



NEWSLETTER

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood him.

Spiritual Principle: Faith

March 2026

A NEW LOOK! Editor note: Intergroup has begun using an integrated platform for email and document archives. This free newsletter template has the same information in a new format. Easier to use. Smoother service rotation.

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>
--	---

<p>Next Meetings March 14, Intergroup 9:45am Hybrid Meeting Church of Reconciliation 8900 Starcrest, 78217 Zoom ID: 2024111960 Password: OASAAI March 7 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@gmail.com SWAN: saoaswan@gmail.com US mail: SAAI PO Box 5458 San Antonio, TX 78201 Website: www.oasanantonio.com</p>
---	--

Member Share: Step Three

Where can Step Three take someone? For Helen it was a journey from the head to the heart. "It [Step Three] was the hardest to get over. Intellectually, yes, I was ready to trust God, but my family history of trauma shaped how I felt about Him. I didn't believe God was out for my good until I finally did believe He did have my best interests at heart, and God was not my childhood parent. This is still a growing place for me. I had to overcome my prejudice and pride and handling life just on my own. Reading real life OA and AA stories of what people were going through, assistance from my sponsor, and outside help allows me to trust God with daily abstinence and to straighten our relationships when I confuse past pain with present reality."

Helen's recovery journey began when her employer paid for medical intervention for her obesity. This was followed by three to four months of food related counseling. As that concluded, she was given a referral to Overeaters Anonymous, called one of our meeting contacts, started attending meetings in August, and began her abstinence in October 2016. Though Helen explored OA 20 years previously, her level of desperation was great this time and she embraced recovery, abstinence, tools and the Steps. Her relationship with God has allowed her to thrive in her career, grow through her fears, and give back to OA for all it is giving to her by her service as World Service Business Conference delegate. "I am grateful I can use some vacation to spend a week in Albuquerque making sure OA is strong and here for the next suffering compulsive overeater."

Compartir para Miembros: El Paso Tres

¿A dónde puede llevar a alguien el Paso Tres? Para Helen fue un viaje desde la cabeza hasta el corazón. "Fue [el Paso Tres] el más difícil de superar. Intellectualmente, sí, estaba dispuesto a confiar en Dios, pero la historia de mi familia trauma moldeó cómo me sentía sobre Él. No creía que Dios estuviera por mi bien finalmente creí que Dios tenía mis mejores intereses en mente, y que Dios no era mi padre de infancia. Este sigue siendo un lugar en crecimiento para mí. Tuve que superar mis prejuicios y orgullo. Llegué a la recuperación habiendo tenido que afrontar la vida por mi cuenta, como siempre lo había hecho. Leer historias reales de otros en OA y AA sobre lo que la gente estaba pasando, la ayuda de mi patrocinador y la ayuda externa me permite confiar en Dios con la abstinencia diaria y enderezar nuestras relaciones cuando confundo el dolor pasado con la realidad presente."

El proceso de recuperación de Helen comenzó cuando su empleador pagó la intervención médica para su obesidad. Después de tres a cuatro meses de asesoramiento relacionado con la alimentación. Al concluir eso, le dieron una derivación a Anónimos de Comedores Compulsivos, llamó a uno de nuestros contactos en la reunión, empezó a asistir a las reuniones en agosto y comenzó su abstinencia en octubre de 2016. Aunque Helen exploró OA 20 años antes, su nivel de desesperación fue grande esta vez y abrazó la recuperación, la abstinencia, las herramientas y los Doce Pasos. Su relación con Dios le ha permitido prosperar en su carrera, superar sus miedos y devolver a OA todo lo que le está dando a través de su servicio como delegada de la Conferencia Mundial de Negocios de Servicio (World Service Organization). "Estoy agradecido de poder aprovechar un tiempo de vacaciones para pasar una semana en Albuquerque asegurándome de que OA esté fuerte y aquí para el próximo comedor compulsivo y sufriente."

Time to Reflect

I called an OA friend to talk recovery. I was certain I knew what he would say. In fact I had the topics in my mind. He had referenced them many times in meetings over the years. He surprised me.

The Doctor's Opinion: "I haven't read this in the last two or three years, he began. I have to be in a frame of mind to hear this [pages xxiii to xxx, Alcoholics Anonymous, 4th edition] before I can accept the rest of the book. [This statement] was averse to the medical standards of the time. Now I can see [my addiction] is not my fault. Obsession is so much of my addiction. If I didn't have the obsession I wouldn't need to fight the disease. Somewhere later in the book, I learned where my addiction would lead me, dead or in prison. Reading "The Doctor's Opinion," it was easy to accept the truth of our condition. The Doctor gave me hope.



Photo courtesy of OA member

My friend went on to cite pages 37-38, the jaywalker example. His sponsor asked my friend to read the first three chapters. He finally gets to chapter three and reads the whole story, only two paragraphs, but the behavior of the jaywalker who can't stop his behavior despite numerous and escalating disasters, made my friend say, "What the [expletive]! This is one sick puppy. Oh, isn't this true of us with food?" I knew my friend would select this story. One of the gifts of staying in the meetings, abstinent or not, is that we often share the same truths. It isn't that we don't know other things, or we are dull. The truth is we have a disease of amnesia. I will forget that I am a compulsive eater, or whatever way your disease manifests - under eating,

bingeing, purging, or cycles of these. The clearest example explaining our disease is this: allergy, craving, obsession until “an entire psychic change,” (Alcoholics Anonymous, 4th ed., pp. xxviii-xxix).

My time with my friend was almost up. But we hadn't discussed another of his favorite pieces of literature. The Monday 7pm Zoom meeting, now closed, would read from different literature if we had time as the meeting closed. My friend often encouraged us to read, "Tunnel Vision" (p. 172) in Lifeline Sampler (1985, 1995). "Tired, heavy, dejected, isolated, I stand at the far end of a long tunnel that stretches before me. ...Someone has handed me a small shovel and I begin to dig.....The tunnels join in the network and there is fellowship with others. No longer alone, and with a common goal, we share the light om humble gratitude, knowing the promise that is ours", (From Lifeline, July/August 1976).

If you want to strengthen your recovery today, call an OA friend and ask him or her to tell you about sections of AA or OA Literature that are their touchstones. The conversation will strengthen your recovery.

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 NEW LOCATION	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)