



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.

Many have said that the first 3 steps of Overeaters Anonymous are simply: "I can't, God can, I think I'll let God!" It has been my experience that finding a Higher Power is one of the hardest parts of this step. It seems counterintuitive, but those with an established religious belief, often have the hardest time identifying their HP for this program. Why would that be? Remember, our program is spiritual, not religious. OA talks about a loving God. Many of these experienced believers have been praying to a force they have learned to fear. That's one of the main teachings of some of the most popular religions. Some of these OA members struggle, trying to reconcile these two beliefs...a loving, yet vengeful HP. The second hurdle for some members, is the idea that HP cares about your weight concerns and what you eat. But, many of the types to which I am referring, can make a connection between this OA Higher Power and the God they've been praying to all their lives. Some discard the beliefs with whom they have grown. Then, there are those members who don't believe in an HP, and those who aren't sure if there is something they might refer as a God (of our understanding). So, many of us have to work to find a power greater than ourselves in which to believe.

Remember, believing in a power greater than ourselves is the main way OA differs from our traditional diets of the past, and the main reason for its success. How does one establish this Higher Power? This is a task best done with your sponsor. If you haven't already, now might be a good time to find a sponsor. Many of us have acted "as if." This means acting like you already have an HP. This is suggested in both the Big Book and the 12 and 12. By doing this, it might bring to the forefront the times that "something" brought about the blessings, it seems I already had. How did this "miracle" happen? I know, I know, I fought doing this because I couldn't bring myself to name an HP in which I truly didn't believe. My wise sponsor said, "Yeah, you wouldn't want to be a hypocrite!" The funny thing is, I had already shared the many times in which I professed to believe one thing, and then did the opposite.

Another way to spark an idea as to what your HP might be, is to take out a want ad. This too, is mentioned in our literature. This want ad might ask for an HP who: believes in me; reminds me of my assets; fits in a Honda Accord; guides me like my older siblings did; listens to me; talks to me; comforts me; reminds me to leave the results to Him (after I do the necessary footwork). Five frogs are sitting on a log, and two decide to jump off. How many are left? Five!! Two only "made a decision." It doesn't say they jumped. Many Overeaters Anonymous members liken this to the first three steps. There is no action to be taken. I don't agree. I make this decision daily. I do it many times throughout the day. So, if you fail to make this decision, at least daily, it doesn't matter if you've found the perfect Higher Power.

Many of us recite the third step prayer from the Big Book, page 63. Some meetings end with it. "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. May I do Thy will always!" We have what we need any time we are willing to let go of self-will, and "...offer myself to Thee."

-Ken

Announcements



March 7 & April 4
Step of the month mtg
9:45 am, Church of
Reconciliation,
Alban Room

March 14 & April 11
Intergroup 9:45 am,
Church of Reconciliation,
Cranmer Room

March 7 & April 4
Newcomer/Welcome
Back meeting
9:45 am, Church of
Reconciliation

A long time member of our O/A family died February 26, 2020. Betty was 91 years old and died in her home. Valarie, her loving caregiver, was by her side during her lengthy illness.

Betty will be missed by all who knew her. Her O/A recovery began in 1981 and she touched many lives through sponsorship and other services to O/A members.

Betty also shared her experience, strength and hope worldwide in articles she wrote that were published in Lifeline. We will all miss her kindness, humor and her commitment to O/A.

-Vera

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. May I do Thy will always!

Pg 63 BBook

Step 3

I started my OA journey because I was tired of being obese. I knew what had to be done to lose weight, but I couldn't stop eating. Once I came into the program I was able to lose weight, this was the early stage of my journey, before my sponsor, before any step work before any recovery. To no surprise, I struggled. Then I got a sponsor, and started to work the steps. Slowly. Step 1 confirmed I was, am and always will be a compulsive overeater. Step 2 showed me there was a Power that loved me and would that wanted to help me. I came up with my food plan, but still struggled to get 30 days. Why? I was doing everything I could think. I was working the steps at my pace. I didn't over commit myself. I was using all my power and knowledge to make this work, but I still wasn't willing to give up certain foods. Why? Certainly I could do this program and get recovery without giving up that one thing!

So what if my weight loss had plateaued. So what if I couldn't go 30 days. It's just a number right? So what if my life was still unmanageable. So what if my food consumption was increasing and I was gaining weight again. Certainly I don't have to give up this one food too.

Then that weekend came. It started with a bite, and ended in a weekend long binge. I was ready. I met with my sponsor, and told him I was willing to do whatever it took. I took that food off my food plan, and let it go. I let go, and let God. All I had to do was become willing to do what Higher Power was asking me to do. Give up and STOP trying to do it my way. All I had to was trust Him. "We now say yes to this Power, deciding from here on to follow spiritual guidance in making every decision."

1 day turned into 30, then 6 months, then 1 year, then 2. I've been abstinent for 2 years and 7 months. I have maintained a 125 pound weight loss. By God's grace I have been able to find sanity in my life and my relationship with Him and others, and I have found peace. Best of all I have a Power to get through any and all of life's hard days. Thy will, not my will be done.

-Mike H

One Hot Stove: Surrender

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."

There are few things I love more than a good fight. Even as a young girl, Rocky Balboa was my hero. Pushing past the pain - Pushing past all limits...underdog rising to the top. I loved that stuff. Giving up? Surrendering? This was not for me.

