



Step 3: “Made a decision to turn our will and our lives over to the care of God as we understood him”

The spiritual principle associated with this step is **Faith**.

2026-2027

San Antonio Area Intergroup - Service Board

Chair: Mary Lou A.
Vice Chair: Deadra S.
Recording Secretary: Michelle J.
Acting Treasurer: Lynn G.
Communication Secretary: Carrie H.
Parliamentarian: Noe G.
WSBC Delegate: Helen S.
Region Representative: Dawn C.

Standing Committees:

12x12: Open
Information/Phone Line: Scott
Member Experience: Open
Open Exchange Q&A: Lynn G.
Public Information: Lynn G.
Professional Outreach: Lynn G.
Swan/El Cisne: Jo Anne B.

Contact Us:
Phone 210.492.5400
Email:
oasanantonio@oasanantonio.org

US Mail:
SAAI
P.O. Box 5458
San Antonio, TX 78201
Website: www.oasanantonio.com

SAAI (San Antonio Intergroup) 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 the OA groups from which the Intergroup is formed.

Inside this issue

Step Reflection: Turning it Over
Reflections - Step 3 Prayer
In the news -New Audio Book
Meeting Schedule (latest)

Upcoming Meetings

September 12th, **Intergroup** 9:45 a.m.
Hybrid Meeting
Church of Reconciliation, Youth Room
8900 Starcrest, 78217
Zoom ID: 2024111960
Password: OASAAI

September 5th - **Open Exchange Q&A Zoom Meeting** 9:45 a.m.
Meeting ID: 2024111960
Passcode: OASAAI

Contact for Open Exchange: Lynn G. 210.240.3277

Upcoming Events:

Region Assembly/Convention

Assembly, Nov. 5-6, 2026, Glen Rose, TX
Retreat, Nov. 6-8, 2026, Glen Rose, TX

Important to note:

The Thursday New Braunfels meeting has changed to **In person only**. The meeting will no longer be hybrid

News Desk . . .

🤗 **Try Service!** 😂

SERVICE! 🙌

They say service makes us slender, but how? Well, it can help us become lighter by taking the focus off ourselves and putting it where it belongs: helping another person.

Think of it as **spiritual exercise** 😂

Service can be BIG or little.

- ☎ Answer an outreach call.
- 🪑 Show up and make a newcomer feel welcome.
- 💻 Help with a meeting.
- 💡 Share an idea.
- ❤ Listen to someone who needs to be heard.
- 📋 Take a service position.
- 📖 Simply show up and be there.

We are ALL called to do service.

And guess what? **OA San Antonio needs YOU!**

We have several service positions waiting for someone with your creativity, attention, ideas, opinions, talents—and yes, even your hard work!



You don't have to know everything. You don't have to have all the answers. You just have to be willing to show up and say:

“How can I help?”

Give some of your time to a worthy cause. Give back to the fellowship that gives so much to us.

You might discover that service makes your **heart bigger, your burdens lighter, your spiritual muscles stronger—and your life a whole lot more fun!**

Come serve with us! OA San Antonio needs your heart, your ideas, and your wonderfully imperfect self. ❤

And remember:

The best exercise is the kind that gets us out of our own way! 😊

Positions that need to be filled are the following:

12x12

Member experience

Contact Us:
Phone 210.492.5400
Email: oasanantonio@oasanantonio.org
For more information.



<https://www.clipsafari.com/clips/o173180-swan-in-water>

Turning It Over

Step 3 says, "Made a decision to turn our will and our lives over to the care of God as we understood Him."

For me, Step 3 is not a one-time decision. It is something I have to practice every day, sometimes every hour. My instinct is to believe that if I can just think harder, control more, or find the perfect solution, I can manage my life and my eating on my own. Experience has taught me otherwise.

Turning my will over does not mean I stop making decisions or stop taking responsibility for my life. It means I stop insisting that everything has to happen according to my plan. I can ask my Higher Power for guidance and then take the next right action.

I also believe our understanding of a Higher Power can change as we move through different seasons of life. What I needed to believe when I was younger may not be what I need today. Sometimes my Higher Power feels like God, sometimes like a loving presence, and sometimes like the wisdom and love I find through the people in this program. I don't think I have to have all the answers. Step 3 gives me permission to understand my Higher Power in a way that brings me closer to recovery.

I am learning that turning my life over also means turning over the events of each day. I can surrender the conversations that didn't go as planned, the disappointments, the unexpected changes, and the things I cannot control. At the end of the day, I can place them in my Higher Power's hands instead of replaying them in my mind. I don't have to solve anything tonight.

Some days, turning it over feels peaceful. Other days, I have to surrender the same worry again and again. But I have learned that I don't have to carry everything alone.

My strength comes from practicing the program and reaching out when I need help. My hope comes from knowing that I can begin again whenever I lose my way.

Today, I choose to let go of my need to control everything and trust that I am being guided, one day at a time.

