



Step 4: "Made a searching and moral inventory of ourselves."

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

2026-2027

San Antonio Area Intergroup - Service Board

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 SAAI
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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.

Upcoming Meetings

October 10th, **Intergroup** 9:45 a.m.

Hybrid Meeting

Church of Reconciliation, Youth Room

8900 Starcrest, 78217

Zoom ID: 2024111960

Password: OASAAI

October 3- **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

Silent Retreat, October 23-25, 2026, Albuquerque, NM

Convention . . . (coming soon)

Important to note:

See updated meeting calendar for changes.

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News Desk . . .

Want to Make Your Virtual Meeting More Secure?

Ever been in a virtual OA meeting slowed down by unexpected disruptions or that made you feel a little less comfortable sharing your experience with others in the room?

Thanks to our Region 3, you can gain knowledge to help your virtual meeting run more smoothly and create a safe environment for members. The region currently hosts a free monthly security training session via Zoom, laying out practical tips and best practices. The next meeting is Oct. 17 at 3:30 p.m. Central Time. To register, email Jenean B. at

jenean.oa2023@icloud.com. Registered members will receive the Zoom link two days prior to the session. Region 3 serves and represents the OA groups and intergroups from which Region 3 is formed, including those in Arizona, Colorado, New Mexico, Nevada, Oklahoma, Texas and Utah.

To see if there are other events Region 3 has that may help guide and strengthen your recovery, visit their events calendar at <https://www.oaregion3.org/events>.

Region 3 Events

Event Series: **Overeaters Anonymous First Ten Days (F10) meetings**

WHO?

Beginners, abstinence strugglers, returnees, program boosters, everyone

WHAT?

Tools, food plans, action plans, cross talk/discussions, questions answered, and a new lease on life

WHEN?

10 consecutive days starting on first day of each month; each session is about 60 minutes. In all odd months it is held at 6 pm Central time; in all even months it is held at 8 am Central time.

WHERE?

On Zoom with your camera on (Zoom details will be provided after registration).

TO DO?

Get a notebook for the Workshop. Obtain the “Where Do I Start” pamphlet at [oa.org](https://oa.org/what-to-expect/where-do-i-start/) (<https://oa.org/what-to-expect/where-do-i-start/>)

Please register by sending an email to Shelly F at shellyjo1262@gmail.com with your first & last name, cell phone number, email address, and time

Source: <https://www.oaregion3.org/event/oa-first-ten-days-f10-meetings/2026-10-01/>

Face-to-Face Retreat

And for those of you who prefer face to face, there is a silent retreat in Albuquerque, New Mexico sponsored by the OA-Central New Mexico Intergroup. “Step into the Realm of the Spirit. The retreat takes place at the Santa Maria de la Vid Abbey.

The Bethany House Rooms with the single rooms are sold out but the other packages are still available.

Premontre Guest Rooms, double occupancy, private bathroom, shared kitchen 3 days, 2 nights, 5 meals \$250

Premontre Guest Rooms – single occupancy, private bathroom, shared kitchen, 3 days and 2 nights, 5 meals \$400

Hermitage Suites, single bed, private bathroom and kitchenette, 3 days, 2 nights and 5 meals \$450/

Contact: cnmiretreat@gmail.com

Vanessa G. (505) 507-9894

Mary Lou A (830) 279-9256

Turning It Over

Coming Home After Years of Relapse

If you've recently come back to OA after a time away, this article is especially for you. There's a good chance you may be feeling the same fear I did four months ago. That's when I came back into the rooms. I had been out of recovery for six years, after losing 13 years of abstinence. By that point, I had had a string of false re-starts in the program.

I was ashamed. Years before, in these very same San Antonio rooms, I had shared strong recovery. Now, I felt as though I had nothing to bring to the table, and I was afraid of failing again. Luckily, a dear friend, who had stuck with me in friendship long after I decided to chase the food instead of recovery, encouraged me to just show up to a meeting. That's it. Just show up. I was in enough pain that, this time, I didn't balk.

