



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.



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.

2023-2024 SAAI Board

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|--------------------------------------|----------------------------------|
| Chair: Lynn G. | Vice Chair: Michele D. |
| Treasurer: Amanda S. | Recording Secretary: Swann V. |
| Communications Secretary: Deborah A. | Parliamentarian: Mary Lou A. |
| 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.

2023-2024 SAAI Standing Committee

- | | |
|-------------------------------------|------------------------------------|
| Communication: Deborah A. | Swan/El Cisne: OPEN |
| Website: Deborah A. | Public Information: Dawn C. |
| Professional Outreach: Mary Rose J. | Meeting Info/Phone line: Sharon V. |
| Welcome Back/Newcomer: Anne A. | 12 X 12: OPEN |
| Archives: Barbara F. | Literature: Barbara F. |
- OA and AA literature can be ordered and picked up at Intergroup meetings.
Place literature order at: news@sanantonio.com

NEWS From Intergroup October:

We are still in need of a 12X12 Committee chair, as well as a Swan publisher. The Communications Secretary is still seeking an apprentice. Please consider this service. It is a great way to be a part of carrying the message.

Other news about upcoming events:
IDEA Day (International Day of Experiencing Abstinence) is on Nov. 18, Church of Reconciliation, 1:15 check in, workshop from 1:30—3:30. Also, a “guided walk” experience available before and after.

By-laws committee is working to update the SAAI By-Laws. Contact Lynn G. (below) if you want to participate but are not receiving the meeting emails. Next meeting is Nov 30 at 7:00pm Zoom use SAAI meeting credentials.

SAVE THE DATE: OUR ANNUAL RETREAT FORMERLY HELD IN JUNE AT SLUMBER FALLS WILL BE HELD SEPT. 20-22, 2024 AT T BAR M IN NEW BRAUNFELS. FOR MORE INFO CONTACT RON J. (858) 688-3579
HERE IS THE LINK FOR REGISTRATION: <https://form.jotform.com/220766936948170>

As always, contact Lynn G., Chair at 210-240-3277 or lgtelegraham@gmail.com with questions or comments.

- Nov. 11**
Intergroup 9:45 am-
ZOOM and Hybrid MTG
Church of Reconciliation,
8900 Starcrest,
78217
Zoom ID: 832 224 955
Password 111111
- Dec. 2**
Newcomer/Welcome
Zoom meeting 9:45
Meeting ID: 891 6797
3011
Passcode: 111111
Contact for newcomers
Anne 512-922-2178
- Nov.18, Sat**
IDEA Day—1:30-3:30
Church of Reconciliation
Zoom: ID: 140 019 469
Password 111111

Contact us:
Phone: 210.492.5400
Email: news@oasanantonio.com
US mail:
SAAI
PO Box 5458
San Antonio, TX 78201
Website:
www.oasanantonio.com
Want to receive The Swan/El Cisne and important updates via email?
news@oasanantonio.com

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| SUN | 5:00 PM Hybrid | Lynn G. (210) 240-3277 | University United Methodist Church-South Campus, Main Entrance, Room S210 5084 De Zavala, 78249 Zoom ID: 193 124 988 Password: 474395 | Step Study, Discussion, Speaker 2nd Sun |
| MON | 9:30 AM Virtual Only | Vera C. (210) 494-2713 | Zoom ID: 324 599 463 Password: 281 | Literature: Big Book |
| | 5:45 PM Virtual Only | David E. (830) 928-4844 | Zoom ID: 715 513 8641 Password: 121212 | Literature Discussion Speaker, 5th Mon. |
| | 7:00 PM Virtual Only | Ken R. (210) 643-5309 | Zoom ID: 231 592 8774 Password: 111111 | Discussion |
| TUES | 5:45 PM Virtual Only | Julene (512) 923-0707 | Zoom ID: 845 4751 6665 Password: 412908 | 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 Traditions, 3rd Abstinence Bk, 4th |
| WED | 7:00 PM In Person Only | Graciela (210) 219-9660 | Emmanuel Presbyterian Church 713 Division Ave, 78225 | Bilingual: Español and English Literatura y Discusión - Literature and Discussion |
| | 7:30 PM In Person Only | 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) 78204 | OA Literature Discussion |
| | 7:00 PM Hybrid | Kay R. (210) 831-8079 | Unity Church, Life Room, 408 Gruene Rd NEW BRAUNFELS , 78130 Zoom ID: 869 1940 4552 Password: 11111111 | OA Literature |
| FRI | 8:00 AM In Person Only | Steve C. (210) 259-7174 | Abiding Presence Lutheran Church, 14700 San Pedro, 78232 Gym Classroom South Building | NEW MEETING OA Literature |
| | 9:30 AM Virtual Only | Gwen (210) 862-8211 | Zoom ID: 803 900 343 Password: 2839 | Literature Discussion Speaker, 2nd Friday |
| | 5:45 PM Virtual Only | David E. (830) 928-4844 | Zoom ID: 715 513 8641 Password: 121212 | Speaker & Topics Alternating Fridays |
| SAT | 8:30 AM Hybrid | Sharon V. (210) 863-3338 | Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 140 019 469 Password 111111 | <i>OA For Today</i> <i>OA Voices of Recovery</i> <i>Discussion</i> |
| ****MONTHLY MEETINGS**** | | | | |
| 1st SAT | 9:45 AM Hybrid | Anne (512) 922-2178 | Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 891 6797 3011 Password 111111 | SAAI Newcomer & "Welcome Back" |
| 2nd SAT | 9:45 AM Hybrid | news@ oasanantonio.com | Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 832 224 955 Password 111111 | San Antonio Area Intergroup (SAAI) |