El Paso 3 dice: "Decidimos poner nuestra voluntad y nuestras vidas al cuidado de Dios, tal como nosotros lo concebimos"*.

Para mí, el Paso 3 no es una decisión que se toma una sola vez. Es algo que debo practicar a diario, a veces cada hora. Mi instinto me lleva a creer que, si tan solo pienso con más intensidad, ejerzo más control o encuentro la solución perfecta, podré manejar mi vida y mi alimentación por mi cuenta. La experiencia me ha enseñado lo contrario.

Poner mi voluntad en manos de un Poder Superior no significa que deje de tomar decisiones o de asumir la responsabilidad de mi vida. Significa que dejo de insistir en que todo debe suceder según mis planes. Puedo pedir guía a mi Poder Superior y luego emprender la acción correcta siguiente.

También creo que nuestra concepción de un Poder Superior puede cambiar a medida que atravesamos las distintas etapas de la vida. Lo que necesitaba creer cuando era más joven puede no ser lo que necesito hoy. A veces percibo a mi Poder Superior como Dios; otras, como una presencia amorosa; y en ocasiones, como la sabiduría y el amor que encuentro a través de las personas de este programa. No creo que deba tener todas las respuestas. El Paso 3 me da permiso para concebir a mi Poder Superior de una manera que me acerque a la recuperación.

Estoy aprendiendo que poner mi vida en manos de un Poder Superior también implica entregarle los acontecimientos de cada día. Puedo soltar aquellas conversaciones que no salieron como esperaba, las decepciones, los cambios inesperados y todo aquello que no puedo controlar. Al final del día, puedo poner todo eso en manos de mi Poder Superior en lugar de darle vueltas una y otra vez en mi mente. No tengo por qué resolver hoy los asuntos de mañana.

Aquí tienes un pequeño reto relacionado con el Paso 3: **Escribe un "anuncio" buscando a tu Poder Superior. ¿Qué cualidades buscas? ¿Qué necesitas de él? Luego, entrégalo y observa qué sucede.**

Hay días en los que este acto de entrega me aporta paz. Otros días, tengo que soltar la misma preocupación una y otra vez. Pero he aprendido que no tengo que cargar con todo a solas.

Mi fortaleza proviene de practicar el programa y de pedir ayuda cuando la necesito. Mi esperanza nace de saber que puedo volver a empezar siempre que pierda el rumbo. Hoy elijo soltar mi necesidad de controlarlo todo y confiar en que estoy siendo guiado, un día a la vez.

OA News

August 13, 2026

Today: Audiobook version of our daily reader is now available

The OA daily reader, *For Today*, is now available in audiobook format and features direct selection of any day of the year using the chapter navigation menu. Like our other new audiobooks, *For Today* is produced with virtual voice narration.

For Today is a classic OA daily reader, offering an inspirational quotation, a short reflection, and a thought, rooted in a life of recovery, for the reader or listener to carry forward into their day. First published in 1982, *For Today* readings are familiar to thousands of OA members, and the book even inspired our Fellowship to create the [For Today Workbook](#) and [e-Workbook](#).

Find the new *For Today* audiobook here. OA receives a royalty share from purchases made through these third-party vendors:

- [Amazon](#)
- [Audible](#)

You can also find the audiobook links on the [For Today product page](#) at bookstore.oa.org.

For Today joins a list of eight other OA titles produced using virtual voice narration generated by artificial intelligence. The virtual voice option allows OA to produce audiobooks versions of our literature at a reasonable cost. World Service Office staff have reviewed and edited each narrative recording to produce the best quality narration, and we invite your feedback about your experience listening to these recordings.

Tool of The Month

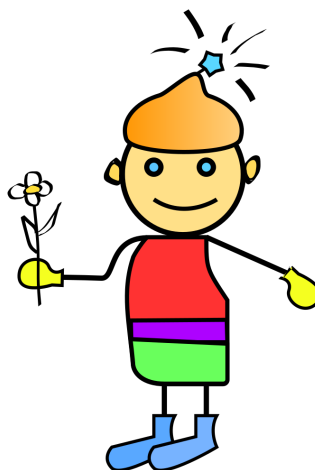
Perhaps there is a OA tool that you want to see featured every month with suggestions from other OA members about how they used an OA tool to help them with recovery.

For example, I never knew that in the back of *Voices of Recovery* there is an index where you can look up different days that reference that specific Step.

What helpful tip do you have to share with other OA members?

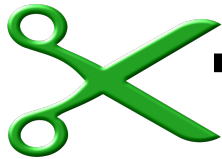
Scan this QR code for a link to a form you can submit.

<https://forms.gle/3qwTrBCRyT5CqeLu7>



<https://www.clipsafari.com/clips/o73861-flower-boy>

Reflections . . .