My life and my health had steadily declined since I went back to abusing food. The more I acted out with food, the less I was able to show up for my son and my husband. I was physically ill and lacking the energy (and inclination) to be a meaningful participant in our family life. Emotionally, I was a mess, too.

So many times in relapse I found myself, head in hands, wondering how I could have possibly fallen so far. How was I right back to the place I had been before I ever walked into my first OA meeting?

The answer is simple: I have a disease. I am powerless over food (Step 1). The steps, the tools, and the fellowship of this program grant me a reprieve from the food obsession, but I have to actively use them to continue experiencing the benefits. At some point, I stopped believing this applied to me. I was certain there was an easier, softer way.

It turns out, there was not. At least not for me. If you are newly back from relapse, you might appreciate that those first days and weeks back feel like you are crossing a gorge...tip-toeing each step...on a suspension bridge. Will the next plank hold?

The best way I know how to ensure that the planks *will hold* is through action: Meetings, calls and texts, literature, step work, Higher Power, service. Each time I take action to keep moving forward, it helps lessen the fear that the bridge will fail.

Four months later, I am still abstinent, and I feel like a new person. I have come alive again, to myself, my family, and my friends. I am so glad that I sat through the discomfort of that first meeting back and that I made the decision to attend another meeting and then another.

A critical factor in my recovery is not just that I showed up but *how I was received* by the members in the rooms. I was embarrassed to be returning to face the many members I had known from my first stint in the program. But they welcomed me with open arms and without judgement. No questions asked.

If you are returning to OA, I hope you will keep coming back because something wonderful is waiting for you on the other side of discomfort.

– Michelle J.

Regresar a Casa Tras Años de Recaídas

Si has regresado recientemente a OA tras un tiempo de ausencia, este artículo es especialmente para ti. Es muy probable que sientas el mismo miedo que yo sentí hace cuatro meses, cuando volví a las reuniones. Había estado fuera de la recuperación durante seis años, tras haber perdido 13 años de abstinencia. Para entonces, ya había acumulado una serie de intentos fallidos de retomar el programa.

Sentía vergüenza. Años atrás, en esas mismas salas de San Antonio, había compartido una recuperación sólida. Ahora, sentía que no tenía nada que aportar y temía volver a fracasar. Por suerte, un querido amigo —que había mantenido nuestra amistad mucho después de que yo decidiera perseguir la comida en lugar de la recuperación— me animó simplemente a asistir a una reunión. Eso era todo: simplemente asistir. El dolor que sentía era tal que, esta vez, no puse reparos.

Mi vida y mi salud habían ido deteriorándose progresivamente desde que volví a abusar de la comida. Cuanto más me dejaba llevar por esa conducta compulsiva con la comida, menos capaz me sentía de estar presente para mi hijo y mi esposo. Estaba enferma físicamente y carecía de la energía (y de las ganas) para participar activamente en nuestra vida familiar.

Emocionalmente, también estaba hecha un desastre.

Muchas veces, durante una recaída, me encontraba con la cabeza entre las manos, preguntándome cómo había podido caer tan bajo. ¿Cómo había vuelto exactamente al mismo punto en el que me encontraba antes de asistir a mi primera reunión de OA?

La respuesta es sencilla: tengo una enfermedad. Soy impotente ante la comida (Paso 1). Los Pasos, las herramientas y la comunidad de este programa me ofrecen un respiro frente a la obsesión por la comida, pero debo utilizarlos activamente para seguir disfrutando de sus beneficios. Hubo un momento en que dejé de creer que esto se aplicaba a mí. Estaba convencida de que existía un camino más fácil y llevadero.

Resulta que no lo había. Al menos no para mí. Si acabas de regresar tras una recaída, tal vez comprendas que esos primeros días y semanas se sienten como si estuvieras cruzando un barranco... avanzando con cautela, paso a paso... sobre un puente colgante. ¿Aguantará la siguiente tabla?

