



Step Nine: Made direct amends to such people whenever possible, except when to do so would injure them or others.

Spiritual Principle: Love

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.
Communication Secretary: Carrie H.
Parliamentarian: Mary Lou A.
WSBC Delegate: Helen S.
Region Representative: Emily M.

Standing Committees
12x12: Open
Archives: Barbara F.
Information/Phone Line: Dawn C.
Literature: Barbara F.
Member Experience : Elle T.
Newcomer: Lynn G.
Public Information: Mike H.
Professional Outreach: Mary Rose
Swan: Elaine L.

A special thanks to Jo Anne B. for serving as September guest editor.

ANNOUNCEMENTS

OA Open Exchange Q & A Meeting

1st Saturday every month, 9:45am to 10:30am
Newcomers, Professionals, current OA members
are all welcome to learn more about the solution
OA offers.

Thursday meeting now meets at 12 noon.

Fellowship Fun, Dip in the Pool, Saturday, Sept,
6, Brentwood Ranch Subdivision, 2400 Cibolo
Valley Dr.
Contact Elle at toytoy2018@yahoo.com

Strengthen Your Recovery

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

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

September 2025



September 13
Intergroup 9:45am
Hybrid Meeting
Church of
Reconciliation, 8900
Starcrest, 78217
Zoom ID: 2024111960
Password OASAAI

September 6
Open Exchange Q & A
Zoom meeting 9:45am
Meeting ID: 2024111960
Passcode: OASAAI
Contact for newcomers
Lynn G.
210.240.3277

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

US mail:
SAAI
PO Box 5458
San Antonio, TX 78201
Website:
www.oasanantonio.com

Text Michele D., 210. 310.9995 with questions or comments.

Sign up for
announcements

Member Share: The Many Faces of HP

When I finally made it to begin working on Step 3 (Made a decision to turn our will and our lives over to the care of Gd as we understood Him), my sponsor challenged me to rethink my higher power. She gave me an assignment to write an advertisement or want ad for my higher power. Specifically, she wanted me to think of what I needed from my Higher Power.

In my spiritual practice, I had never ever thought of what I needed from God. I had never dared to think something like that. So, it took me weeks to understand what the assignment was really about. I spent many weeks thinking about this assignment. I could not wrap my head around the concept that I could ask my Higher Power to be a certain way for me. Particularly, I could ask my HP for: help, consolation, guidance, or anything I could dream of.

What I needed to do was to understand that my higher power could give me exactly what I needed at any given time and He could change with me as my needs grew and changed.

Since I was having so much trouble with this assignment, I would ask my sponsor over and over to explain the assignment. She did this for me many times until I finally got it. And when I did get it – Wow! There was like an explosion in my head.

My Higher Power can indeed be anything I need him to be at any given time! Plus, my relationship with my higher power can be everything I dreamed it to be.

So as I completed my assignment, I realized that I could have a very personal and unique relationship with my HP that can grow and change with me. Maybe today I need a Teddy Bear-like HP to hug me but tomorrow I need a stern and forgiving HP to help me when I relapse.

If you had the assignment that my sponsor gave me, what would your Want Ad look like? -JoAnne B.

Participación de Miembros: Las Múltiples Caras de HP

Cuando finalmente logré empezar a trabajar en el Paso 3 (Decidí poner nuestra voluntad y nuestra vida al cuidado de Dios, tal como lo concebimos), mi madrina me retó a repensar mi poder superior. Me encargó escribir un anuncio o una solicitud para mi poder superior. En concreto, quería que pensara en lo que necesitaba de mi poder superior.

En mi práctica espiritual, nunca había pensado en lo que necesitaba de Dios. Nunca me había atrevido a pensar en algo así. Así que me llevó semanas comprender de qué se trataba realmente la tarea. Pasé muchas semanas dándole vueltas. No, me convencía de poder pedirle a mi Poder Superior que actuara de cierta manera conmigo. En particular, pedirle a mi Poder Superior ayuda, consuelo, guía o cualquier cosa que se me ocurrió.

