



NEWSLETTER

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. Spiritual Principle: Integrity

May 2026

Member Experience: Join us for Escape Room, June 27 at 2pm. \$49 per person.
RSVP: Dawn, 210.849.0027

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><u>Chair</u>: Michele D. Vice Chair: Frances V. <u>Acting Treasurer</u>: Elaine L. <u>Secretary</u>: Anne A. <u>Communication Secretary</u>: 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 <u>Swan</u>: Elaine L.</p>
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<p>Next Meetings May 9, Intergroup 9:45am Hybrid Meeting Church of Reconciliation 8900 Starcrest, 78217 Zoom ID: 2024111960 Password: OASAAI May 2 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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Member Share: Step Five

When Sharon did her first Fifth Step her OA meeting in Alaska was in their baby steps. “It was the blind leading the blind,” she said. “This Step taught me to take responsibility for my actions. It took me two days to go through this Step. At one point my sponsor (who had just done her first Step Five) noted, ‘Sharon, I don't think you are getting much out of this.’

In fact, I had no fourth column in this first Step Five.” [To learn more about the fourth column, see *Alcoholics Anonymous*, 4th edition, page 67: “...we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened?”] Sharon made it clear that even with these limitations, she embraced responsibility, commitment, service and honesty. “Keeping commitments is of the utmost importance. I had none of this when I began my recovery, but in time I built my life around these principles. Sure, I had cash register honesty, but now I had a deeper honesty with myself.”

“Over my OA recovery, I have found a deeper level of self-acceptance. No one is perfect, physically, emotionally or spiritually. What matters is we stick to it. I have to remind myself I am not a horrible person because of my dishonesty. My Fifth Step wisdom is to just do it. This is not a fear Step, this is a freedom Step because more adventure awaits.”

I asked Sharon what OA or AA literature has meant the most to her. “For years I did what my first sponsor asked me to do, read pages 86-88 (*Alcoholics Anonymous*, 4th ed.). The pamphlet, *Before You Take That First Compulsive Bite* (see *A Lifetime of Abstinence* #155, pages 6-8.), is where I still find hope and I recommend it to newcomers.



Time to Reflect

Photo courtesy of OA member

On January 10th, 2026, my life changed drastically. In the wee hours of the morning, I tried to get out of bed, and I could not raise my torso. Determination and stubbornness are part of my make-up. I commanded myself to get out of bed. I managed to stand. I believe I took a couple steps before I found myself flat on my back at the end of my bed. I was partially paralyzed and fractured my lower lumbar discs.

My five days in the local hospital felt unproductive. I was transferred to a local rehab by ambulance. I was there for seventeen days. For ten days, I couldn't feed, dress, shower myself, and was incontinent. Two nurses had to roll me over in bed to change diapers and bedding. A Hoyer lift was used to transfer me from bed to wheelchair.

The rehab required three hours daily of occupational and physical therapy. My main goal was to walk again and climb our home's outdoor stairs to avoid being trapped during emergencies. My first prayer to my Higher Power was for acceptance of the challenges I faced mentally, physically, spiritually, and emotionally.

Once I accepted my situation, I started to recover. Over the last seven days of my stay, my hands strengthened and I could write, type, and feed myself again, though some food still missed my mouth, there was clear progress. I felt like an infant learning to eat. Initially, my legs and feet were extremely weak; I could move my right side, but my left remained impaired even post-rehab. After two weeks of VNA therapy, I managed to use both sets of stairs. Though I now rely on a walker, I am grateful to be able to walk again.

Recovery happened slowly. Even now, three months later, I keep regaining abilities day by day. My energy remains low, and doctors still can't explain the cause, only that it was a temporary illness. I stayed committed to walking and reclaiming my functions, much like working my OA program. This experience humbled me, reminding me to accept my Higher Power's will in all matters.- Avalon M., Monday and Friday 930am regular

FELLOWSHIP

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

There were strikes, there were spares
There were even some gutter balls.

But

There was laughter, conversations,
and good old fashioned fellowship

Everywhere.

Thank you, Pat and the Tuesday 7pm meeting for hosting bowling fun on
April 18



Meeting List

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	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)643-5309	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>
****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)