La mejor manera que conozco para asegurar que las tablas aguanten es mediante la acción: reuniones, llamadas y mensajes, literatura, trabajo de los Pasos, Poder Superior y servicio. Cada vez que actúo para seguir avanzando, disminuye el miedo a que el puente ceda.

Cuatro meses después, sigo abstinento y me siento como una persona nueva. He vuelto a la vida: para mí mismo, para mi familia y para mis amigos. Me alegra mucho haber soportado la incomodidad de aquella primera reunión de regreso y haber tomado la decisión de asistir a otra, y luego a otra más.

Un factor crucial en mi recuperación no fue solo el hecho de haber asistido, sino cómo me recibieron los miembros en las reuniones. Me sentía avergonzado de volver y encontrarme con tantos miembros a quienes conocía de mi primera etapa en el programa. Sin embargo, me recibieron con los brazos abiertos y sin juzgarme. Sin hacer preguntas.

Si estás regresando a OA, espero que sigas volviendo, porque algo maravilloso te espera al otro lado de la incomodidad.

- Michelle J.

OA News

New Literature for Anyone Wanting to Lose 100 Pounds (45 kg) or More

OA is pleased to announce the release of a new literature item that brings experience, strength, and hope to members who want to lose 100 pounds (45 kg) or more. *OA Members Who Have Lost 100 Pounds or More: Recovery One Day at a Time* (#222), features real stories from OA members who have lost that excess weight and maintained a healthy weight by working OA's Twelve Step program, one day at a time.

In story after story, eight in total, OA members recount the many ways their excess weight diminished their quality of life. They describe the hope they felt when they joined OA and started learning about the program. And they talk about the many miraculous ways life has improved through the support of our Fellowship and by working OA's Twelve Steps. The overall message is clear: "No matter where you begin, recovery is yours for the taking."

Find *OA Members Who Have Lost 100 Pounds or More* in e-book and audiobook formats only from these popular retailers:

E-books

OA receives a royalty share for e-book purchases made through these third-party vendors (links open to external websites):

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

Audiobook with virtual voice narration

The audiobook version of this title is narrated by a virtual voice. OA receives a royalty share from purchases made from these vendors (links open to external websites):

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

You can also find these links on [the product page for this item at bookstore.oa.org](#). Look in the Digital Downloads and Audio Recordings category.

Source: <https://oa.org/news/new-literature-for-anyone-wanting-to-lose-100-pounds-45-kg-or-more/>



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

Editor's Corner

I would like to thank the members who contributed to this newsletter and all the newsletters to date. My goal is to bring the magic of experience, strength and hope to this newsletter and the only way I can do that is with your help. Sharing your ESH, is a good way to do service and reach out to those suffering in isolation. It could be your words that bring them out of their suffering and to a meeting. Don't be shy, share your experiences because you never know who is reading this newsletter and when they are reading it. This newsletter can never replace the richness of an outreach call but with your help we can create a newsletter that reflects the wonderful fellowship that we have in OA. So stop hesitating, what are you waiting for – submit your experience, strength and hope as soon as possible! In service, Jo Anne B.

Reflections . . .



The Set Aside Prayer
“God today help me set aside everything I think I know about You,
everything I think I know about myself, everything I think I know
about others, and everything I think I know about my own recovery so
I may have an open mind and a new experience with all these things.
Please help me see the truth”

The Sick Man’s Prayer

“This was our course: we realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended, we said to ourselves, “This is a sick man. How can I be helpful to him? God saved me from being angry. Thy Will be done”

Alcoholics Anonymous p. 67

“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/events/canva-flyer-creation-workshop/>

October 10, 2026

1:00–2:00 a.m. Atlantic Daylight Time

Canva Flyer Creation Workshop

Link: <https://oa.org/events/mens-courage-and-recovery-workshop/>

Men's Courage and Recovery Workshop

Oct. 10, 2026

1:00 – 2:30pm Central Time

Link: <https://oa.org/events/international-day-experiencing-abstinence-idea-workshop/>

International Day Experiencing Abstinence (IDEA) Workshop

Nov. 21, 2026

7:00am- 9:00am – Central Standard Time

OA has a virtual welcome room that is worth discovering. The link is below:

<https://oa.org/documents/virtual-welcome-room/>

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

“As I take a searching and fearless moral inventory, what is my Higher Power inviting me to see, understand, and ultimately release?”