Lo que necesitaba hacer era comprender que mi poder superior podía darme exactamente lo que necesitaba en cualquier momento y podía cambiar conmigo a medida que mis necesidades crecían y cambiaban.

Como estaba teniendo tantas dificultades con esta tarea, le pedí a mi madrina una y más veces que me la explicara. Lo hizo muchas veces hasta que finalmente la conseguí. Y cuando la conseguí, ¡wow! Fue como una explosión en mi cabeza.

¡Mi Poder Superior puede ser todo lo que necesito que sea en cualquier momento! Además, mi relación con él puede ser todo lo que soñé.

Al completar mi tarea, me di cuenta de que podía tener una relación muy personal y única con mi persona con discapacidad visual, que podía crecer y cambiar conmigo. Quizás hoy necesite un osito de peluche que me abrace, pero mañana necesito un osito de peluche firme y comprensivo que me ayude cuando recaiga.

Entonces, si tuvieras la tarea que me dio mi patrocinador, ¿cómo luciría tu anuncio de búsqueda? - Jo Anne B., Translated by Frances V.

Time to Reflect

On August 16, the Tuesday 7pm meeting hosted the worldwide Sponsorship Day to reinforce the importance of having a sponsor and serving as a sponsor. We played Truth or Lie, and What Animal are You? Heard from 3 speakers, wrote and shared. Here are some precious nuggets we took away.

Call your sponsor when having a good day

Sponsorship is not work, it's a blessing.

One of the things I learned early on from my sponsor was “not my monkey, not my circus.” That was her setting boundaries. It helped me to develop the abstinence program that works for me.

I feel terrific. This was worth the effort. Specifics on what to do and what to say were helpful.

This was a wonderful gathering of fellowship.

Be willing to collect "pigeons" [new sponsees].

Say yes to a new way of life even if it is uncomfortable because the old way is not working.

Point to the Steps, always working the Steps.

I was reminded the first step in change is resistance. Now when my HP is nudging me in a direction and my inner 3 year old has a temper tantrum, I know a growth spurt is coming.

Do what I did in the beginning to get the freedom I first had.

I was reminded of the things I did in those early days that were so powerful to my recovery. Now when I find myself in a slump, I have a “super list” from the experience, strength, and hope of many sponsors to get me through those difficult days.



More Time to Reflect

One of our fellows attended the 2025 World Service Convention, Walking in the Sunlight Together, August 21-23 in Orlando. She asked one of the participants to share her reflection. Thank you, Brittani G for permission to print this.

Comfort

Locked in, Plugged in, Hiding out.

The buzzing of the screen.
The dialog from the speaker.
The endless loop of “skip intro”

The small floor creak from the tiptoeing.
The breathing stopped from panic.
The sound of my heartbeat fills my ears.

The light of the fridge.
The taste of pain.
The dopamine miles away, yet the actions persist.

The crinkle of the wrapper.
The fork on the empty plate.
The sneaking.

The delusion as though there's not another soul around to notice.
The awareness front and center.
The enveloping nature of shame.

The stomach aches.
The sleepless nights.
The cold truth of what I'd done.

The carousel of life.
The pattern of safety.
The inevitable fate of repeat.

The fear
The grief
The guilt



The trapped sensations of another personality.
The internal struggle of banging on the cage walls.
The desire for freedom.

The door being unlocked.
The chain being broken.
The frozen feet unable to walk out.

Comfort.
Locked in, Plugged in, Hiding out.

Written by : Brittani Grace, Alaska

Area Meetings - September 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	12:00 PM In Person Only Time Change	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	Lynn G. (210)240-3277	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 2024111960 Password OASAAI	OA Open Exchange Q & A Meeting Newcomers, Professionals, current OA members are all welcome
2nd SAT	9:45 AM Hybrid		Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 2024111960 Password OASAAI	San Antonio Area Intergroup (SAAI)