



Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle: Self-Discipline

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

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Rest in peace, dear Barbara F., and thank you for your dedication to SAAI.

ANNOUNCEMENTS

Fellowship Fun

Friday, August 29

7pm

Zoom ID: 2024 411 1960

Password: OASAAI

Virtual Karaoke and More!

Sing - A song, or a few lines,
or read the lyrics

(radio/clean version).

Speak - Poetry, journal entry, or whatever is on your heart.

Show and Tell - Drawing, or something tangible

Be - Come to witness.



Strengthen Your Recovery

Sponsorship Workshop, August 16,
1 to 3pm, Alamo Heights Baptist Church

Annual Retreat, Step Study, Sept.
19-21, TBarM, New Braunfels

Region III Assembly & Convention,
Oct. 16-19, Oklahoma City, OK

August 2025



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

August 2
Newcomer/Welcome
Zoom meeting 9:45am
Meeting ID: 2024111960
Passcode: OASAAI
Contact for newcomers
Lynn G.
210.240.3277

Contact us:
Phone: 210.492.5400
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SWAN: saoaswan@gmail.com

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San Antonio, TX 78201
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Text Michele D., 210. 310.9995 with questions or comments.

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Member Share: Step Eight and Sponsorship

"We have a list of all persons we have harmed and to whom we are willing to make amends....If we haven't the will to do this, we ask until it comes," (Alcoholics Anonymous, 4th edition, p. 76).

"Epic fail" is the term young people use these days. I had mine around 2002-2005 in a professional work setting. I handled an individual I supervised terribly. I couldn't get past my own feelings to see her and support her professionally. I sought my sponsor's help, tried my hardest to be capable, and in time we both moved on to other jobs. And, I was almost ten years abstinent and working the Steps while I supervised her. I knew I owed her amends and was unwilling and not even willing to pray to be willing.

As I did Step work in 2019, I found willingness. At a colleague's funeral I saw this individual in passing. I did an internet search on Monday and called her. I hoped I could make amends over the phone, right there and then, and be done. She wanted to meet me for lunch. I said yes, and so I waited a few days to meet her for lunch and make my amends. In the meantime, I discussed this with my sponsor. I keep learning it is never too late to have Step Eight relieve me of guilt and to build a better relationship with all the people in my life. -- Elaine

Participación de Miembros: Paso Ocho y Patrocinio

"Tenemos una lista de todas las personas a las que hemos dañado y a las que estamos dispuestos a hacer los pasos... Si no tenemos la voluntad de hacer esto, pedimos hasta que llegue" (Alcohólicos Anónimos, 4ª edición, p. 76).

"Fracaso épico" es el término que los jóvenes usan en estos días. Tuve el mío alrededor de 2002-2005 en un entorno de trabajo profesional. Manejé terriblemente a una persona a la que supervisé. No podía superar mis propios sentimientos para verla y apoyarla profesionalmente. Busqué la ayuda de mi madrina, hice todo lo posible por ser capaz y, con el tiempo, ambos pasamos a otros trabajos. Y estuve casi diez años abstinentes y trabajando en los Pasos mientras la supervisaba. Sabía que le debía reparaciones y no estaba dispuesta, ni siquiera dispuesta a orar, para estar dispuesta.

A medida que estude y hice el trabajo de los Pasos en 2019, encontré la voluntad. En el funeral de un colega vi a este individuo de pasada. Hice una búsqueda en Internet el lunes y la llamé. Esperaba poder hacer los pasos por teléfono, allí mismo, y listo. Quería reunirse conmigo para almorzar. Le dije que sí, así que esperé unos días para encontrarme con ella para almorzar y hacer los pasos. Mientras tanto, discutí esto con mi madrina. Sigo aprendiendo que nunca es demasiado tarde para que el Paso Ocho me libere de la culpa y para construir una mejor relación con todas las personas en mi vida. --Elaine, *Translated by Frances V.*

FELLOWSHIP

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

This month we enjoyed Painting with a Twist and loved every minute.

The painting experience was evidence of how we can work alongside each other but still have our own journeys. We were all working on the goal of a complete work of art, but in our own ways and with our own struggles. Indeed, the joy of our program is truly about the journey and not the destination.

-Jordana T

This is my second painting event with OAers, and it is nice to work on my defect of perfectionism with my people who get it. The teacher said keywords used in OA, and slogans were said. It emphasized how important this program is and how it has improved my life. I'm grateful to see new and familiar faces, hear experience, strength, and hope, getting hugs, plus laugh while painting-woot woot. -Anonymous



It was a fun afternoon of fellowship and an opportunity to stretch my comfort zone. The picture will be a lovely reminder of a very nice day and of the people in the conversations shared. -Deardra

United We Thrive/United We Celebrate

I experienced a deep sense of tranquility and belonging.

It was clear that perfection was not expected; I could be my true self and felt genuinely embraced and valued. -Corrin



Thank you to everyone who helped with the scholarship. It was my first time at a painting class. -Tammy

A place to be real and receive support.- Elaine

Thank you, Elle! - Michele D.



Time to Reflect

My sponsor was integral to my Step Eight. I had taken responsibility for some things that weren't my responsibility. Those things then went into the amends to myself pile because I had been guilting and shaming myself needlessly over them. The then sorted amends list was put into the categories of willing to make, apprehensive to make, and hell no.

The beauty of this program is in learning the true definition of humility and how to forgive, which were concepts I had to learn in OA. I have spent countless hours over the Sick Man's prayer (*Alcoholics Anonymous, 4th edition, pp. 66-67*) while rubbing on my resentment coin. The freedom with this Step Eight process is tangible: to deepen my relationship with my Higher Power, to help me know myself better, to start trusting myself and other people, and to begin the healing process from excess shame and guilt. –Deardra



Area Meetings - August 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 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: 893 8219 6552 Password: 271301	Discussion, Readings on Tools, Support

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)