



**Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.**

**Spiritual Principle: Hope**

### 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.

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Text Michele D., 210.310.9995 with questions or comments.

### Strengthen Your Recovery

Unity Day  
 February 28  
 Join the Virtual Joy Meeting  
 6AM CT, 7AM ET  
 Share your gratitude, unity and recovery  
 Zoom ID: 2024111960  
 PW: OASAAI (ALL CAPS)

February 2026



February 14  
 Intergroup 9:45am  
 Hybrid Meeting  
 Church of Reconciliation, 8900 Starcrest, 78217  
 Zoom ID: 2024111960  
 Password: OASAAI

February 7  
 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 Two

The most difficult part of this step, for me, was the belief that this awesome Higher Power would even bother with me. My self-esteem, when I first came into program, with so low, I thought it would work for everybody else but not for me. I thought this wonderful higher power that would do so many things for everybody else but would ignore me.

One of my sponsors actually gave me a ceramic elephant to remind me that I was as just as good as everybody else. I thought I had deserved every bad thing that ever happened to me in my life, including my compulsive overeating and weight problems. I was wrong, of course, but I was raised by a non-recovering compulsive overeater who had significant problems herself. And who, FYI, died of this illness.

Those early voices remained quite powerful for many years. It took me working through the steps many times to finally tell them, "Shut up!" (By the way, it works!) Saying "shut up" out loud and forcefully works quite well. Especially when I'm alone. :)

When I finally did become abstinent and was sponsoring people, I think that's when my recovery really took off. I began to practice all the things that I had wished to have had as I was growing up. I was patient and kind, nonjudgmental and emotionally supportive to the people I was sponsoring. In practicing these traits for others and to others, my self-talk started to change. The voice of my Higher Power slowly, slowly changed to the comforting, loving and soothing voice who talks to me now. (At least almost most of the time.) The moral of this story is, call your sponsor! You will be doing her or him a service.

I am grateful to be abstinent for several decades. Throughout this time my definition of a higher power has changed considerably: first it was a teddy bear God (who would wrap me up in its arms and comfort me); then a computer God (who would place me in the most advantageous places with the best people and resources). My higher power now is less structured, yet somehow more loving and kinder and more effortlessly available. I simply take a breath, relax, and say to myself, "OK, God, I'm yours." I usually get an answer or suggestion within a few moments. Anytime. All through my day. Whatever is happening. My Higher Power is always available to me. Another implausible benefit of this program.--Barbara D.

# Compartir para Miembros: Paso Dos

La parte más difícil de este paso, para mí, fue la creencia de que este increíble Poder Superior siquiera se molestaría conmigo. Mi autoestima, cuando empecé el programa, era tan baja que pensé que funcionaría para los demás, pero no para mí. Pensaba que este maravilloso poder superior que haría tantas cosas por todos los demás me ignoraría.

Uno de mis patrocinadores me regaló un elefante de cerámica para recordarme que era tan bueno como los demás. Pensaba que me había merecido todo lo malo que me había pasado en la vida, incluyendo mi compulsivo exceso de comida y mis problemas de peso. Por supuesto, me equivoqué, pero fui criado por una compulsiva que no se recuperaba y que también tenía problemas importantes. Y quién, para que lo sepas, murió de esta enfermedad.

Esas primeras voces siguieron siendo bastante poderosas durante muchos años. Tuve que repasar los pasos muchas veces para finalmente decirles: ¡Cállate! (Por cierto, ¡funciona!) Decir "cállate" en voz alta y con fuerza funciona bastante bien. Especialmente cuando estoy solo. :)

Cuando finalmente me abstemio y empecé a patrocinar gente, fue cuando mi recuperación realmente despegó. Empecé a practicar todo lo que había deseado tener mientras crecía. Fui paciente y amable, sin juzgar y apoyé emocionalmente a las personas a las que patrocinaba. Al practicar estos rasgos para los demás y para los demás, mi diálogo interno empezó a cambiar. La voz de mi Poder Superior fue cambiando poco a poco, lentamente a la voz reconfortante, amorosa y reconfortante que ahora me habla. (Al menos la mayoría de las veces.) La moraleja de esta historia es: ¡llama a tu patrocinador! Le estarás haciendo un favor.

