



**Step of the Month: Step 3**  
**Guiding principle: Surrender**

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

When I first came into OA in 1990 someone speaking at a meeting asked the question: There were three frogs sitting on a log. Two decided to jump off. How many were left sitting on the log? I was so excited to demonstrate my math skills that I shouted out “One!”. Her response amazed me. She said there were three frogs left sitting on the log. They had only made a decision. This object lesson taught me that the first three steps were for learning and commitment and that the action steps started with step four.

Step one was to admit my powerless over my disease and that was my problem. Step 2 was to come to believe there was a power greater than myself that could solve my problem. I had learned to spell my name correctly: Ron NOT God. Once I could find a Power greater than myself which will solve my problem, I could move on to step three. Do I want my problem solved and the recovery that goes with it or do I want to do more research into my problem to prove I am powerless? If the answer is affirmative to wanting recovery, then I can move on to the action steps. I read about step zero in How It Works, “If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.” Commitment is critical to this program because it is a new way of living one day at a time. But we never have to do this alone. We rely on a power greater than ourselves and the fellowship (who I consider to be HP with skin on). Our primary purpose is to abstain from eating compulsively. We ask God for the willingness and the ability to do so each day. We can count on this without fail. It’s that leap of faith when we are dangling from a cliff and God says to let go because there is a ledge we cannot see, but God can see around corners. We start small and build empirical evidence to stand on to build our faith.

The 12 & 12 says, “Once we compulsive overeaters truly take the third step, we cannot fail to recover.” Now that is a promise worth pursuing to get out of the hell of compulsive eating. As a friend of mine once said, “I can’t eat pizza like a gentleman, so I have learned to abstain from eating it through the grace of God.” This program is chocked full of miracles and promises that can come true for anyone seeking the willingness and the ability to work it.

Ron J.

**Announcements**



**March 12 & April 9**  
 Intergroup 9:45 am-  
 ZOOM and Hybrid meet-  
 ing Church of Reconcilia-  
 tion, 8900 Starcrest, 78217

**March 5 & April 2**  
 Newcomer/Welcome  
 Zoom meeting 9:45  
 Meeting ID: 889 6271  
 3898  
 Passcode: 121212

**If you need zoom  
 info on meetings  
 then go to page  
 3. We would love  
 to have you.  
 Come on in. You  
 are welcome to  
 our meetings.  
 Good luck on  
 recovery.**

**Third  
Step  
Prayer  
God,  
I offer my-  
self to Thee  
To build  
with me &  
to do with  
me as Thou  
wilt.  
Relieve me  
of the  
bondage of  
self, that I  
may better  
do Thy will.**

**Take away  
my difficul-  
ties,  
That victo-  
ry over  
them may  
bear wit-  
ness  
To those I  
would help  
of Thy Pow-  
er,  
Thy love &  
Thy way of  
life,  
May I do  
Thy will al-  
ways!**

"Sponsorship is one of our keys to success." - Suggested Meeting Format,

At a recent meeting a member asked, "Do we ever announce who is a sponsor or how to get one?" Well, that stopped me in my tracks. The legacy of effective sponsorship, having an abstinent sponsor who is working the Steps on a daily basis and working toward or maintaining a healthy body weight, has been crucial to my own recovery. Every sponsor I have had was doing all of this and had his or her own sponsor who was living this as well; hence, the legacy of effective sponsorship. Today I offer to the people I sponsor all I have: how I maintain my abstinence [plan of eating, monthly weight check, and report daily food to my sponsor] and how I am using the Steps daily [nightly review - Step 10/11, daily reading and writing, weekly study with my sponsor, and sharing the Step that kept me sane and abstinent today]. I need to make sure newcomers or members returning to OA, or those struggling to get abstinent even after years in the rooms hear at each meeting how to get a sponsor and for available sponsors to speak up. Even if I am not available to sponsor now, I can easily offer to be a temporary sponsor using the [Newcomer's First Twelve Days](#). Maybe the simplest way I can put the Responsibility Pledge, "Always to extend the hand and heart of OA to all who share my compulsion...", into practice is by making sure my meetings announce who is a sponsor and how to get one.

