



NEWSLETTER

Step Four: Made a searching and fearless inventory of ourselves.

Spiritual Principle: Courage

April 2026

Member Experience: Join us for Bowling, Saturday, April 18, 6pm to 8pm, [Astro Super Bowl](#), 3203 Harry Wurzbach, San Antonio 78209

RSVP to Pat A., 325.668.3186

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

<p>Chair: Michele D. Vice Chair: Frances V. Acting Treasurer: Elaine L. Secretary: Anne A. Communication Secretary: Carrie H. Parliamentarian: Mary Lou A. WSBC Delegate: Helen S. Region Representative: Dawn C.</p>	<p>Standing Committees 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.</p>
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<p>Next Meetings April 11, Intergroup 9:45am Hybrid Meeting Church of Reconciliation 8900 Starcrest, 78217 Zoom ID: 2024111960 Password: OASAAI April 4 Open Exchange Q & A Zoom meeting 9:45am Meeting ID: 2024111960 Passcode: OASAAI Contact for Open Exchange Lynn G. 210.240.3277</p>	<p>Contact us: Phone: 210.492.5400 Email: oasanantonio@oasanantonio.org US mail: SAAI PO Box 5458 San Antonio, TX 78201 Website: www.oasanantonio.com</p>
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April 2026

Member Share: Step Four

Noé has had experience with Step Four a few times in his OA recovery. The latest walk through the Fourth Step was with the Big Book [Alcoholics Anonymous, 4th ed.,] and a five subject notebook. He met weekly with his sponsor reading sections of the Big Book. He believes the best way for him to complete his Fourth Step is to “chunk it away.” He gives each section, Resentments, Fears and Harms, 20 minutes each day. This “inner housecleaning” allows him to address new resentments, fears and harms, or revisit them. “Sometimes I see old behaviors back on a 4th Step and this reminds me of my defects that haven’t been removed. I get to keep trusting my HP. Every time [I do a 4th Step] I’ve gotten more out of it. Sometimes new stuff or stuff I left out the last time [because I wasn’t aware].

He gave a specific example of a fear that cropped up. “I keep putting my HP in a box. Go back to your box, I was telling my HP, about this fear.” A regular 4th Step allows him to confront his limits.

He had a similar experience with resentments. His sponsor asked him, “Where is God in this resentment? How would HP have handled this resentment?” It blew his mind to think of resentment this way and opened up his approach to upcoming amends.

Noé uses this same Step Four approach with his sponsees: meet weekly, read the Big Book, have sponsees do the daily writing until they have addressed all the known resentments, fears and harms. If a sponsee “balks” as the Big Book says, he just encourages them to pray. “Always start any Step work with prayer. Invite God in, or as I call him “The Dude Upstairs”.

Time to Reflect



Photo courtesy of OA member

The Daily 6am Virtual Joy meeting hosted San Antonio Area Intergroup Unity Day 2026 on February 28. This meeting sends an Intergroup Representative and when this individual asked about what was Unity Day and who could host, she took it back to her group and they were all in. A special thank you to SAAI Chair, Michele D., a regular at this meeting and on the planning committee. One of our members set her alarm and attended this early morning event.

“...[From the beginning] there was unity in that there were OA members from across the United States and from different countries in Europe and the United Kingdom. Some OA members shared how they were cross addicted and how until they were abstinent in their primary addiction of food that they were unable to have clean abstinence or sobriety in their secondary addiction. The common thread was hope found in the Big Book [Alcoholics Anonymous, 4th ed.] and a connection with a Higher Power. It was a great meeting with a creative format squeezed into the hour.”

Meeting List

DAILY MEETINGS				
SUN TO SAT	6:00 AM Virtual Only Daily Meeting	OA Rep (321)754-695 7	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)219-966 0	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	Deardra (210) 391-1638	Madison Square Presbyterian Church 319 Camden St. San Antonio, 78215 Parking Lot off Lexington Ave.	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
	5:55 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)643-530 9	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>
****MONTHLY MEETINGS****				
1st SAT	9:45 AM Hybrid	Lynn G. (210)240-327 7	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)