



Step One: We admitted we were powerless over food --that our lives had become unmanageable.

Spiritual Principle: Honesty

January 2026

WHAT NEXT ?

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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Swan: Elaine L.

January 10
Intergroup 9:45am
Hybrid Meeting
Church of
Reconciliation, 8900
Starcrest, 78217
Zoom ID: 2024111960
Password: OASAAI

January 3
Open Exchange Q & A
Zoom meeting 9:45am
Meeting ID: 2024111960
Passcode: OASAAI
Contact for Open Exchange
Lynn G.
210.240.3277

Your 7th Tradition at Work

Financial Update - July to Nov 2025

Income: \$3,708.56

Expenses: \$4,876.81, includes contributions to WSO, Region, basic monthly expenses of rent, phone, website, Zoom account, and Representative travel.

Consider making 7th Tradition using Zelle
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Please share this QR code when your meeting
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SAAI Zelle
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Member Share: Step One in Perpetuity

I still struggle with admitting that I am powerless over food and that my life is still unmanageable. How is it possible that, after 5 years in OA, my “stinking thinking” tricks me into listening to my “monkey brain” that all is well with me and my food. Sometimes it is so loud that I cannot think of anything else, or worse, it is just a whisper. When these thoughts crop up on a daily cycle, I call my sponsor (even though she prefers texts), quietly say the Serenity prayer, or go through my literature or the OA website to research the articles, testimonies and podcasts that reflect on Step 1. Sometimes I repeat Step 1 several times a day like a Louise Hay affirmation or Buddhist mantra hoping that it will finally take root in my brain, body, and soul. It does and then it does not.

The most encouraging assistance I have received is at OA meetings. It comforts me and quiets my mind listening to my fellows narrate their struggles with Step 1. Today during my Voices of Recovery reflection, I checked the index in the back for daily readings on Step 1. The one that struck me was for November 3rd on Page 308. To paraphrase, I may be “powerless over food,” but I am not “powerless over footwork.” As my dad would tell us, “it takes gumption to get things done.” Work, work, work because I am worth it.

--Frances

Compartir para Miembros: Paso Uno en Perpetuidad

Todavía me cuesta admitir que soy impotente ante la comida y que mi vida sigue siendo incontrolable. ¿Cómo es posible que, después de 5 años en OA, mi “pensamiento apesado” me engañe para que escuche a mi “cerebro de mono” y que todo está bien conmigo y mi comida? A veces es tan fuerte que no se me ocurre nada más o, peor aún, es solo un susurro. Cuando estos pensamientos surgen en un ciclo diario, llamo a mi patrocinadora (aunque prefiere los textos), digo en voz baja la oración de la Serenidad, o reviso mi literatura o la web de OA para investigar los artículos, testimonios y podcasts que reflexionan sobre el Paso 1. A veces repito el Paso 1 varias veces al día, como una afirmación de Louise Hay o un mantra budista, esperando que finalmente arraige en mi cerebro, cuerpo y alma. Lo hace y luego no.

La ayuda más alentadora que he recibido es en reuniones de OA. Me consuela y calma mi mente escuchar a mis compañeros narrar sus dificultades con el Estepa 1. Hoy, durante mi reflexión sobre Voces de la Recuperación, he revisado el índice al final para ver las lecturas diarias del Paso 1. La que más me llamó la atención fue la del 3 de noviembre, en la página 308. Parafraseando, puede que sea “impotente ante la comida”, pero no soy “impotente ante el trabajo”. Como nos decía mi padre, “hace falta valor para hacer las cosas.” Trabajar, trabajar, trabajar porque valgo la pena.

--Frances, translated by Frances V.

Time to Reflect

A member shared her heartfelt prayer to her HP.

Dear God,

I surrender my appetite to You.... I admit I am powerless over my appetite, my need to eat far more food than I need to eat especially when something happens to me that scares me and causes me to feel or be hurt, ashamed, afraid or anxious. When I feel so alone, the way that I felt growing up, in my marriage, and with [my family]. How I have been left to fend for myself in life with no help. I feel weak, the way I felt as a child. I feel lost, the way I did as a child, helpless and dependent. Then I want to eat like I ate as a child.

I want to eat, to get fatter and fatter, because I feel safe when I am eating, and my body is getting fatter and fatter.

I admit God I've been lost, somewhere I don't know for how long. But thank you, God, for your mercy, love and grace. You saved me in spite of myself. You've brought me through my heart issues, my knee surgery, and my UTI. You were there for me when I couldn't be there for myself. You led me ...out of the darkness of my past with my family of origin into Your wonderful light. Thank you for the gift of Your glory, power, and light...

.Amen

-- Anonymous



More Time to Reflect

Powerlessness means teachability for this longtime OA fellow.

