's will for us." Think about that...what is the character defect that you've said you'll never give up? Take it a bit further...what is the activity / job / aspiration that you've said you could never do because [fill in your excuse]? Before I came into program, I had a lot of beliefs about myself and many of them started with "I can't..."

Some of the deepest, most rewarding (and, surprisingly to me, most joyful) work I've done in program is uprooting the truly limiting beliefs about what I can and cannot do. My Higher Power needs all my faculties for my best work on this plane. The addiction blocks my access to those - hence it must be taken care of first by my HP. When I say, "I can't do that because...", I limit myself and I show my lack of faith in my Higher Power. My HP's will for me is unlimited. Trusting my HP means trusting that I will be given what I need when I need it to accomplish the goal or move in the direction that has been presented (and checking out all such indicators with my sponsor and spiritual support group first).

I must change my "I can't" to "With Your help, one day at a time, I will take the next right step to move in that direction." The directions frequently have required me to believe I am worthy of more recovery, more fullness of life and more joy. It is the limits I put on myself (evidenced by my beliefs in what I am capable of in all areas - spiritual, mental, emotional, physical) - that limit me from growth and accepting the gifts from my Higher Power.

- Anonymous

Announcements



June 6 & July 4

Step of the month mtg
9:45 am, Church of Reconciliation,
Alban Room

June 13 & July 11

Intergroup 9:45 am,
Church of Reconciliation,
Cranmer Room

June 6 & July 4

Newcomer/Welcome
Back meeting
9:45 am, Church of Reconciliation

Quick Note:

When you need any updated meeting information during the COVID 19 time frame, up to date meetings and schedules are available at oasanantonio.org
We have Zoom meetings on Page 3 of this Swan.
Please join a meeting to share your experience, strength and hope!

Sixth Step Prayer

“Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health.”

http://friend-sofbillw.net/twelve_step_prayers

Step 6

Greetings to all. I hope this writing finds you all well. As I think about step 6 the first thing that comes to mind is from the OA 12 & 12 “...saying we’re entirely ready and being entirely ready to take action are two very difficult things.” Well AMEN to that! I thought, also as it says in the 12 & 12, that God would just miraculously take all these defects away from me and all would be cured. I would miraculously be free of my ego, judgment, intolerance, and impatience (to name just a few defects). But it keeps coming back! Dang! What am I not doing? Yes, giving it away to God is how it works....but there is a step in between that I was not doing. I had to be willing. Was I willing? I discovered that I had not been willing.

In my talks with my sponsor I, like so many others, started to ask myself “Who am I without these defects?” I had identified for so long who I was based on all this stuff that without them I saw myself as a hollow shell of a person. I no longer had anything to identify with. It was a scary proposition. I really had to sit with it for a long time. I had to look at who I wanted to be. What was going to replace all those defects (another subject for another time)? So, my sponsor told me to pray for the willingness. I did that. I prayed, and still do, for the willingness to truly turn it all over to God. I finally got it. I saw that willingness bridged the gap between saying and being. This program has brought me so much and I thank you all for being part of my recovery.

Blessings,

Michele N.

One Hot Stove: Willingness

Without GOD I can’t, Without me, GOD won’t

Ah what complete cleansing and peaceful joy I felt when I had finished my FIFTH step almost three years ago. My sponsor was a long-distance helper. She spent five hours on the phone with me, listening, encouraging, and praying with me. What a high! What a relief! Before we got off the phone, I read the first paragraph on page 76 of the AA Big Book: Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can God now take them all—everyone? I was sure that I was willing. I felt so free and relieved. So I prayed the 7th step prayer which is in the second paragraph on page 76.

“My Creator, I am now willing that YOU should have all of me—good and bad. I pray that 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.”

Let go and Let GOD. Simple, right? Wrong! My sponsor insisted I make my 8th step list and start making amends—the first were the hardest amends, to the people I loved the most and had hurt the most. The blessings of the 9th step are for another story. Honest, Open, Willing. All three are needed for every step from 1 through 12. But the willingness needed in Step 6 is the most difficult. It is not a willingness to DO but a willingness to STOP running my life and ask GOD for the gift of humility and teachableness. Instead of an ego-driven quest for a saintly character, it is a willingness to NOT run the show, NOT put into action the first great idea I might have for becoming an admirable, well-thought of person. A willingness to stay still, pray, listen in meetings, run everything by my sponsor. And then DO as I am advised to DO. Which is usually do nothing. Pray and wait on GOD. A willingness to STOP trying to be in charge of my life and the lives of everyone that I thought should do what I want. I mean after all; I did not need any more proof of how WELL that had worked! Yikes. I had to pray every day for the sweet surrender of my will to the GOD of my understanding. Oh how often that mental obsession to always look good and get what I want when I want it reared its ugly head!

Now three years later I say the third step prayer every morning and every moment in every day when I feel as the BIG BOOK says, restless, irritable, and discontent. I go to meetings, virtual meetings, stay in touch with sponsors and do that 10th step inventory that means promptly making amends. Are all my defects of character removed? Hell, no! but I do know how to let GOD use me when I screw things up again and again. The greatest gift is the SENSE of HUMOR that comes with reminding myself that without GOD, I can’t and that without me, GOD won’t. ONLY GOD can remove my mental obsession, resentments, fears, angers, and self-righteous self-will run riot. Without GOD, I can’t do it. AND GOD, the GOD of my understanding, WILL NOT without my willingness, renewed whenever my EGO gets the upper hand. As I heard once in an OPEN AA meeting. MY EGO is not my AMIGO.

Are we entirely READY to LET GOD?!

