



## Step of the Month: Step 7

**Guiding principle: Humility**

**Humbly asked Him to remove our shortcomings**

### One Hot Stove: Humility

Principle: Humility

There are several quips, often funny, about the kind of people who attend 12-step programs. I like the one that says two kinds of people come into 12-step programs: those that need to be knocked down and those that need to be propped up. I am a compulsive overeater and can say with certainty I needed to be propped up because I felt humiliated over my inability to control my food and my eating.

Step 7 talks about the humiliation many of us carry when enter OA. We “confused” humility “with humiliation or low self-esteem”. And notes “a poor self-image keeps us in bondage to the self and thus makes it impossible for us to find true humility.” Later it states, “Humility is a gift...Our job is to be willing to let go of old attitudes that block humility, such as low self-esteem, status seeking, and self-righteousness.” Low self-esteem has been a huge part of my experience as a compulsive overeater. In fact, I was demoralized over the work I had done before program trying to improve my self esteem.

It was a spiritual experience when I realized I needed to rely not on myself to improve my self-esteem but on my Higher Power and our relationship to heal me and re-empower me. I needed to turn whole-heartedly to this wonderful Higher Power and give everything I was to this Being so that I could humbly ask my Higher Power to remove my character defects. (If I could not do that, it helped me to go back to Step 2 and see where my wrongly directed faith prevented me from believing in a loving Higher Power.) The healing of that relationship with my Higher Power led to so many more gifts. Gifts I’ve been given to use to help others and to enjoy my own life (and these aren’t mutually exclusive propositions!).

-Anonymous

### Announcements



**July 4 & August 1**

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

**July 11 & August 8th**

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

**July 4 & August 1**

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](http://oasanantonio.org) We have Zoom meetings on Page 3 of this Swan. Please join a meeting to share your experience, strength and hope!

## 7th Step Prayer

My Creator,  
I am now  
willing that  
you should  
have all of  
me, good  
and bad.  
I pray that  
you now re-  
move 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.

PG. 76  
Big Book

## Step 7

STEP 7 Humbly asked Him to remove our shortcomings.

In AA alcoholics urge each other to accept life on life's terms. Step seven asks us to join the human race. All of us have an imperfect self that must show up every day—good and bad—to live life on life's terms.

Days of self hatred and grandiose posturing have bogged us down in the endless struggle against food obsession and using food to escape life on life's terms.

We can rest and ask GOD to make us more and more useful to others.

The GOD of my understanding loves me and everyone with a patient and intimate love. With every breath I am held and cherished Humbly asking is an act of trust, accepting myself as imperfect and GOD as loving me just as I am.

Anonymous

### Dr Bob's Prayer

Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.

<https://www.aagrapevine.org/magazine/1965/sep/humility>

-Michelle

## 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

Website:  
[www.oasanantonio.com](http://www.oasanantonio.com)

### 2020-2021 Board

Chair: Carrie H.  
Vice Chair: Barbara F.  
Treasurer: Becca E.  
Recording Secretary: Helen  
Communications Secretary:  
Mike H.  
Parliamentarian: Richard V.  
WSO Delegate: Ron J  
Region III Representative:  
Amanda

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

### 2020-2021 SAAI Standing Committees

**Audio Library:** Steve M.  
**Archives:** Barbara F.  
**Communication:** Mike H.  
**Swan/El Cisne:** Chris B.  
**Website:** Mike H.  
**Lifeline Rep:** Richard V.  
**Public Information:** Mersi

**Professional Outreach:**  
Mary Rose J.  
**Meeting Info/Phone line:**  
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](mailto:oasaliterature@gmail.com)

Want to receive The Swan/El Cisne and important updates via email?  
[news@oasanantonio.com](mailto: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.**



**Service Station**

### Why Service?

#### Show up.

Attending a meeting is service.

**Unlock the venue for meetings each week. This is a seemingly simple task, but one of great importance. Without this act of service, your group can't meet to work on their recovery. Set up and clean up meetings. Putting out and returning chairs, making the books available, and passing out materials are all ways to serve. Participate in the meeting. Welcome newcomers, read or share your own experience, strength and hope on the topic. When you are ready for more moderate or lead the meeting. The leader/moderator is just a member who follows the format to keep the meeting on topic and on time. Operate the dashboard. Unique to the virtual world this position protects the meeting from disruptive participants. Participate in group conscience. There are always different ways of doing things and the meeting members decide together what is best for the group.**

<https://oa.org/why-service/>

## 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, <b>NEW BRAUNFELS</b> , 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 <b>EN ESPANOL</b>
	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 <b>BOERNE</b> 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., <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	12:15 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., <b>NEW BRAUNFELS</b> , 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 <b>LAREDO</b> , 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
<b>****MONTHLY MEETINGS****</b>				
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"