Estoy agradecido de haber sido abstigente durante varias décadas. Durante todo este tiempo mi definición de poder superior ha cambiado considerablemente: primero fue un Dios osito de peluche (que me envolvía en sus brazos y me consolaba); luego un Dios informático y de tecnología (que me colocaba en los lugares más ventajosos con las mejores personas y recursos). Mi poder superior ahora es menos estructurado, pero de alguna manera más amoroso, más amable y más accesible sin esfuerzo. Simplemente respiro, me relajo y me digo a mí mismo: "Vale, Dios, soy tuyo." Normalmente recibo una respuesta o sugerencia en cuestión de momentos. En cualquier momento. Durante todo el día. Lo que sea que esté pasando. Mi Poder Superior siempre está disponible para mí. Otro beneficio poco creíble de este programa.

--Barbara D., *translated by Frances V.*

# FELLOWSHIP

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

## San Antonio Area Intergroup Celebrates OA Birthday



A dozen or more fellows braved the cold and the threat of ice and snow to meet and reflect on what 66 years of OA recovery has meant to them. This lovely tea party was hosted by the Thursday Noon meeting. The hostess described hearing OA Co-founder, Rozanne S., speak vibrantly at the 50th OA Birthday party in Los Angeles. Rozanne used a wheel chair and was surrounded by OA Trustees so she wasn't mobbed, and her presence meant so much. The hostess also read from the suggested meeting format, "...the OA fellowship ...respects our differences yet unites us in the solution to our common problem. Whatever problem you have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait."

Another member shared how this was the first time in her newfound abstinence that she attended a social gathering where food was served and she was relieved of eating before she attended. "I have abstinent friends, spiritual friends," this member exclaimed. This Member Experience Committee event was "like an OA meeting on steroids!"

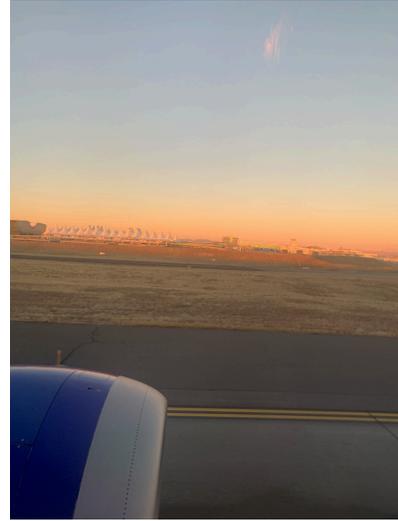
**Correction:** A previous version of this article incorrectly noted the meeting host. It is the Thursday noon meeting, not Español /Bilingual meeting.

# *Notes from the OA Birthday Party*

One of our members shared his experience at this event. He was kind enough to text his thoughts real time. Let's come along with him as he experiences OA's 66th Birthday Party sponsored by the Los Angeles Intergroup. The theme was Eternal Sunshine of the Recovering Mind

1/15 Arrival - Day before the OA Birthday party begins

Hanging out in the lobby with several OA members, H from Scottsdale and T from Scotland. Lots of fellowship this afternoon and met folks from all over. That evening I was able to go to an open AA meeting at an Alano Club in Los Angeles



1/16 Day One:

I was able to sneak out and play a round of golf at a beautiful course in sunshiny 80 degree weather.

Registration officially began that afternoon and it was a mad house! Amazing how many OA fellows attend.

Reflections:

Being so encouraged by old-timers that are still willing to go to any lengths to stay abstinent

The entire [event] is being put on by the Young People's group [part of the LA Intergroup] and the opening ceremonies was so much fun and so funny. I am blown away.

Went to a Big Book study where the speaker explained the history of AA in such a way that was just so cool. She explained that the essence of the program is the steps, not sobriety and not abstinence. We did some group [activities] on "The Doctor's Opinion", the obsessions, the allergies, and the phenomenon of craving. I've been meeting so many folks.



# Area Meetings - February 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 <b>NEW BRAUNFELS</b> , 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

<b>DAILY MEETINGS</b>				
	9:30 AM Virtual Only	Gwen (210) 862-8211	Zoom ID: 803 900 343 Password: 2839	Literature Discussion Speaker, 2nd Friday
	<b>5:55 PM</b> 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</i> <i>Discussion</i>
<b>****MONTHLY MEETINGS****</b>				
1st SAT	9:45 AM Hybrid	Lynn G. (210)240-3277	Church of Reconciliation Alban Room 8900 Starcrest, 78217 Zoom ID: 2024111960 Password OASAAI	<b>OA Open Exchange Q &amp; A Meeting</b> 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)