



**Step Seven: Humbly asked Him to remove our shortcomings.**

**Spiritual Principle: Humility**

## 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.

### 2025-2026 SAAI Board

Chair: Michele D.  
Vice Chair: Frances V.  
Treasurer: Deandra S.  
Secretary: Anne A.  
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Parliamentarian: Mary Lou A.  
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Region Representative: Emily M.

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12x12: Open  
Archives: Barbara F.  
Information/Phone Line: Dawn C.  
Literature: Barbara F.  
Member Experience : Elle T.  
Newcomer:  
Public Information: Mike H.  
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

### Fellowship Fun

Painting with a Twist

DATE: JULY 26, 2025 || TIME: 2 PM - 4 PM

LOCATION: PAINTING WITH A TWIST - ALAMO HEIGHTS

1248 AUSTIN HWY, SUITE 217

SAN ANTONIO, TX 78209

\$39 per person

PAYMENT LINK:

<https://www.paintingwithatwist.com/studio/san-antonio-alamo-heights/event/4049291/>

PASSWORD: FELLOWSHIP

### Strengthen Your Recovery

2025 World Service Convention

Walking in the Sunlight

August 21-23, Renaissance

Orlando at SeaWorld®

Annual Retreat, Step Study, Sept.

19-21, TBarM, New Braunfels

Region III Assembly & Convention,

Oct. 16-19, Oklahoma City, OK

July 2025



July 12  
Intergroup 9:45am  
Hybrid Meeting  
Church of  
Reconciliation, 8900  
Starcrest, 78217  
Zoom ID: 2024111960  
Password OASAAI

July 5  
Newcomer/Welcomer  
Zoom meeting 9:45am  
Meeting ID: 2024111960  
Passcode: OASAAI  
Contact for newcomers  
XXXX  
210.492.5400

Contact us:  
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Text Michele D., 210. 310.9995 with questions or comments.

Sign up for  
[announcements](#)

# Member Share: Recovery Renewal

"Recently I experienced a rebirth, a reawakening. The Twelfth Step became alive for me in a new way. Listen to how I saw the Twelfth Step: Having had a spiritual awakening as the result of these steps...I pronounce the article 'the' as 'THEE' so I emphasize to myself the importance of those two words, 'thee result.' It is one result and I had been focused for some time on only one aspect of my recovery: physical. The physical is important certainly, and I am grateful for all the results I have experienced physically, released weight, chronic illnesses not as unmanageable. I realized my ultimate goal is not just physical, or even circumstantial. I had been considering the spiritual experience as a one and done. But recently I have had a whole new awakening that encompasses all of my life.

It has taken me a few weeks to put words to this transformation. Of course, there are so many seasons of life, my body is different, and relationships have changed. I had been holding on to the physical outcome of recovery being the sole focus. After some increased stress this past spring, I asked my HP what spiritual experiences do you have for me. I am doing all the same tools, but now I am bringing an intention to them.

Here are three examples. I still do my three or four daily gratitude but I focus in one area, let's say today it is family. I will lean into this one area and write 3 or 4 complete sentences of my gratitude. Another day I will focus on my job and do the same practice. I might have a challenging student and I thank my HP for this challenge because I am growing. Even my chronic illnesses are on the gratitude list because they are drawing me closer to my HP. I had been afraid to use the word 'relapse' to describe my recovery before this most recent spiritual awakening. I was abstinent and attending meetings (6am daily meeting), but I realized I had stepped off the recovery path because I was going through the motions. Once I decided to use the term 'relapse' with my sponsor, my suffering and resistance was lifted.

Today I am living in the three A's:  
acknowledgement, acceptance, and action."  
-- Jordana

# Miembro Experiencia: El Resultado de "Thee"

"Recientemente experimenté un renacimiento, un despertar. El Duodécimo Paso cobró vida para mí de una manera nueva. Escuchen cómo lo vi: Habiendo tenido un despertar espiritual como resultado de estos pasos... pronuncié el artículo "the" como "THEE" para enfatizar la importancia de esas dos palabras, "thee result". Es un solo resultado y durante un tiempo me había centrado en un solo aspecto de mi recuperación: el físico. El aspecto físico es importante, sin duda, y estoy agradecida por todos los resultados que he experimentado físicamente: he bajado de peso y enfermedades crónicas que ya no son tan difíciles de controlar. Me di cuenta de que mi objetivo final no es solo físico, ni siquiera circunstancial. Había estado considerando la experiencia espiritual como algo único. Pero recientemente he tenido un despertar completamente nuevo que abarca toda mi vida.

