



Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Spiritual Principle: Spiritual Awareness

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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Public Information: Mike H.
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ANNOUNCEMENTS

Zelle is now available to make 7th Tradition. Use oasanantonio@gmail.com through your financial institution.

Literature Update: SAAI will no longer provide OA and AA literature on a regular basis to meetings. Please order required literature at oa.org. There is some literature still available in the SAAI inventory. See the inventory list on page 5.

Strengthen Your Recovery

International Day of Experiencing Abstinence, in person only, November 15, Church of Reconciliation, 1 to 3pm, Alban Room. **SLIP INTO SERVICE, NOT FOOD**

Fellowship Fun
Movie Night, Stars and Stripes Drive in, November 14, New Braunfels. The movie is Predator: Badlands

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

November 2025



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

November 1
Open Exchange Q & A
Zoom meeting 9:45am
Meeting ID: 2024111960
Passcode: OASAAI
Contact for Open Exchange
Lynn G.
210.240.3277

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Member Share: Step Eleven

Frances began our Step Eleven conversation saying, "This Step is easy for me. I was brought up in a religious household. Our family had morning and evening prayers and we went to religious services regularly. I have always talked to my Higher Power, even through the course of the day. I would even say, 'thank you for this parking spot', 'thank you for this new day', 'thank you for basic necessities like water for bathing.' Of course, there are disappointments in life, too. If I didn't get a promotion at work, I trusted that God had a different plan in mind for me."

My meditation practice can be quite simple. Today I was enjoying coffee on the patio, and reflecting that I will have the strength and power to do what my HP wants me to do. Often the daily reading from For Today is exactly what I needed. It can inspire an idea, or spark contentment, and there are times I return to the reading throughout the day. I have spiritual strength to face whatever the day brings.

I have been known to say the Serenity Prayer together with a fellow who calls with a struggle. My very first sponsor did this with me at a time I called her ready to give up. She said, 'You are irritated, bothered, upset. You need serenity. We will say the Serenity Prayer until I hear serenity in your voice.' Frances told me the two of them said the Serenity Prayer probably six times and her sponsor said, 'Okay, I hear serenity in your voice now.'

What a gift to hear an OA fellow's lifetime of Step Eleven. - Frances V.

Compartir para Miembros: Paso Once

Frances comenzó nuestra conversación sobre el Paso Once diciendo: "Este paso es fácil para mí. Fui criada en un hogar religioso. Nuestra familia tenía oraciones de la mañana y de la tarde y fuimos a servicios religiosos regularmente. Siempre he hablado a mi Poder Superior, incluso a través del curso de el día. Incluso decía: '¡Gracias por esto plaza de aparcamiento!', 'gracias por este nuevo día', 'gracias por las necesidades básicas como el agua para bañarse.' Por supuesto, hay decepciones en la vida, también. Si no obtenía un ascenso en el trabajo, confió en que Dios tenía un plan diferente en mente para mí."

Mi práctica de meditación puede ser bastante simple. Hoy estaba disfrutando de un café en el patio, y reflexionando que tendré la fuerza y poder para hacer lo que mi HP quiere que haga. Frecuentemente la lectura diaria de Sólo Por Hoy ("For Today") es exactamente lo que lo necesitaba. Puede inspirar una idea o chispa satisfacción, y hay momentos en que vuelvo a la lectura a lo largo del día. Tengo fuerza para afrontar lo que sea que traiga el día.

Cuando me llama un compañera que esta con lucha, las guío a rezar la Oración de la Serenidad (the "Serenity Prayer"). Mi primer patrocinador hizo esto conmigo a la vez que la llamé lista para darse por vencida. Ella dijo: 'Eres irritada, molesta y frustrada. Necesitas serenidad. Nosotras rezaremos la Oración de la Serenidad (the "Serenity Prayer") hasta que yo escuche la serenidad en tu voz.' Frances me dijo que las dos rezaron la Oración de la Serenidad (the "Serenity Prayer") probablemente seis veces y hasta que su padrina dijo, 'Está bien, escucho serenidad en tu voz ahora.'

Qué regalo escuchar la vida de un becario de OA Paso once. - Frances V. y, *translated by Frances V.*

Time to Reflect

Step Eleven is “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” When I was a child, every night my mother would tuck me into bed, and we would say a prayer together. It was always the same prayer, said with the same rhythm, in the same tone, at the same speed: “Now I lay me down to sleep. I pray the Lord my soul to keep. If I die before I wake, I pray the Lord my soul to take.” This was a common childhood bedtime prayer in my religious tradition from what I understand. To be honest, I found the prayer discomforting. The thought that I might die during the night would never have occurred to me as a preschooler and the impression that the possibility was pressing enough that it should be addressed nightly was alarming. As a teenager, I began to pray more in the style of *Are You There God? It's Me, Margaret*. Those prayers were more stream of consciousness pleas of desperation. Are you there, God? My grandfather is sick. He is my favorite person in the world. Please, please, please don't take him yet. I'm not ready.



In OA, people talk a lot about prayer. We have prayers that we say by rote like I did as a child, but people also pray using their own words. Honestly, I don't always think to pray when I find myself out of sorts. When it does occur to me or when someone reminds me, I find myself first saying the Serenity Prayer and I do find it quite comforting and instructive. No matter how many times I say it, I benefit from the reminder that being stuck in worry is fruitless, trying to control the future is ineffective, and that focusing on the next right thing can get me through very trying times. I do have one prayer practice to which I am quite faithful. Almost every night, I say thank you for all the blessings in my life. I think about each person I love and hold them in my heart for a moment. I take the time to be thankful for ordinary things like my house, the park that I love to walk in, or a song I heard that day. I finish by telling God that I hope it isn't my night to go, because I am not ready yet. Then I chuckle to myself and drift off to sleep. -- Becca C.

FELLOWSHIP

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

The Membership Experience Committee reaches out to individual meetings to host get togethers. The Sunday 5pm meeting hosted an afternoon of mini golf at Monster Golf on October 19. Fellowship reveals so much more of who we are. Please come join us and share your true self in a safe setting.

We needed a three-way playoff on Hole #1 that was not played by the first group. Our very own Becca C. is the 2025 Monster Mini Golf OA champion with a score of 55. Steve and Curtis took second place with scores of 56.



It was dark and noisy!



Rules!? For a game?!



Anonymous putters :-)

Literature

Update

The following OA and AA literature is still available through SAAI. Please contact Lynn to purchase.

(lgtelegraham@gmail.com)

AA: Big Book, 12 & 12 (hard, soft, pocket)

OA: 12 & 12, For Today & Workbook, Voices of Recovery & Workbook, Diverse Voices, Body Image, Taste of Lifeline, Seeking The Spiritual Path, Beyond Our Wildest Dreams
Many OA Pamphlets

Area Meetings - November 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	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)