



**Step of the Month: Step 7**  
**Guiding principle: Humility**

Humbly asked Him to remove our shortcomings

Step 7 was one of the hardest for me to understand. Being powerless, believing in a Higher Power, deciding to turn my life over to the God of my understanding, making an inventory of my resentments and fears, sharing my mistakes, and asking God to take away my faults (step one through six) seemed clear cut and straightforward to me. “Humbly asking God to remove my shortcomings” did not make sense to me at first.

OF COURSE, I thought, I want to be cleansed of my faults and failures. But it was not like some magic automated carwash where all the dirt in my life could be washed away with pink and blue and yellow soap. There was some dirt that I was hanging onto like I had a right to it. There are areas in my life where I am like a toddler in a poopy diaper. Even though it’s uncomfortable, it’s warm and it’s mine. I was entrenched in some beliefs and patterns of behavior that had served me as coping mechanisms for many years. I believed, arrogantly, that some things in my character were strengths for survival and that without those defenses, I would be living like a victim. After all, people had done me wrong and I needed to know how to defend myself. Anger, jealousy, score keeping, and bitterness were my protection. Until I really began working step 7, I was not ready to even consider putting God in charge 100%, over EVERYTHING. Come on, after all, they say “God helps those who help themselves.” I figured the more I could take care of problems myself, the happier God would be with me. Actually, I have learned that the opposite is true. My Higher Power loves and accepts me with all my faults and is waiting for me to trust and surrender. I don’t have to be the boss of everything. This is where the “humbly” ask comes in. When I became willing to surrender and ask God what he/she would have me do, what she/he would have me be, I began to see that the character traits that were my defenses when my disease was in charge were indeed shortcomings, not strengths. Recovery was showing me that I do not have to live like that anymore, fighting everyone and everything, even myself. I am living with so much more freedom through surrender, through trusting in my Higher Power. I am happier than I have ever been. My defects of character no longer rule my life. I still get anxious and frustrated. I still get angry and jealous. But those defects no longer take root and grow to jumbo size, squeezing out my happiness. Recovery is a minute-to-minute process that will last the rest of my life, if I am willing. For today, I am. With God’s help, I will be willing again tomorrow and the tomorrow after that.

**Kathy L.**

**Announcements**

**July 2021**



**DELAYED**

Step of the month mtg

**July 10 & August 14**  
 Intergroup 9:45 am-  
**ZOOM MEETING ONLY**  
 Church of Reconciliation,  
 Cranmer Room

**July 3 & August 7**  
 Newcomer/Welcomer  
 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

## Seventh Step Prayer

My Creator,  
I am now willing  
that you should  
have all of  
me, good  
& bad.  
I pray that  
you now  
remove  
from me  
every single  
defect of  
character  
Which  
stands in  
the way of  
my usefulness  
to you  
& my fellows.  
Grant me  
strength,  
as I go out  
from here  
to do your  
bidding

## Step 7

"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 that stands in the way of my usefulness to You and my fellows. Grant me strength as I go out from this place to do Your bidding. Amen." Alcoholics Anonymous, 4th edition, page 76.

Step 7 is sandwiched right between some important action steps (4 and 5, made my inventory and admitted it, and 8 and 9, made a list and made direct amends). To move ahead in the change process and live an abstinent life, I need humility. When I was first introduced to this prayer in my first Big Book study with my OA sponsor in December 1998, I balked. "I am not saying 'good and bad,'" I emphatically told her. I still had such a fragile sense of self after living in the disease from age 8 (32 years) and then I was only 4 years abstinent. Whether I said the exact words, I found the tiniest bit of humility to admit I needed help changing in my daily interactions. And for me in 1998 I needed to practice more kindness toward myself, begin to let go of how unrelentingly punishing I was toward me.

Has anything changed in the 23 years I have been practicing Step 7 -- YES!. I say this prayer almost every morning as I begin my day and I find it a comfort. I keep it pretty simple. My usual defects that crop up have their roots in fear and selfishness, though dishonesty appears when I write my food. And self-seeking shows up when my ego is bruised. So as I go about my day, whether I am actively making a specific amends or operating in my living amends to people and situations, I am aware of how these four defects are getting in my way and humbly ask my HP to make me useful. Often this happens when I move from impatience to patience with people, places, and situations. Or when I admit to an OA friend how upset I am that others aren't doing things on my timetable, and she gently reminds me that "love and tolerance of others is our code." And when I write my food daily to my sponsor to accurately report it. And finally, to refrain from gossip and criticism. I welcome these spiritual growth experiences that come with Step 7. I can safely leave my home cocoon and venture forth bravely in my day, knowing I will be useful to my HP and others.

Anonymous

## PRAYER AND MEDITATION

Prayers and meditation to help you on your journey. We have learned that prayer is making contact with our Higher Power, and that meditation is a quiet time set aside for stilling our minds – so we have a chance to hear our Higher Power's direction.

### Step Eleven

Sought through prayer and meditation to improve our conscience contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

### Serenity Prayer

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

### The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

**The Third-Step Prayer**, p.63, Alcoholics Anonymous (Big Book) This is a prayer many of us say daily to remind ourselves of the decision we made in the third step to turn our will and our lives over to the care of our higher power, and to seek our higher power's will for us today.

**The Seventh-Step Prayer**, p. 76, Alcoholics Anonymous (Big Book) This is a prayer we say to our higher power to surrender the old thoughts and behaviors that cause us problems so they can be replaced with better reactions to life's ups and downs — identifying these problem areas and turning them over are the essence of the sixth and seventh step. It reminds us that our goal is not to be superior to others but to be of service to others.

**The Eleventh-Step Prayer**, p. 99, Twelve Steps and Twelve Traditions (Alcoholics Anonymous)

<https://oa.org/working-the-program/prayers-meditation-2/>

## 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: 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](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 474395**

**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 772-0347-7217 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**

**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, 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
<b>****MONTHLY MEETINGS****</b>				
2nd SAT	9:45 A.M.	Denise (210) 884-6749	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"