



Step Two Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle: Hope

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.

2024-2025 SAAI Board

Chair: Lynn G.

Treasurer: Deandra S.

Communications Secretary: Carrie H.

WSBC Delegate: Helen S.

Vice Chair: Michele D.

Recording Secretary: Anne A.

Parliamentarian: Mary Lou A.

Region III Representative: Emily M.

SAAI has standing and special committees to carry out its purposes in an effective and efficient manner. 2024-2025 SAAI Standing Committee

12 X 12: OPEN

Newcomer: Sandy S.

Public Information: OPEN

Archives: Barbara F.

Information/Phone line: Dawn C.

Professional Outreach: Mary Rose J.

Literature: Barbara F.

Swan/El Cisne: Elaine L.

OA and AA literature can be ordered and picked up at Intergroup meetings.

Place literature order with Barbara F. 210.318.5148 (call or text)

ANNOUNCEMENTS

*The Wednesday 730pm meeting needs your support.

February 21, 8am Meeting celebrates 2nd anniversary with a speaker. Abiding Presence Lutheran Church, Gym Classroom, South Building

New Zoom Resources Available

Please contact Elle, toytoy2018@yahoo.com, for information on how this works and if your meeting is interested in changing to this Zoom ID and password.

Zoom ID: 2024111960

Password: OASAAI

NOTE: The last letter is Capital i

The daily 6am and Saturday 830am are already using the SAAI Zoom account.

UNITY DAY 2025 Hybrid

Sunday, February 23

1pm to 3pm

University United Methodist Church,

Wesley Room

5084 De Zavala in person

ZOOM: 202411960

PW: OASAAI (capital i)

Hear speakers, share in small groups, do some writing on being a force for unity in all your affairs.

February 2025



Feb 8

Intergroup 9:45am

Hybrid Meeting

Church of

Reconciliation, 8900

Starcrest, 78217

Zoom ID: 2024111960

Password OASAAI

Feb 1

Newcomer/Welcome

Zoom meeting 9:45am

Meeting ID: 2024111960

Passcode: OASAAI

Contact for newcomers

Sandy S.

210.391.6810

April 4-6, 2025

Region 3 Assembly and

Texas State OA

Convention

Austin, Texas

Contact us:

Phone: 210.492.5400

Email:

oasanantonio@gmail.com

US mail:

SAAI

PO Box 5458

San Antonio, TX 78201

Website:

www.oasanantonio.com

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

Sign up for announcements

A Member Shares

Introduction

I had the chance to know Annie over the last three years on Zoom. at the Monday 7pm meeting. I watched her navigate the death of her daughter Rosie, her husband Fred's illness and death, and the challenges of aging herself. And still each Monday evening her joy, her gratitude in recovery came through. What follows is our interview, edited for clarity.

Reliance

I love the 3rd step prayer. I am giving Him [Higher Power] my whole day. Whatever happens, I can turn to him. And however I recover, I can give it back, trusting as I recover, I can give it back. You Know, Pay It Forward, like the movie. My attempts to deal with my disease were short lived. Recovery brings the long lasting solution.

Abstinence

During the stress of Fred's illness my family was very supportive by making sure I ate at the proper times and they weighed and measured my food. There were times I was too preoccupied with Fred's care to notice time or think of food. They were willing to take over and take care of me also. When I came back in [to OA] the second time, my sponsor reminded me, "Abstinence is the most important thing in my life without exception."

Living Recovery

The Promises mean so much to me, especially when my house is being renovated. I claim the promise, "fear of ... economic insecurity will leave" me. There have been so many challenges, one item would lead to another and costs rise. For example, we leveled the house and have to wait 90 days to continue the work. A cast iron sewer line had to be replaced. The work has been going on since August. This has opened up a can of worms! I still don't know if the insurance will come through.

The Monday 7pm closes with page 449 in the Big Book: "Nothing happens in God's world by mistake." I can't change the circumstances and this was apparent as Fred's condition worsened. I prayed to get through the day as he deteriorated more and more. We had our daughters with us in the day and we had people we hired with us in the evening. We were married 64 years.

Service

Annie served as the Swan editor in the 90s when she came into recovery. She would take the Big Book quotes her sponsor gave her and use it in the Swan. Did you know the original Swan graphic from the 90s was developed by her sponsor who moved to California?

You can reach [Annie here](#)

Share with Swan/El Cisne [here](#)

Time to Reflect

The February 8 For Today reading is just what I needed for encouragement, courage and power in this past week. I have been camping in state parks in the Texas mountains and finding out just how quickly and easily I can talk myself into and out of the "new". I have to constantly remind myself, "It doesn't have to be and isn't going to be perfect. You are learning. You can take away lessons from this. You can try. Talk to others who are doing the same thing as you."



"All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience." Henry Miller

Yup, and isn't that exactly like what I have learned and am learning each day in this amazing OA Twelve Step recovery program. The most important thing for me to remember is SEEK and CONNECT with HP today, now, and multiple times throughout the day. I know the truth of the reading, "...I know that my Higher Power was with me all along. I could not have done it alone." Yes, I have daily reminders and evidence of HP's presence just when it is needed; and I have done plenty of research to know I cannot do it alone. In this second month of 2025, and with our Second Step, may I see the truth more clearly each day, that I "Came to believe that a Power greater than myself could restore me to sanity", in all the small decisions that make up a day, and a life. Thank you HP and OA! — Carrie

Area Meetings - February 2025

DAILY MEETINGS				
SUN TO SAT	6:00 AM Virtual Only Daily Meeting	OA Rep (321)754-6957	Zoom ID: 2024111960 Password: OASAAI NOTE: The last letter is Capital i	OA-approved literature and short unguided meditation
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
	10 AM In Person Only	Graciela M. (210)219-9660	Impacto Community Center 211 N Park Blvd San Antonio 78204	Bilingual: Español and English Literatura y Discusión - Literature and Discussion
	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: 898 2617 8803 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	7:30 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 San Antonio, 78204	Literature, Big Book
	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: 111111	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	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	Ken R. (210)643-5309	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 2024111960 Password OASAAI	<i>OA For Today</i> <i>OA Voices of Recovery Discussion</i>
****MONTHLY MEETINGS****				
1st SAT	9:45 AM Hybrid	Sandy (210)391-6810	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 2024111960 Password OASAAI	SAAI Newcomer & "Welcome Back"
2nd SAT	9:45 AM Hybrid		Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 2024111960 Password OASAAI	San Antonio Area Intergroup (SAAI)