



Step of the Month: Step 3

Guiding principle: Faith

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

Step 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

Spiritual Principle: Faith

I love the progression of the steps we take. 1) I have to acknowledge my powerlessness over food. 2) I come to believe that a Power greater than myself can restore me to sanity. 3) I make a decision to turn my will and my life over to the care of God as I understand God. Unless I feel a need for a power greater than myself, there's no need for Step 3 (or Step 2, for that matter).

When I came into program, I thought what the 3rd step asked was just too much. The step was, literally, too tall for me to reach it. But my sponsor pointed out a few things. First: it's just a decision. I don't have to sign a contractual obligation. Second: it's just for this 24-hr period. This *is* a 24-hr program and, as we say, I can do pretty much anything for 24 hrs that I couldn't do for the "rest of my life". Third: Success is built in because this Higher Power cares for me - it says it right there in the step - "to the care of God".

The Cambridge Dictionary has a beautiful definition of care — the process of protecting someone and providing what that person needs. I love this definition. Although I'm not an advocate for changing any wording of the Twelve Steps, in this instance, I am going to take poetic license and offer my interpretation using the definition of care (aka God as I understand God). *I make a decision to turn my will and my life over to my Higher Power who lovingly protects me and provides what I need.*

Wow! I definitely want to spend time with this kind of Higher Power. And who has the tall order now? That's on my Higher Power. This kind of interpretation requires a HUGE Higher Power. But this step already indicates the enormity of the Power we have access to because it's not just asking us to turn over our food issues. It asks us to turn over "our will and our lives" — we're asked to turn everything over. It asks us to turn our will and our lives over because this Higher Power cares - and cares deeply - for us.

In my experience, my life turns out better - around food and in all ways - when I trust the deep, caring nature of my Higher Power and ask for and follow the guidance I receive on living my life.

- Anonymous

Announcements



DELAYED

Step of the month mtg

March 13 & April 10
 Intergroup 9:45 am-
ZOOM MEETING ONLY
 Church of Reconciliation,
 Cranmer Room

March 6 & April 3
 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 newsletter. We are all happy you are here

3rd step prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

Big Book
Pg. 63

Step 3

In OA we hear many 4-letter words (hope, love, help, etc); however, my recent reading about Step 3 has called my attention to a couple of "5-letter" words: TRUST and FAITH.

Participating in the February 2021 Unity Day Zoom Workshop encouraged me to read Step 3 meditations in Voices of Recovery. The May 24th entry (page 145) begins with this quote: "In Step Three we learned faith as we made the most important in decision we had ever made, the decision to trust God — as we understand God — with our will and our lives."

Step 3 says "Made a decision to turn our will and our lives over to the care of God as we understood Him. "

For a long time, however, I took this step without realizing that I did not truly have a God of MY understanding that I could trust. My "default" God was the image of a male figure who said He loved me but would damn me for many reasons. (In retrospect my "God" had my character defects on steroids.)

I am very grateful that some part of me grasped that I needed and wanted this program even when I did not really have a "safe" Higher Power.

In the rooms I continue to hear others share their EXPERIENCE, strength and hope. When I focus on my experience of working the steps and carrying the message, I realize how asking my HP to "love this person through me" results in positive experiences for both of us. (My HP is into "twofers".)

I also benefit from the simple approach to Step 3 as a decision to continue to work the rest of the steps. That decision is based on FAITH in the experience of countless others who have followed these simple directions to the best of their ability at each given time and experienced the promises becoming a more positive part of their life.

Alice G.

Step 3

"None of us can follow this way of life perfectly, but we find that our success in recovery and our freedom from food obsession are in direct proportion to how sincerely we try... When we say our personal prayer asking for help, and mean it we have made the key, life-changing decision that will lead us to recovery... We have what we need any time we are willing to let go of self-will and humbly ask for help." - The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, pg. 23

When I was asked to write for this edition of the Swan, my first response was "not again!" But, then I paused and asked God, "Is this something you would want me to do?"

It only took a moment for me to know the answer was yes. Yes, because I have something to share, and yes, because the more I give, the more I get back. Win, Win! But that didn't stop me from procrastinating. Why? Why am I typing this on the last day of the editor's deadline, who knows? But as I overcame "self-will" and logged on the Tuesday night Zoom meeting, I got a different answer. I got a reminder in the wise words from the 12 and 12. Not just the reminder of the service commitment I made to write this, but the great reminder that all I have to do is ask, honestly ask, for His help. So that's what I did. "God, I don't know what to write, but I know you wouldn't have asked me to do it if you didn't think I was up to the task. Please help me." It's that simple. Whether it's doing an act of service, working the steps, following my food plan, working with a fellow, completing a work duty or helping a family member, I will inevitably be at a point where I don't know what to do and have to ask God for help. The miracle of the program is I can get to that point earlier now. I don't have to wait for things to go wrong. I don't always have to wait for the editor's deadline. I can ask my Higher Power for help early and often, and He gives it to me everytime.

Yes, there will be moments when I forget the simplicity of this step. There will be times when I go it alone, when things have gone wrong and I find myself up against a wall. I only hope I can remember what I learned today. I hope that I can let go of my self-will and humbly ask for God's help, because I will get it everytime. Thy will not mine be done.

-Anonymous

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

2020-2021 Board

Chair: Deborah
Vice Chair: Barbara F.
Treasurer: Kathy P.
Recording Secretary: Amanda
Communications Secretary:
Richard
Parliamentarian: Michele D
WSO Delegate: Ron J
Region III Representative:
Helen

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: Richard V.
Swan/El Cisne: Chris B.
Website: Richard V
Lifeline Rep: Valerie
Public Information: Bob L.

Professional Outreach:
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 531-800-4465 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 531-800-4465 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"