Sandy J

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

Website:
www.oasanantonio.com

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

2018-2019 SAAI Standing Committees

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Mary Rose J.
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Sharon V.
Welcome Back/Newcomer:
David & Lea B.
12X12: Vacant

Literature: Elaine L.
OA and AA literature can be ordered and picked up at Intergroup meetings.
[Literature forms online](#)

Place literature order at:
oasaliterature@gmail.com

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

NEWS FROM OA'S WORLD SERVICE OFFICE

WSO's Statement on COVID 19 (March 10, 2020): [OA-COVID-19-Letter-2](#)

As of March 20, 2020 most of the buildings inside San Antonio and Bexar County have been closed and local authorities have asked groups larger than 10 not to meet. State authorities have encouraged people to stay home except for essentials such as gas and groceries.

Zoom meetings and ID

Sunday 5:00pm 193-124-988 Password 474-395
Sunday 7PM New Braunfels 531-800-4465 Password 111111
Monday 9:30 am 324-599-463 Password 281
Monday 5:45 PM 715-513-8641 Password 121212
Monday 7:00 pm 297-185-376 Password Monday7PM
Tuesday 5:45 PM 845-4751-6665
Tuesday 7:00 pm 531-800-4465 Password 111111
Wednesday 7:30 (712) 432-0900 Audio Only* Access code 637-445
Thursday 12:15 PM 972 3572 7347 Password 111111
Thursday 7:00 PM New Braunfels 531-800-4465 Password 111111
Friday 9:30 AM 803-900-343 Password 2839
Friday 7:00 PM 949-024-080
Saturday 8:30 am 140-019-469 Password 111111

TWELVE STEPS (Continued)

- 1. We admitted we were powerless and our lives have become unmanageable**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity.**
- 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him.***
- 4. Made a searching and fearless moral inventory of ourselves.**
- 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have God remove all these defects of character.**
- 7. Humbly asked Him to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**
- 10. Continued to take personal inventory and when we were wrong, promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him,* praying only for**

TWELVE STEPS (cont.)

12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

We're entirely ready to have God remove all these defects of character. Step six begins with We're... It does not say I needed to muster readiness, it implies that I had already been granted whatever I needed for step six, just by having taken steps four and five. Now I can begin to discard dysfunctional ways of taking care of myself. I can embrace new, healthy ways of living, I think what I say about the 6th step is, "I am willing to have God remove all these defects of character." What makes it easier for me is to read in the OA literature, that I was not responsible for removing my defects of character or overcoming them through will power or steely determination. I could not will them away though knowledge alone. What ended up happening was the problems come up and I have often acted badly, despite knowing that it was a defect of character that caused me problems, I was unable to act differently. Not every time, but enough to know or have the feeling that I was out of control in a way, and that I was disappointed or ashamed for having done so. Just like how I reacted with food. But like the Big Book say- "If we still cling to something we will not let go, ask God to help us to be willing" Cultivating my program on a daily basis helps me have a cleaner program, and remembering that abstinence is a gift from God that is waiting for me every day.

-Grace

AREA MEETINGS

SUN	5:00 P.M.	Lynn G. (210) 240-3277	University United Methodist Church, South Campus, Main Entrance Second Floor Room S210 , 5084 De Zavala (at Vance Jackson), 78249	Step Study / Discussion / Speaker (2nd Sun)
	7:00 P.M.	Elaine (210) 332-0551	Unity Church, 408 Gruene Road, NEW BRAUNFELS , 78130	Literature / Discussion
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church, South Building (San Pedro Entrance) Room 201, 12615 San Pedro, 78216	Literature: Currently Big Book
	6:00 P.M.	Graciela (210) 219-9660	La Iglesia El Divino Redentor, 2803 W. Salinas, 78207	Literatura / Discusion EN ESPANOL
	7:00 P.M.	Ken R. (210) 520-3727	St. Andrew's Episcopal Church, 6110 NW Loop 410, 78238	Discussion
TUES	12 Noon	David E. (830) 928-4844	Church of Christ, 1 Upper Balcones Rd BOERNE 78006 oaofboerne@gmail.com	Discussion
	5:45 P.M.	Julene (512) 923-0707	Alamo Heights Baptist Church, 6501 Broadway, 78209	Joe & Charlie Big Book Study - Bring BB, Notebook & Dinner if desired
	7:00 P.M.	Curtis (210) 487-1683	Alamo Heights Baptist Church, 6501 Broadway, 78209	12 & 12 Study / Discussion
WED	12 Noon	Kay (404) 286-9169	Unity Church of the Hill Country, Library, 1016 Jefferson St., 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	12:15 P.M.	Graciela (210) 219-9660	Collins Garden Library 200 N. Park Blvd. (corner of Nogalitos) San Antonio, TX 78204	Discussion
	7:00 P.M.	Kay R. (210) 831-8079	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 Nacogdoches .6 miles outside Loop 410), 78217	Literature, Discussion, Speaker 2nd Fri.
	12 Noon	Destine (956) 744-5011	Church Christ Church Episcopal 2320 Lane St LAREDO , 78043	English/ Spanish
	7:00 P.M.	Dawn C. (210) 849-0027	University United Methodist Church, South Campus, Main Entrance First Floor Parlor, 5084 De Zavala (at Vance Jackson), 78249	Speaker / Step Study / Discussion
SAT	8:30 A.M.	Sharon V. (210) 863-3338	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Literature / Discussion
****MONTHLY MEETINGS****				
1st SAT	10:00 A.M.	Michele(210) 460-9179	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Step of the Month
2nd SAT	9:45 A.M.	Denise (210) 884-6749	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"