### ***Practice, Practice, Practice***

Third Step what is this surrender stuff? I just read the steps in a robotic way when I came to the rooms of OA. They were just words with no meaning to me. I just did what I was told and jumped right in, trying to finish the steps as quickly as I could. They really meant nothing to me at the time, and yet, it was a beginning of a life-sustaining change for me. There was something within me that began to change; it was my heart and with my heart came my head. I have heard non-believers as well as believers call it BRAINWASHING. My brain needed to be washed is what I say. It has been gently and lovingly washed for a while now. Today I can look at Step 3 and appreciate its essence of the principle it is: SURRENDER. That's a big word, 9 letters of power. In my case it now means to give myself over and to something greater than me. Today, for me, that something greater is God. How does that happen? It takes practice, practice, practice. There's no magic wand that saps my willfulnetical self and carries me into the nether world of peace and serenity. The rest of the steps tell me and show me HOW. Follow the steps, also have a sponsor for a guide. I have found myself to be astutely STRONG-WILLED. That is the right use of my will when practicing all the principles in all my affairs. I usually know when I have taken over and left God on the side of the road when I get this glitch in my gut and the mechanism of "doubt" rears its head. No matter how big or small my gut gets there's always that glitch that is the voice of God that brings me back to my source which is my God. PRACTICE, PRACTICE, PRACTICE. Thankyou for my recovery.

-Sharon

## 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)

### 2021-2022 Board

Chair: Ken R  
Vice Chair: Michele D  
Treasurer: Lindsay  
Recording Secretary: Swann V  
Communications Secretary:  
Deborah A  
Parliamentarian: Lea B  
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:** Deborah A.  
**Swan/El Cisne:** Chris B.  
**Website:** Deborah A.  
**Public Information:** Open

**Professional Outreach:**  
Mary Rose J.  
**Meeting Info/Phone line:**  
Sharon V.  
**Welcome Back/Newcomer:**  
Carrie  
**12X12:** Open

**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)

### Zoom Meeting IDs & Passwords (PW):

**Sunday 5:00 PM, Hybrid, ID: 193-124-988, PW: 474395**  
**Sunday 7:00 PM New Braunfels, Hybrid, ID: 845-9501-1410, PW: 1111111**  
**Monday 9:30 AM, Virtual Only, ID: 324-599-463, PW: 281**  
**Monday 5:45 PM, Virtual Only, ID: 715-513-8641, PW: 121212**  
**Monday 7:00 PM, Virtual Only, ID: 297-185-376, PW: Monday7PM**  
**Tuesday 5:45 PM, Virtual Only, ID: 832-0041-1425, PW: 831971**  
**Tuesday 7:00 PM, In Person Only**  
**Wednesday 12:00 PM Kerrville, In Person Only**  
**Wednesday 7:30 PM, Hybrid, Audio: (712) 432-0900, Access code 637-445**  
**Thursday 12:15 PM, In Person Only**  
**Thursday 7:00 PM New Braunfels, Hybrid, ID: 845-9501-1410, PW: 1111111**  
**Friday 9:30 AM, Virtual Only, ID: 803-900-343, PW: 2839**  
**Friday 5:45 PM, Virtual Only, ID: 715-513-8641, PW: 121212**  
**Saturday 8:30 AM, Hybrid, ID: 140-019-469, PW: 111111**

**1st Saturday 9:45 AM, Newcomers/Return, Hybrid, ID: 889 6271 3898**  
**Passcode: 121212**

### TWELVE STEPS

- 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 knowledge of His will for us and the power to carry that out.**

