



Step of the Month: Step 6

Guiding principle: Willingness

Were entirely ready to have God remove all these defects of character

Step 6. Were entirely ready to have God remove all these defects of character.

This month of June and Step 6 has been very close to my heart! The readings in For Today have “hit home” and have given me the chance to look at my character and characteristics - some that (still) need change and some where I can see the growth this program has provided.

From June 5, For Today, “Nowhere in my life has my Higher Power been more evident than in relieving me of compulsive overeating, in giving me the OA program of recovery”.

Yes, this is so true for me! I came to this program with a belief, faith and trust in HP, but through 12 steps and the tools of OA, I see so much more clearly the immediate, present working of HP in my life - daily, hourly and moment by moment. This is real to me because at just the moment I need it someone in OA will text me, or the words of a song will come into my mind, or I will have a thought which turns my attention from me and to someone or something else. I now recognize this as the loving work of my HP to relieve me of compulsion, obsession and selfishness, first in the area of food, but also in “all my affairs.” This is the mystery and the miracle of this 12 step program of recovery!

The reading goes on to say, “I came to OA with just enough hope to try, there was nowhere else to go.” I didn’t know it at the time, but I did have just enough hope to walk through the doors of OA, or in my case, get on that first OA phone meeting. And again, I see the mystery and miracle of HP’s work in my life, because now I recognize that the misery of life in my compulsive eating was in fact the loving, kind hand of my HP reaching out to say, “this is not what I have in mind for your life”, “let me help you”, “let me show you a life ‘beyond your wildest dreams.’”

Finally, I will write my own ending of the reading, “Only with faith in a Power greater than myself, am I” able to live one day at a time in this program of recovery, seeking my HP. This is the power of Step 11, “Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” Today I have a new abstinence and am living free - one day at a time - from the bondage of compulsion and obsession with food. I am grateful for the power of the Big Book 12 step program of recovery, OA, our literature, and especially my fellow San Antonio OA travelers, as we share our OA journey together.

Blessings!

Carrie

Announcements

June 2021



DELAYED

Step of the month mtg

June 12 & July 10

Intergroup 9:45 am-
ZOOM MEETING ONLY
Church of Reconciliation,
Cranmer Room

June 5 & July 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 available zoom meetings. Keep a lookout for future events in this newsletter. We are glad you’re here, keep coming back!

Sixth Step Prayer

Dear
God,
I am
ready for
Your help
In remov-
ing from
me the
defects of
character
Which I
now real-
ize are an
obstacle
to my re-
covery.
Help me
to contin-
ue being
honest
with my-
self &
Guide me
toward
spiritual
& mental
health.

Step 6

To be honest I did not pay much attention to Step 6 when I was getting started in OA. Driven by fear, I was terrified of change. "Safe was familiar" was my operating theory, so any alteration in my routine was very upsetting. Compulsive eating (started at age 4 when my family moved to Texas) was my solution then and throughout much of my life. My self-centered fear assured me that no one really liked me. Rather than chance asking for help and being rejected by the expected negative response (VERY self-centered), my goal was to NOT ask for help, even if it meant doing without what I wanted. Given that background and a negative impression of God from my early religious training, I did not feel safe being honest about my defects and especially about asking God to remove them. My mistaken assumption was that I could handle the defect removal process myself, then turn in the test for God to approve. Not surprisingly, my progress in program was slow and sporadic. The slogan "Bring the body till the mind follows" saved my life because I kept coming back. Slowly I began to build trust in those sponsors and fellow members who trusted their Higher Power and were growing emotionally and healing physically. In my most recent 6th step work, I started by once again trying to swear off my defects and force the positive behavior changes that I thought would be better. Just as in Step 1 when I finally had to admit I was powerless over food and my life had become unmanageable, I found myself expending a lot of energy to change certain behaviors without any changes resulting from my efforts. Finally, when I was willing to accept that I was as powerless over my defects as I am over my compulsive eating, Step 6 became real to me and I could move forward to Step 7. NOTE: I relate to and appreciate the Step 6 chapter in the Second Edition of the Twelve Steps and Twelve Traditions of Overeaters Anonymous. For me studying that chapter has helped to clarify the role and importance of Step 6 in my program.

Anonymous

DON'T SKIP IT

Were entirely ready to have God remove all these defects of character.

The Big Book devotes 66 words to Step Six. Step Four is...well, measured in pages. All the other steps are longer than Step Six. Please don't let yourself think that Step Six is less important. All the steps afterword are meaningless if you don't grasp Step Six. Can you imagine doing steps 2-12 without taking step One?!? Which is more important to your program, a 30 second prayer or an hour-long TV show? Length is not a measure of importance. What is the whole program about? Isn't it about change? How long have you been searching for a permanent (One Day at a Time) solution to your food addiction?

What would keep us from being entirely ready? FEAR! Fear of letting go of a system of habits and rules we've used our whole life. They were helpful at one time; overeating may have saved your career, relationships, even your life, such as it was! But wouldn't you like to gain the life where you can not only survive, but thrive...without overeating? Also, there is the fear of not being interesting anymore. Would you still have anything to say if you didn't share your gossip, cynicism, lying? And the fear of losing control.

There, I said it. Think about it. What control do you have right now? If you've come to Step Six in your program, you realize you have very little control of your life (and others), even besides the overeating.

Step Six in The 12 Steps and 12 Traditions states, "Only when we fully realize that the defects of character are costing us more that they are giving us will we become entirely ready to be rid of our destructive behavior." The key word here is "realize." Finally, the spiritual principle of this step is Willingness. If you are not willing, you might pray for the willingness.

Ken

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 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 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 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, 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" |