So, when I hit step 3, I hit a wall. Hard. And then I banged my head against it repeatedly...for over a year.

Early in my recovery, a friend suggested that I begin every morning with the third step prayer (page 63 of the Big Book). And I did - choking on the very words, "God, I offer myself to thee." I said these words, and I said them, and I said them. I said them, but I lied them. For a good long time. God, as I understood Him, could not be trusted to do what was in my best interest. If I let Him be in charge, I had to accept whatever stupid assignment He gave. I had to do what He wanted. And there was no way that that could be a good thing. Right? If I gave up control, I could be hurt. And I'd have to live with the shame of knowing, God works for others, but not for me. And that shame and pain, too, would be my own fault because I had surrendered the one thing I held most dear - my beloved self-will.

So, for the first two years of program, I did not try abstinence. Because I could not do it. I knew, no matter how hard I tried, I could not. So, I simply would not try. Nothing ventured - nothing lost. Right?

But all around me, people in program were finding freedom. They TRUSTED their Higher Power. And their Higher Power did for them what they could not do on their own. And this crazy thought, from the Higher Power I was coming to know...and even like...whispered to me, "Give it a go, girl. You can't. I can. Let me." So I did. As I write this, I am six days away from sixty days of Him doing for me what I could not do for myself. What a rush. Rocky has nothing on my Higher Power.

-Jan

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:
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PO Box 5458
San Antonio, TX 78201

Website:
www.oasanantonio.com

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SAAI has standing and special committees to carry out its purposes in an effective and efficient manner.

2018-2019 SAAI Standing Committees

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Professional Outreach: Mary Rose J.
Meeting Info/Phone line: Sharon V.
Welcome Back/Newcomer: David & Lea B.
12X12: Vacant

Literature: Elaine L.
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

STEP 3: JUST A DECISION

For years, I made things more complicated than they should be while working the steps. I believed I should "stay" long time in each one, really "feeling" the step, reading every single piece of literature about it, and reluctant to move to the next one till "I" thought I've got it. After working Step 3 that way, I couldn't understand why - even when I was on my knees every morning, saying the 3rd step prayer with all my heart, meaning every-word-I-said, putting my life (actions) and my will (thoughts) under to the care of the Higher Power of my understanding- hours later I was doing "MY WILL" again. Either eating compulsively or treating others in a different way than my HP's will. Years of frustration, confusion and morbid reflection.

Until I listen to a daily OA phone meeting that study the Big Book. The steps were explained in a very easy way. I understood that the 12 steps are a process, and that step 3 is JUST A DECISION to continue with that process till step 12. Step 3 is not about turning my will and my life to my HP (because I don't know how to do that yet in Step 3) , but taking the DECISION to do it. And to learn how to do that, it's necessary to work ALL THE 12 STEPS. Not just 3.

If I knew how to turn my will and my life to the care of my HP in step 3, we won't need 12 steps, and we will have a 3 steps program. My mentor gave me a very simple example yesterday. It's like a boy that goes to Career Day at school and listen to a policeman. The boy DECIDES that he wants to be a policeman too. But he is not one yet, he just took the DECISION. He has to complete the whole process to be a policeman. So if I don't accept I'm POWERLESS In Step 1, I don't need the POWER in step 2, and I can't take the DECISION to seek that POWER in Step 3. And how do I seek that POWER? Working steps 4 to 12. That simple.

Recovery is "THE" result of working the steps. I didn't know that for years in Oa. Today I know this is a program of ACTION. It's not just about going to meetings, using the tools, committing my food to my sponsor . If I'm not working a step today, I'm not working the 12 step program. This was hard for me to hear, but is my truth today.

-Gogo

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

What do the words, "Servian and Sorbus domestica" have in common? May I be of service and explain?

The word Servian precedes the definition of service in The Chambers Dictionary. It's the adjective of servius Tullius, legendary king of Rome. Whereas Sorbis domestica, service or service tree is the second list definition of service.

It is an Eurasian tree similar the rowan with apple or pear shaped fruit, used since Roman times to make an alcoholic beverage. In between these two words, there are many definition of service: the performance of religious worship, activities for the advantage of a satisfied customer, place setting for a table, or the military armed force.

This word is also applicable to OA members as one definition of service is the act of doing something for the benefit of another or others. There are many functions in OA in which we members can provide service: warmly welcome new members, facilitate a meeting, set up the room, manage donations or participate in Intergroup activities to name a few.

Next time we're at an OA meeting and we see a need, let's do what neither King Tullius or that tree are not able to do: step up and exclaim, "At your service!"

-Mercy S.

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	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.	Noe G. (210) 392-8031	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— Please note new location
	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.
	7:00 P.M.	Dawn C. (210) 849-0027	University United Methodist Church, South Campus, Main Entrance First Floor Parlor, 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****				
1st SAT	10:00 A.M.	Michele(210) 460-9179	Church of Reconciliation Alban Room 8900 Starcrest, 78217	Step of the Month
2nd SAT	9:45 A.M.	Denise (210) 884-6749	Church of Reconciliation Alban Room 8900 Starcrest, 78217	SAAI Newcomer / "Welcome Back"

RESOURCES FOR YOU @ WWW.OA.ORG

Phone Meetings: <https://oa.org/find-a-meeting/?type=2>—

Online Meetings: <https://oa.org/find-a-meeting/?type=1>

Podcasts: <https://oa.org/podcasts/>