



Step Twelve: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle: Service

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.
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Treasurer: Deandra S.
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12x12: Open
Archives: Open
Information/Phone Line: Dawn C.
Member Experience : Elle T.
Open Exchange Q & A: Lynn G.
Public Information: Open
Professional Outreach: Mary Rose
Swan: Elaine L.

ANNOUNCEMENTS

Literature Update: SAAI literature inventory is quickly being sold. There are many pamphlets still available. Please contact Lynn G. (lgtelegraham@gmail.com) to order any SAAI books or pamphlets. Payment can be made through Paypal (@oasaai) or Zelle (oasanantonio@gmail.com).

Fellowship Fun: Dec. 6, 2pm -3pm, Karaoke at Holy Smokes Golf Club, 849 Commerce, 78205. Contact Ken, 210.643.5309
Dec. 13, 1pm, Sharon V. hosts holiday party and OA meeting, Contact Elle, 917.690.9360

Text Michele D., 210.310.9995 with questions or comments.

Strengthen Your Recovery

The OA.org Events Calendar is a robust resource of meetings and workshops. Remember you are not alone during the holidays. OA Fellows are often just a text, phone call, or Zoom meeting away.

Dec. 3: Gratitude Meeting, 7-8pm EST - South Carolina
Dec. 11: Gratitude and Abstinence Holiday Workshop, 7-8:30pm EST, Florida

December 2025



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

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

Contact us:
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Member Share: Step Twelve

Lynn and I met probably for the first time at a Saturday or Sunday 5pm meeting held at Starlite Recovery on Wurzbach in the late 1990s. I don't remember anything specific, only that she was there every week and I heard how she was using the Steps to mother her children and live her best life. Over the years, I saw her in action in service positions: Intergroup Chair, 2006 Assembly and Convention Chair, Treasurer, Region Representative, and 2019 Assembly and Convention Hotel Liaison.

When I asked her what comes to mind when she reads Step 12 now, she said somewhat emphatically, "the result. I can't campaign for OA without working all Twelve Steps. Working the Steps is the foundation to any recovery message I can hope to carry. I was in OA for two months when I was asked to attend Intergroup. Our meeting needed a group representative. I attended and there was a finance discussion. SAAI was cash strapped and there was a discussion to cut funding to the Region. I thought, I can make a motion and solve this. However, the Region Representative responded against my idea. She explained that I didn't really have the right answer. In time I realized I was operating out of my defects, my approach to any problem is, let's just get this done and I can figure it out. Over the years in recovery, Lynn keeps discovering who she truly is by working the Steps. This allows her to be a useful instrument of her HP because she isn't operating out of ego, she is learning to trust love in service to OA and others.

Fast forward a few decades and on November 15, Lynn was the host of another International Day of Experiencing Abstinence (IDEA) event that SAAI has regularly observed along with OA as a whole. She shared her IDEA event theme, Slipping into Service, with her home group, Sunday 5pm. They agreed, she told me. "I can't explain why they agreed. I guess they just thought it was a good idea and that it seemed to come from my HP, and this is helping my own recovery. IDEA has always meant so much to me. It was the first SAAI event I attended [she came to her first meeting in August] and met members from her home group as well as others from local meetings. November is a special month to me for many reasons, but always that the first IDEA strengthened my early recovery. I wanted to bring love to this IDEA event and love is service, and service is love.

Outside the OA rooms, I don't shy away from telling people I am in 12-step recovery and that can often open the door to more exploration. I remember a phrase from Alcoholics Anonymous, 4th ed, to not create "unreasoning prejudice" (p. 48) when sharing with those who may need and want recovery. The Steps I work and continue to work are all I need to carry the OA message to anyone whom I encounter in my path today. - Lynn G.

Compartir para Miembros: Paso Doce

Lynn y yo nos conocimos probablemente por primera vez en una reunión de sábado o domingo a las 17:00 celebrada en Starlite Recovery en la calle Wurzbach a finales de 1990. No recuerdo nada concreto, solo que estaba allí cada semana y escuché cómo usaba los Doce Pasos para cuidar a sus hijos y vivir una mejor vida. A lo largo de los años, la vi en acción en cargos de servicio: presidenta de intergrupos, presidenta de la Asamblea y Convención en 2006, tesorera, representante regional y enlace de hoteles en la Asamblea y Convenciones en 2019.

Cuando le pregunté qué le venía a la mente al leer el Paso 12 ahora, respondió con cierta énfasis: "el resultado. No puedo hacer campaña para OA sin hacer los Doce Pasos. Trabajar los Pasos es la base de cualquier mensaje de recuperación que pueda esperar llevar. Estuve en OA solamente dos meses cuando me pidieron asistir a Intergroup. Nuestra reunión necesitaba un representante del grupo. Asistí y hubo una charla sobre finanzas. SAAI tenía problemas de liquidez y se discutió recortar la financiación a la región. Pensé, puedo hacer una moción y resolver esto. Sin embargo, el representante regional respondió en contra de mi idea. Me explicó que realmente no tenía la respuesta correcta. Con el tiempo me di cuenta de que yo estaba funcionando a partir de mis defectos, mi enfoque ante cualquier problema es: simplemente hagámoslo y puedo resolverlo. A lo largo de los años de recuperación, Lynn sigue descubriendo quién es realmente trabajando en los Doce Pasos. Esto le permite ser un instrumento útil de su HP porque no actúa por ego, está aprendiendo a confiar en el amor al servicio de OA y de los demás.