3rd Step Prayer

Many of us said to our maker, as we *understood Him*:
“God I offer myself to Thee - to build with me and to do with me as
Thou wilt. Relieve me of the bondage of self, that I may better do
Thy will. Take away my difficulties, that victory over them may bear
witness to those I would help of Thy Power, Thy Love and Thy Way
of life. May I do Thy will always!”
- Alcoholics Anonymous p. 63

The Acceptance Prayer

And acceptance is the answer to *all* my
problems today. When I am disturbed, it is
because I find some person, place, thing, or
situation - some fact of my life - unacceptable to me,
and I can find no serenity until I accept that person,
place, thing, or situation as being exactly the way it is
supposed to be at this moment. Nothing absolutely
nothing, happens in God’s world by mistake. Until I
could accept my alcoholism, I could not stay sober’
unless I accept life completely on life’s terms, I
cannot be happy. I need to concentrate not so much
on what needs to be changed in the world as on what
needs to be changed in me and in my attitudes.

“Let Go and Let God.”



Calendar

Virtual workshops require only your presence and attention. There are no parking problems or uncomfortable chairs—just bring yourself and your computer, then attend from the comfort of your easy chair or kitchen table.

Below is a sample of workshops offered through OA.org and the Virtual Region. A link to each organization's workshop information page appears at the beginning of its list.

OA.org Workshops

Link: <https://oa.org/event-calendar/>

Virtual Meeting Security Training

Sept. 12, 2026

7:00–9:00 a.m. Eastern Time

49 Years of Recovery Celebration

Sept. 12, 2026

9:00 a.m.–4:00 p.m. Central Time

Holiday and Food Plan Recovery Workshop

Sept. 13, 2026

1:30 – 2:30 p.m.

Eastern Time

Virtual Region Workshops

Link: <https://oavirtualregion.org/events/>

Principles into Practice Workshop

Sept. 20, 2026

11:00 a.m.–1:00 p.m.

EDT (UTC-4)

Newcomer Open House

Saturday, Oct. 24, 2026

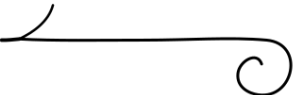
8:00 a.m.- 8:00 p.m. EDT (UTC-4)

Sunday, Oct. 25, 2026

10:00 a.m.– 2:00 p.m. EDT (UTC-4)

This is only a small sample of the workshops available online. Visit the Virtual Region and OA.org event pages to find other workshops that may interest you.

So get to “zooming” and grow in your program.



Question of the Month

What am I holding onto today that I could turn over to my Higher Power?”

Follow this QR code to answer the question.



Meeting List

Daily List

Sunday to Saturday	6:00 a.m. Virtual Only meeting	OA Rep (321) 754-6957	Zoom ID 2024111960 Password OSAAI (the last letter is capitol I)	OA-approved literature and short unguided meditation
Sunday	5pm 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.
Monday	9:30 a.m. Virtual Only	Vera C (210) 414-3959	Zoom ID: 324 599 463 Password: 281	Literature: Big Book
	10 a.m. 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 p.m. Virtual Only	David E. (830) 928-4844	Zoom ID: 893 8219 6552 Password: 271301	Discussion: Big Book and OA Literature
Tuesday	7:00 p.m. In Person Only	Curtis (210) 487-1683	Alamo Heights Baptist Church, 6501 Broadway, 78209	Steps, 1st Tuesday, Big Book 2nd Tuesday, Traditions, 3rd Tuesday, Abstinence Bk. 4th Tuesday
Wednesday	7:00 p.m. 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
Thursday	12:00 p.m . In Person Only	Deardra (210) 391-1628	Madison Square Presbyterian Church, 319 Camden St. San Antonio, 78215. Parking lot off of Lexington Ave	Literature: Big Book

Meeting List, Cont.

Thursday	7:00 p.m. In person only	Jayne D. (830) 609-7624	Unity Church, Life Room, 408 Gruene Rd. New Braunfels, 78130	OA Literature
Friday	8:00 a.m. In Person Only	Steve C. (210) 259-7174	Abiding Presence Lutheran Church, 14700 San Pedro, 78232 Gym Classroom South Building	OA Literature
	9:30 a.m. Virtual Only	Gwen (210) 862-8211	Zoom ID: 803 900 343 Password: 2839	Literature and Discussion, Speaker 2nd Friday
	5:55 p.m. Virtual Only	David E. (830) 928-4844	Zoon ID: 893 8219 6552 Password: 271 301	Abstinence Focus with Literature and Discussion
Saturday	8:30 a.m. Hybrid	Ken R. (210) 643-5309	Church of Reconciliation Alban Room 8900 Starcrest 78217 Zoom ID 202 411 1960 Password: OASAAI	OA Today OA Voices of Recovery Discussion

Monthly Meetings				
1st Saturday	9:45 a.m. 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 Saturday	9:45a.m. Hybrid		Church of Reconciliation Alban Room, 8900 Starcrest, 78217 Zoom ID: 2024111960 Password: OASAAI	San Antonio Area Intergrroup (SAAI)