



Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle: Faith

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.
Vice Chair: Michele D.
Treasurer: Deardra S.
Secretary: Anne A.
Communication Secretary: Carrie H.
Parliamentarian: Mary Lou A.
WSBC Delegate: Helen S.
Representative: Emily M.

Standing Committees
12x12: Open
Archives: Barbara F.
Information/Phone Line: Dawn C.
Literature: Barbara F.
Member Experience : Elle T.
Newcomer: Sandy S.
Public Information: Open
Professional Outreach: Mary Rose
Swan: 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

Wednesday meeting at Church of Reconciliation has new time: **7pm**

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.

2025 Unity Day Kudos

Thank you, Anne and Deardra, for giving us
speakers, readings, and shares to keep unity
strong in SAAI.

Swan/El Cisne needs your ESH

Submit your recovery story [here](#). A Tool, a
Step, a Tradition, how OA works in your life?
Open submissions now! Would you like to be
a guest editor? Select the topic and find
writers. It is so much fun!

March 2025



Mar 8
Intergroup 9:45am
Hybrid Meeting
Church of
Reconciliation, 8900
Starcrest, 78217
Zoom ID: 2024111960
Password OASAAI

Mar 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

OA is for Everybody – Men Share

I came into OA through another recovery program, somewhat excited that God could and would remove the obsession I had with certain foods and behaviors. Because of this amazing program I have a life I never dreamed of, maintain over 100 lb weight loss, and found serenity on a daily basis. This was not an overnight matter – it continues to be a daily grind, doing what I was told early on. Let me tell you how it works for me – one day at a time.

Early recovery

Go to a meeting a day and spend at least 20 minutes a day reading and doing Step work. Thank God my sponsor taught me this, because it instilled in me a daily connection with my Higher Power, my sponsor, and my recovery. This grew into reading different devotionals and Alcoholics Anonymous, pages 86-88 every morning (Try reading it from the original manuscript – fascinating.) This helps keep me in the present moment.

How Recovery Grows

I used to call my sponsor, apologizing for my ignorance, ready to throw myself on the altar of disobedient sponsee. I was told to start my day over right then. I would be reminded of that simple prayer on Alcoholics Anonymous, page 88, “Thy will be done.” This keeps me grounded in the present moment, which is all I really have anyway. In this moment right now, with my feet on the ground...nothing is hurting me. I am ok. I am serene. Even when I think the sky is falling, this program gifts me the present moment to feel the presence and serenity of a loving higher power right here, right now.

A Simple Practice

I touch my thumb to each finger on the same hand, from index to pinky, saying over and over again, “Thy will be done.” This simple touch exercise somehow grounds me and helps me find my center, my moment, my serenity. I know that if I don’t practice, read, and participate in my recovery, then I will not have it. I will get closer and closer to old behaviors and emotional crutches with food. If I do, I am headed for an early grave. Somehow, 20 minutes a day and hitting a meeting keep me in this present moment...and it is serene. ----Steve C.

Time to Reflect

What brought you to OA?

I found this program on the day I was ready to kill myself...again,(9/27/2010) having gained back about 40 pounds and clothes that fit at 185 pounds were too tight for 225. I felt like 20 pounds of potatoes in a 10 pound sack. I had heard about OA and that morning I researched OA online. I went to my first meeting the next evening. I expected to see a bunch of super-obese people crying on each others' shoulders because they couldn't eat ice cream anymore. Much to my surprise I found a bunch of normal sized folks and a whole lot of love I didn't know I needed.

*"...reaching out our hands for power
and strength greater than ours..."
OA Promise*



How has your OA program changed?

I had a food plan already that had allowed me to lose about 100 pounds, so I continued that. A friend in another fellowship asked, "Have you gotten a sponsor yet?" I said I have one in this fellowship but then she asked how I will help others go through the OA steps if I haven't done them myself so I got one the next day. He had me read the Big Book chapter and replace the words drinking with eating, alcohol w food, etc. I connected and learned so much about myself and my disease. "Most of us have been unwilling to admit we were real [compulsive eaters]....Our [eating] careers have been characterized by countless vain attempts to prove we could [eat] like other people. The idea that somehow, someday he will control and enjoy his [eating] is the great obsession of every abnormal [eater]" (Alcoholics Anonymous, 4th ed., p. 30).

*Today I use daily quiet time which gets me right with God. Sometimes it is writing, or silent meditation, and sometimes my brain is so jacked up I use a guided meditation. Today I have a purpose: to help the next person find their way to recovery. I stay active and accountable, I sponsor and also do service- the full meal deal. I've been group representative, Regional Representative, Intergroup Chair. Today, I remember that it's the first bite does the damage. I've realized time and time again that do not have the power do this program by myself. Luckily the steps have given me a working relationship with a higher power I can count on. One of my go-to prayers is "God, please remove this bull**** craving, and get me to bed abstinent" He is 100% - this prayer has worked every time I've used it... not every once in a while- EVERY TIME! Curtis M.*

Area Meetings - March 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 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: 892 2213 0855 Password: genesis	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	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: 1111111	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)