Avanzando unas décadas, el 15 de noviembre, Lynn fue anfitriona de otro evento del Día Internacional de Experiencia de la Abstinencia (IDEA) que SAAI ha observado regularmente junto con OA en general. Compartió su tema del evento IDEA, Slipping into Service, con su grupo local, el domingo las 17:00. Aceptaron, me dijo. "No puedo explicar por qué aceptaron. Supongo que simplemente pensaron que era buena idea y que parecía venir de mi HP, y esto está ayudando a mi recuperación. IDEA siempre ha significado mucho para mí. Fue el primer evento de SAAI al que asistí [ella asistió a su primera reunión en agosto] y conocí a miembros de su grupo de origen, así como a otros de reuniones locales. Noviembre es un mes especial para mí por muchas razones, pero siempre porque la primera IDEA fortaleció mi recuperación temprana. Quería llevar amor a este evento IDEA y el amor es servicio, y el servicio es amor.

Fuera de las salas de OA, no me da miedo decirle a la gente que estoy en recuperación de 12 pasos y eso a menudo puede abrir la puerta a más exploración. Recuerdo una frase de Alcohólicos Anónimos, 4ª edición, para no crear "prejuicio irracional" (p. 48) al compartir con quienes puedan necesitar y querer recuperación. Los pasos que hago y sigo haciendo son todo lo que necesito para llevar el mensaje de la OA a cualquiera que encuentre en mi camino hoy. - Lynn G.,
translated by Frances V.

Time to Reflect

A Step and Principle, Tradition and Principle, Concept and Principle. One by one we lent our individual voices, some shared a brief reflection on the Step, Tradition, Concept, but often it was the Principle that caused a story to spill out. We all sat in silence, listening intently, absorbing the wisdom that under girds the service we do to keep today's recovery. This activity set the tone for the IDEA 2025 event on November 15 at Church of Reconciliation, hosted by Sunday 5pm meeting.

Elle shared the process to establish the SAAI Zoom account that any meeting can use and that is funded by SAAI Seventh Tradition. This led to a new SAAI Committee, Member Experience, to help us fellowship on Zoom and in person after the challenge of pandemic isolation.

Lea had us shout out all the many ways we do service. She shared how outreach calls she made during the pandemic helped her recovery; a Friday 930 Speaker noted her 45 years of abstinence was attributed to her first sponsor doing service and following in the sponsor's footsteps; and the power of reading *Beyond Our Wildest Dreams* with an OA friend. She ended with a poem from *The Joy of Service* available at oa.org, "There's No Greater Service".

Angela entitled her share Slipping into Recovery. "I didn't realize my own negativity until I read about the magical magnifying mind that focuses on the problem and shuts out the solution. I need to cultivate gratitude, especially to be grateful at the holidays. My disease is cunning, baffling, powerful and patient. I had to be willing to weigh and measure my food. Today I am willing to be a sponsor."

Deardra told us as soon as she heard the IDEA event was planned, she asked another fellow, "Do ya need any help?"

She shared her physical recovery journey, over 150 pounds surrendered, and how 'service is slimming' morphed from holding the key, setting out literature and chairs, to Treasurer and Region Representative. "I continue to be met with patience and love as I do service in the OA rooms."

The first form of service, Swann reminded us, is to show up at the meeting. Expand this service by matching your service to your life commitments: be a sponsor, serve Intergroup, and adjust accordingly as recovery and life changes. She shared how the Sunday 5pm meeting has made Zoom security service a critical area so the fellows and the meeting are safe spaces.

Many of us face fear with a personal inventory. Mike from the Sunday 5pm meeting shared how he overcame his meeting frustration and a hint of hopelessness to co-lead the meeting in a group inventory in January 2025. He found support within SAAI, the Region and the Region Trustee, to learn how the meeting could do the inventory. Like all inventories, there were areas of strength and an opportunity to grow by rotating service positions. The group inventory has yielded greater honesty, and more stability and even growth for the Sunday 5pm meeting.

Service can be utter joy and it can also bring challenges and opportunities to study Concepts. Elaine was delighted to be asked to edit the Swan last year. Seeing it come back to life after a nine month hiatus and speaking with so many fellows has enriched her own program. A previous role as Region III Chair made her study Concepts Three and Four. The Region Trustee had to remind her that recovery can look very different from her own program, and that the decision making and participation that another trusted servant was exercising was the ultimate path to unity and recovery.



FELLOWSHIP

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

December 12 Twelve Step Within (TSW)

Did you know that OA members call each other on the 12th of every month? A special outreach effort occurs worldwide in OA on December 12? Why?, you ask.

San Antonio OA meetings have used December 12 to do just this. Region 3, all 11 states, has specific resources to remind us to keep reaching out to those who are suffering within the rooms of OA. Check out [oaregion3.org Resources](http://oaregion3.org) for the TWS monthly e blast.

Go through your phone lists and make a reach out call on Dec. 12 to someone for any reason:

You haven't seen in a while.

Their share was especially helpful to you.

Wears a tee shirt from your favorite band.

Has the desire to abstain, or enlarge his/her/their spiritual life.

Just check in. Oh, and answer the phone if you get a call!

Area Meetings - December 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
	5:55 PM Virtual Only TIME CHANGE	David E. (830) 928-4844	Zoom ID: 893 8219 6552 Password: 271301	Discussion: Big Book & OA Literature
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

DAILY MEETINGS				
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
	5:55 PM Virtual Only TIME CHANGE	David E. (830) 928-4844	Zoom ID: 893 8219 6552 Password: 271301	Abstinence Focus with Literature and Discussion
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)