



Step of the Month: Step 4

Guiding principle: Faith

"Made a searching and fearless moral inventory of ourselves."

FOURTH STEP: MADE A SEARCHING AND FEARLESS INVENTORY OF OURSELVES.

Whoops, I left out a word in the above; that word is MORAL. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES. What is MORAL? I think of the words Ethical, Right and Wrong, and, or having Principles by which a society lives. When I was finally let loose in the world as a seventeen year-old, I began to live in a most amoral mode. I could not differentiate what was good or bad for myself and I did not consider you. I knew eventually that no one could fulfill my demands for what I thought happiness entailed.

I heard the Fourth Step mentioned when I first came to program and said to myself, "Oh sure, I can do that, I'll do whatever you tell me to do". My first 4th Step was all about you or "them". You were the problem and especially MOM. Doing the Fifth Step was a real downer. My sponsor said to me, "You do not seem to be getting any relief from this". Of course, I wasn't because it was not an inventory of myself. As the years went by, I continued to do more inventories and started to understand what was meant by a searching and fearless moral inventory, although I still blamed THEM. Eighteen years ago I came to understand that I am not just my defects, I am also my assets.

An inventory as described in the Alcoholics Anonymous book is "a fact facing and a fact finding process". It is an "effort to discover the truth about myself. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret...first we searched out the flaws in our make-up which caused our failure" ...ergo the example in the Big Book of how to do the inventory on my resentments on p.p. 62-63. I never did that with my first inventory. What follows in the next few pages is instruction on how to do a fear as well as a sex inventory. I have done those, and they have all brought me much of the peace and serenity that I find in my life today. Additional recovery I experienced has been through inventorying my ASSETS as well as DEFECTS. I was introduced to this concept by my current sponsor. I used to hear people say OUTLOUD in meetings, "I like myself today," they would even say, "I love myself." I would say to myself, "I wonder what pill they are on today?" I could not relate and knew I could never achieve that.

When we finished the Fifth Step she told me to make a list of my defects. That was easy and my list was a lot longer than the one she compiled. Then, I was shocked when she told me to make a list of my assets. Her list was a lot longer than mine. She saw my assets when I could not. Today, I understand that in my world of recovery that a Fourth Step is not only looking at my defects, it is also looking at the "stock-in-trade" as mentioned in the AA Big Book which includes the assets as well. I have made a lot of poor choices throughout my life, mistakes if you will—and as it says in Step Seven on p. 64 of the first edition of the OA 12X12 "when we make a mistake, we acknowledge that fact without claiming that we ourselves are that mistake". Another concept that I know, is, "that nothing happens in God's world by mistake". Taken from Dr. Alcoholic Addict AA Big Book p. 449 third edition, ergo any choice that I have made during my life has brought me to the place in recovery I have today. That is not an error.

Yes, after doing a Fourth Step the realization that there is a lot of restructuring to be done, can seem overwhelming. I am not alone in this endeavor. First, I have a blessed deity I choose to call God who is around and in me on which to rely. Second, I have the rest of the steps I must continue with, that will keep me moving forward and practicing a new way of living, Third, I have my fellowship of others who support me, Fourth, I have the willingness to do service, Fifth, Tools, of which there are nine. Thank you for my recovery from a sad, blaming, individual who can see miracles in my life as well as yours. Keep Coming Back, it works when we work it.

-Sharon

Announcements



DELAYED

Step of the month mtg

April 10 & May 11
 Intergroup 9:45 am-
 ZOOM MEETING ONLY
 Church of Reconciliation,
 Cranmer Room

April 3 & May 1
 Newcomer/Welcome
 Zoom meeting 9:45
 Meeting ID: 889 6271
 3898
 Passcode: 121212

If you want
 any Zoom
 meeting info.
 Page 3 has all
 updated zoom
 meetings info
 available. We
 are glad you're
 here. Keep on
 the lookout for
 future events
 on this news-
 letter. We are
 all happy you
 are here

Fourth Step Prayer

**Dear God,
It is I who
has made
my life a
mess.
I have done
it, but I
cannot un-
do it.
My mis-
takes are
mine &
I will begin
a search-
ing & fear-
less moral
inventory.
I will write
down my
wrongs
But I will
also in-
clude that
which is
good.
I pray for
the
strength to
complete
the task.**

Step 4

Poop-or-get-off-the-pot

The first three steps were not easy, but the fourth step—for me, this was the poop-or-get-off-the-pot step. Was I going to do this program or not? The first time I read this step, the mere thought of doing it was terrifying. However, having experienced total despair in my disease of compulsive eating, I had the willingness to be willing to do it because I did not want to go back to that misery. I wanted to be free.

I was nervous about taking the fourth step but I did it anyway. In this way, I was fearless. While writing out my list of resentments was emotional, this passage helped be a little more objective about it: Taking a commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade. 4th Edition, Page 64. I just needed to get out my resentments on paper to see what I was working with—nothing more, nothing less.

The best part of taking step four was getting all my shame out on paper. I didn't realize how full of shame I was! Releasing all this to my sponsor in step 5 gave me an even greater sense of freedom and love for myself. The benefits I've received from taking a thorough fourth step laid the foundation for me to hit the spiritual lottery. I'm not perfect and neither is my abstinence, but life is so much more peaceful than it was. Thank god for the 12 steps and thank God for you.

-Anonymous

BIG BOOK PAGE 68

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

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

2020-2021 SAAI Standing Committees

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Mary Rose J.
Meeting Info/Phone line:
Sharon V.
Welcome Back/Newcomer:
David & Lea B.
12X12: Christina

Literature: Barbara F.
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 845 9501 1410 Password 111111

Monday 9:30 am 324-599-463 Password 281

Monday and Friday 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 6:00 PM Mens Meeting 415-301-5406 Password 456978

Wednesday 7:30 PM (712) 432-0900 Audio Only* Access code 637-445

Thursday 12:15 PM 972 3572 7347 Password 1215

Thursday 7:00 PM New Braunfels 845 9501 1410 Password 111111

Friday 9:30 AM 803-900-343 Password 2839

Friday 7:00 PM HYBRID MTG 892 4782 0878 Password FRIDAY7PM

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, NEW BRAUNFELS , 78130	Literature / Discussion
MON	9:30 A.M.	Vera C. (210) 494-2713	Shearer Hills Baptist Church, South Build- ing (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, Room 113, 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****				
2nd SAT	9:45 A.M.	Denise (210) 884-6749	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"