## 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 PM Hybrid          | Lynn G. (210) 240-3277          | University United Methodist Church, South Campus, Main Entrance, 2nd Floor, Room S210, 5084 De Zavala (at Vance Jackson), 78249 | Step Study Discussion Speaker, 2nd Sun  |
|                                 | 7:00 PM Hybrid          | Sondra (830) 212-2818           | Unity Church, 408 Gruene Road, <b>NEW BRAUNFELS</b> , 78130   | Literature Discussion   |
| MON                             | 9:30 AM Virtual Only    | Vera C. (210) 494-2713          | Shearer Hills Baptist Church, South Building (San Pedro Entrance) Room 201, 12615 San Pedro, 78216                              | Literature: Big Book  |
|                                 | 5:45 PM Virtual Only    | David E. (830) 928-4844         | Zoom  | Literature Discussion Speaker, 5th Monday                                       |
|                                 | 7:00 PM Virtual Only    | Ken R. (210) 520-3727           | St. Andrew's Episcopal Church, 6110 NW Loop 410, 78238  | Discussion  |
| TUES                            | 10:00 AM Virtual Only   | Graciela (210) 219-9660         | Emmanuel Presbyterian Church 713 Division Ave SA TX 78225   | Spanish <i>español</i> Literatura y Discusión                                   |
|                                 | 5:45 PM Virtual Only    | Julene (512) 923-0707           | Alamo Heights Baptist Church, 6501 Broadway, 78209  | Joe & Charlie Big Book Study; Bring BB, Notebook; Listening, writing, & sharing |
|                                 | 7:00 PM In Person Only  | Curtis (210) 487-1683           | Alamo Heights Baptist Church, 6501 Broadway, 78209  | Steps, 1st Tues Big Book, 2nd Tues Traditions, 3rd Tues Abstinence Book, 4th T  |
| WED                             | 12 Noon In Person Only  | Kay (404) 286-9169              | Unity Church of the Hill Country, Library, 1016 Jefferson St., <b>KERRVILLE</b> , 78028   | Steps / Traditions  |
|                                 | 7:30 PM Hybrid          | Barbara D. (210) 637-7203       | Church of Reconciliation, Brigid Room, 8900 Starcrest, 78217  | Step Study OA 12 & 12 Newcomers, Ask It Basket                                  |
| THURS                           | 12:15 PM In Person Only | Graciela (210) 219-9660         | Collins Garden Library, 200 N. Park Blvd. (corner of Nogalitos), San Antonio, TX 78204  | OA Literature Discussion  |
|                                 | 7:00 PM Hybrid          | Kay R. (210) 831-8079           | Unity Church, Life Room, 408 Gruene Rd., <b>NEW BRAUNFELS</b> , 78130   | OA Literature   |
| FRI                             | 9:30 AM Virtual Only    | Gwen (210) 862-8211             | N.E. Christian Church, 2839 Woodbury (at Nacogdoches .6 miles outside Loop 410 ), 78217   | Literature Discussion Speaker, 2nd Friday                                       |
|                                 | 5:45 PM Virtual Only    | David E. (830) 928-4844         | Zoom  | Speaker & Topics Alternating Fridays  |
| SAT                             | 8:30 AM Hybrid          | Sharon V. (210) 863-3338        | Church of Reconciliation Alban Room 8900 Starcrest, 78217   | OA For Today OA Voices of Recovery Discussion                                   |
| <b>****MONTHLY MEETINGS****</b> |                         |                                 |   |   |
| 1st SAT                         | 9:45 AM Hybrid          | Carrie H. (507) 530-5115        | Church of Reconciliation, Alban Room 8900 Starcrest, 78217  | SAAI Newcomer / "Welcome Back"  |
| 2nd SAT                         | 9:45 AM Hybrid          | SAAI Chair chair@oasantonio.com | Church of Reconciliation, Brigid Room 8900 Starcrest, 78217   | San Antonio Area Intergroup (SAAI)  |