Me ha llevado algunas semanas expresar esta transformación con palabras. Claro, hay tantas etapas en la vida, mi cuerpo es diferente y mis relaciones han cambiado. Me había estado aferrando a los resultados físicos de la recuperación como mi único objetivo. Después de un aumento de estrés la primavera pasada, le pregunté a mi asistente personal qué experiencias espirituales tenía para mí. Estoy usando las mismas herramientas, pero ahora les estoy dando una intención.

Aquí hay tres ejemplos. Sigo haciendo mis tres o cuatro agradecimientos diarios, pero me enfoco en un área; digamos que hoy es la familia. Me centraré en esta área y escribiré tres o cuatro oraciones completas de mi gratitud. Otro día me enfocaré en mi trabajo y haré lo mismo. Puede que tenga un estudiante difícil y le agradezco a mi padrino por este desafío porque estoy creciendo. Incluso mis enfermedades crónicas están en la lista de gratitud porque me están acercando a mi padrino. Tenía miedo de usar la palabra "recaída" para describir mi recuperación antes de este reciente despertar espiritual. Era abstinenta y asistía a las reuniones (reunión diaria a las 6 a. m.), pero me di cuenta de que me había salido del camino de la recuperación porque estaba haciendo lo que tenía que hacer. Una vez que decidí usar el término "recaída" con mi padrino, mi sufrimiento y mi resistencia se disiparon.

Hoy vivo en tres A: reconocimiento, aceptación y acción. "-- Jordana

--Translated by Frances V.

# FELLOWSHIP

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

"A lovely walking event."

"I had awful experiences of not being able to keep up with someone or a group while walking. I felt alone and not good enough. This walk added a positive memory—not being embarrassed to sweat, walking at a healthy pace for me,

good conversation, and hugs. It was like an OA meeting on wheels, moving me towards healing. This event also helped me overcome a fear. Therefore, I'm very grateful for the opportunity to be with my people in between the meetings."



A pool dip with friends and a beach ball is a great Saturday afternoon activity! Thanks for the invite! Jayne

Yes, thanks, Elle! Meeting new OA folks is always a win. Really enjoyed the casual camaraderie. Pat

Agreed. So grateful. It was fun. Thank you, Elle, and everyone for being there. Michele D.

It was great. Dawn

Enjoyed y'all. Madeline

Can't wait for the upcoming events. Elaine

I couldn't think of a better Saturday! Friends, recovery, and sun. Deandra

It was so much fun to relax and play with recovery friends — I hope we make a habit of shared time together. I can think of few better ways than this of serving our primary purpose than the heartfelt camaraderie of yesterday. Anne A.



# *Time to Reflect*

The power of literature as an OA tool is amazing. Literature supports recovery by establishing connections and understanding of the OA principles. In my OA journey, I have found that literature can be a powerful springboard onto some of the other OA tools such as telephone outreach, sponsorship, and writing.

## Telephone outreach

When I read the literature and make a connection, I get so excited, I want to talk with someone about it. Suddenly that 100lb telephone doesn't seem so heavy. Sharing information is a great icebreaker when you are talking to a new friend. Literature is undoubtedly a good way to make a connection with another OA member.

## Sponsorship

So often OA literature can introduce or reinforce topics that I am discussing with my sponsor. I find that when I read the literature, I have a deeper and richer understanding of the conversations that I am having with my sponsor.

## Writing

Many times I have found a deep connection with what I am reading in the OA literature. I think that delving deeper into the literature and writing about it can really help me process the information and make it meaningful.



Want to experience the powerful tool of literature? Check out the following:

- Overeaters Anonymous, Third Edition.
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition
- Voices of Recovery; and For Today
- Alcoholics Anonymous (the "Big Book"), Fourth Edition
- OA-approved pamphlets, study guides
- [Lifeline](#), OA's online recovery blog

Overall, OA literature is a powerful tool that can benefit you whether you use it in conjunction with another tool or all by itself. That's why it is my go-to tool of the month.

What is your go-to tool? Here are eight other tools you might consider:

A Plan of Eating	Sponsorship
Meetings	Telephone
Writing	Action plan
Anonymity	

--Jo Anne B.

# Area Meetings - July 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) 414-3959	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: 893 8219 6552 Password: 271301	Literature Discussion Speaker, 5th Mon.
TUES	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	Madeline (210) 415-3047	Unity Church, Life Room, 408 Gruene Rd <b>NEW BRAUNFELS</b> , 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: 893 8219 6552 Password: 271301	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>
<b>****MONTHLY MEETINGS****</b>				
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)