Coming into OA, I was not what I would consider spiritually teachable having no concept of a spiritual component to life. Spiritual teachability before OA was through “the school of hard knocks”. The first school I attended lasted 23 years. The “knocks” became much too painful and so I came to OA. The miracle and gift of having sugar lifted occurred about six months after I came in. And it was a miracle: I had barely made a start on the program at that time. I didn’t recognize the amazing gift of sugar just being lifted so I kept trying to teach myself how to stop bingeing (find the right meal plan, sponsor, exercise plan, meetings...). This was a three-year course, although binges were farther apart and a lot of other things improved. One night a program friend asked, “What if this is as good as it gets? What if all you get is freedom from the sugar and all of the other benefits? Is it enough to stay in program for that?” The clear and immediate answer to me was yes. And I was exhausted trying to do it myself so I gave up the idea of a binge free meal plan. I quit bingeing about 30 days after that. Not being teachable feels like “hitting a wall” — there are constant “red lights”, no flow, frustration, and no forward movement in whatever direction I am trying to strike out on. It is incredibly demoralizing. It’s happened with food, relationships, and career.



After the first hard knock school for 23 years, I’m happy to say that HKS only seems to last three years. All of them have been treated with the program. The last major time was in regard to my career. I tried multiple directions of movement over a period of three years before I hit my exhaustion level. When I am exhausted enough, I stop acting on any thoughts about what direction I should take or what I think I should do to make something happen. I still have the thoughts, but don’t act on them. This time period takes a LOT of prayer and meetings and being in touch with my sponsor and recovery friends. It always involves a lot of complaining to my HP that: I disagree with where I am; I think that I am worth more than where I am; and, I absolutely don’t like it. But I’m so exhausted by my repeated failures that I am done trying to make anything happen (a.k.a. running the show) and if this is to be my default position for the remainder of my life, then so be it.

With regard to the career choice, about 30 days after I stopped acting on all of my own plans, a flyer literally floated onto my desk at work. It was in a direction I had never considered and lit me up with so much energy that it felt nearly uncontrollable. My sponsor encouraged me to check it out as long as the “lights stayed green”. That direction led me on a journey that has been incredible to this day with regard to my career. It’s amazing how fast HP turns things around when I truly let go. In the two cases I mentioned, there was literally a 30 day turnaround. In all of these cases the plans were far better than I had ever imagined because I didn’t even imagine the direction that my HP had in mind for me. On bingeing: What?! Give up trying to find the right meal plan / sponsor / etc and just let my HP GIVE me binge freedom? Preposterous!! On career: Well, the one I was guided to was much, much, much too good for me and the idea they would want me? Preposterous. Am I more teachable now? Not sure. I like to think that I recognize the signs of my unteachability more easily now. Does that mean I get to “exhaustion” faster? Not necessarily. However, I’ve learned a great little prayer, which is, “HP, please raise my bottom on this issue so I get exhausted faster and let you take over.” -- Swann

FELLOWSHIP

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

December 6 Karaoke

When this photo arrived on my phone from two OA friends, I had to follow up! OA fellows who took their voices, hands, and spirits to new heights for an hour of karaoke.

"We are people who normally would not mix", could also describe these friends who created a wonderfully eclectic playlist. "It was the most fun I've had," a member shared. Another said, "We're all different, but we came together for a common goal." "Sober fun," was another description.

Here's their playlist so you too can sing at home. Quite a range, don't you agree?

A screenshot of a mobile phone screen showing a karaoke playlist. The top bar has a back arrow, a play button, and other icons. The list includes:

- Gilligan's Island Theme by The Great TV Crew
- King Of The Road by Roger Miller
- The Power of Love by Céline Dion
- Bohemian Rhapsody - Remastered by Queen
- We Are Family by Sister Sledge
- Never Been To Spain by Three Dog Night
- "I Wanna Dance With Somebody (Who Loves Me)" by Whitney Houston - Sesame Street

Below the list is a note: "When we're listening to a song, how much does the tune's".

Piano Man	Billy Joel
Friends in Low Places	Garth Brooks Tribute
Celebration	Kool & The Gang
All The Gold In California	Larry Gatlin & The Gatlin Brothers
A Satisfied Mind	Porter Wagoner
Y.M.C.A.	Village People

December 13 Holiday Gathering

"Sharon's party was lovely. The meeting was spiritual, and we did a gratitude meeting. Hearing everybody's growth and happiness was palpable."

"I hugged people I hadn't seen in ages, and I met some for the first time. Service led to this event and ensured I made it. I invited a newcomer, and she felt the love of OA and identified with compulsive overeating. Love was in the air. I felt it on all legs of my three-legged stool physically, emotionally, and spiritually."

Area Meetings - January 2026

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	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
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

DAILY MEETINGS				
	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	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)