



Step of the Month: Step 7
Guiding principle: Humility

“Humbly asked Him to remove our shortcomings.”

Step 7 Humbly asked Him to remove our shortcomings

What is a posture of humility with which I can approach the Power that provides the daily solution to my compulsive eating? Here are some helpful ones: there is a God and I'm not it, we are all equal in God's eyes, if I could have solved my obsession with food and weight on my own I wouldn't need to get this far in step work, and on my own unaided will I will succumb to the slow painful death that is compulsive eating.

Now what shortcomings could I possibly have that need removal? If I take the list above I can see that sometimes I play God aka self-centeredness. There are times I think I am better than or worse than someone else aka pride or pride in reverse. I think I don't need any help aka selfishness. And I want to control my eating even after ample evidence of the failure of my will to do so aka denial.

The concept of humility also needs to be part of my motivation for the removal of my shortcomings. Am I asking so I can just feel great about who I am now that with God's help I can become a better, abstinent person and that's it? The Big Book's 7th step prayer says I'm asking for the removal of shortcomings so I can be useful to God and to my fellows. This is not about Lynn being great it's about God being great through me. And what could be better since I owe my abstinence and this marvelous way of life to this loving Higher Power and the steps that bring me closer to better relationships with all.

Lynn G.

Announcements

July 2022



July 9 & August 13
.Intergroup 9:45 am-
ZOOM and Hybrid meet-
ing Church of Reconcilia-
tion, 8900 Starcrest, 78217

July 2 & August 6
Newcomer/Welcome
Zoom meeting 9:45
Meeting ID: 889 6271
3898
Passcode: 121212
Contact for newcomers
Lea 210-396-9295

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

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.

A story for you

I've reached my twenty-ninth day of abstinence. Tomorrow will be my weighing day and my highly anticipated thirtieth day. I've never gone thirty days without weighing myself, but the experience has been interesting! It really takes the focus off numeric results and has made me realize other subtleties of physical, emotional, and spiritual recovery.

Thirty days ago, I wrote a letter to myself about how bad I was feeling and how I never wanted to feel that way again. In fact, changes are happening.

Shortness of breath was one of the first things that went away, and I haven't been out of breath for days, not even when reading to my daughter. What a relief!

I couldn't sit on the floor for a long time or find a comfortable position, but the other day, I spent a lot of time sitting on the floor organizing some drawers with my daughter without suffering. Wow!

My migraines have decreased considerably, and consequently, so has my use of painkillers! The migraines are torturous, so this is a great victory.

What has been very evident in the last few days is how my irritability has decreased, both with family and people at work. Before, I was ready to explode at any time, but now it seems that without excess food and junk food, space has opened for me to think calmly and either solve things with more serenity or realize that it is not my problem to solve and really deliver it to a Higher Power.

One of the biggest changes has been to really feel that when I give my powerlessness to a Higher Power, my Higher Power works for me and does for me what I can't do for myself. This is getting me closer to God than ever before.

I've noticed that I can feel life in between meals. I was born anxious, so I know anxiety is part of my nature, but it is much more controlled since it is not being fed! It's not always easy. Sometimes, I need to stop everything and identify the emotion that is disturbing me at the moment and decide what to do with it without anesthetizing with food. This process has become more controlled every day. I feel my clothes fitting me better. Before, I refused to buy even bigger sizes, but everything was super tight and at the limit! Attending one meeting a day, working with a great sponsor, and using the Tools of Recovery has kept me working the program. Each day I've learned something new. The Big Book has been the great light at the end of the tunnel. Nothing has been perfect or easy, but the changes that have happened are indescribable! I feel like a phoenix rising from the ashes! -Anonymous

A story

I remember ten years ago or so emailing my sponsor and asking her if an online meeting was really a meeting. Her immediate response was "absolutely." Thank heavens she said that. Her support helped quiet that perfectionist in my mind that was telling me I had to go to a face-to-face meeting or it wouldn't count.

Yes, face-to-face meetings are so good for me personally because I look into the eyes of others and get honest. They see me, and I see them. Phone meetings are just as good for me, but in a different way: they are there whenever I need them. They have helped me get through some very difficult times, especially because I travel a great deal.

We've even started an informal OA phone meeting where a handful of us dial in, read For Today and Voices of Recovery, and share on each reading. We support one another locally and this little meeting is five days a week for whoever needs it.

Our local face-to-face meeting is held on Saturday mornings, and it is a hybrid meeting because it also offers a private call-in number for members and guests who cannot drive into the city. I live in a rural area outside the city, and this has been a lifeline (pardon the pun).

Given the times we are in, with the looming threat of a pandemic, the phone meetings allow us to maintain our recoveries both locally and all over the world. I truly credit phone and online meetings in conjunction with the face-to-face meetings for keeping me in recovery for more than twenty years.

-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

2021-2022 Board

Chair: Ken R
Vice Chair: Michele D
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Deborah A
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SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

2021-2022 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:
Lea
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

Want to receive The Swan/El Cisne and important updates via email?
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: 869-194-04552, 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: 898-2617-8803, PW: 111111
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 7:00 PM, In Person Only, Spanish
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: 86919404552, 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, NEW BRAUNFELS , 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	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., KERRVILLE , 78028	Steps / Traditions
	7:00 PM In Person Only	Graciela (210) 219-9660	Emmanuel Presbyterian Church 713 Division Ave SA TX 78225	Spanish <i>español</i> Literatura y Discusión
	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., NEW BRAUNFELS , 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
****MONTHLY MEETINGS****				
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)