Follow this QR code to answer the question.



Meeting List

Meeting Apps: PC/Mac: download Zoom; Smartphone: App; Tablet: App; Virtual Only: Virtual Only; Hybrid: In Person; Virtual – Virtual Only

OA San Antonio intergroup (SAAI)

Day	Time	Type	Contact	Details	Focus
Daily	6:00 a.m.	Virtual	Michele D. 210-310-9995	Zoom ID: 2024111960; PW OASAAI	OA Approved literature; short, unguided meditation.
Sunday	5:00p.m.	Hybrid	Lynn G. 210-240-3277	In person: Univ. Methodist Church S. Campus, Main Entrance, Room S210 5084 DeZavala, San Antonio, Hybrid: Zoom ID 193 124 988; PW 474395	Step Study, discussion Speaker 2nd Sunday
Monday	9:30 a.m.	Virtual	Vera C 210-414-3959	Zoom ID 324 599 463; PW 474385	Big Book
Monday	10:00 a.m.	IPO Spanish	Graciela M. 210-219-9660	Impacto Community Center 211 N. Park Blvd. San Antonio	Bilingual; literature and discussion
Monday	5:55pm	Virtual	David E. 820-928-4844	Zoom ID 893 8219 6552; PW 271301	Discussion: Big Book and OA Literature
Tuesday	7:00pm	IPO	Curtis M. 210-487-1683	Alamo Heights Baptist Church, 6501 Broadway, San Antonio	Steps – 1 st Tuesday; Big Book 2 nd Tues; Traditions – 3 rd Tues – Abstinence Book 4 th Tues.
Wednesday	7:00 p.m.	IPO	Barbara D. 210-637-7203	Church of Reconciliation, Brigid Room, 8900 Starcrest, San Antonio	Step Study OA 12 & 12 Newcomers Ask it Basket

Thursday	Noon	IPO	Deardra S. 210-391-1628	Madison Square Presbyterian Church, 319 Camden St., San Antonio, Parking off Lexington Ave.	Big Book
Thursday	7:00 p.m.	IPO-New Braunfels	Jayne D. 830-609-7624	Unity Church, Life Room, 408 Gruene Rd., New Braunfels	OA Literature
Friday	8:00 a.m.	IPO	Steve C. 210-259-7174	Abiding Presence Lutheran Church Gym Classroom, S Bldg., 14700 San Pedro, San Antonio	OA Literature
Friday	9:30 a.m.	Virtual	Wayne C. 210-216-6842	Zoom ID: 803 900 343; PW 2839	Literature & Discussion; Speaker 2nd Friday
Friday	5:55 p.m.	Virtual	David E. 830-928-4844	Zoom ID: 893 8219 6552; PW 271301	Abstinence focus with literature & discussion
Saturday	8:30a.m.	Hybrid	Ken R. 210-643-5309	In Person: Church of Reconciliation, Alban Room, 8900 Starcrest, San Antonio Zoom ID: 2024111960, PW OASAAI	OA for Today and Voices of Recovery discussion
MONTHLY					
1ST Saturday	9:54 a.m.	Hybrid	Lynn G. 210-240-3277	In Person: Church of Reconciliation, Alban Room, 8900 Starcrest, San Antonio Zoom ID: 2024111960, PW OASAAI	Q&A – Newcomer, returning members, people with questions about OA
2nd Saturday	9:45 a.m.	Hybrid	Mary Lou A. chair@oasanantonio. org	In Person: Church of Reconciliation,	Monthly business meeting of

				Youth Room, 8900 Starcrest, San Antonio Zoom ID: 2024111960, PW OASAAI	OA San Antonio Area Intergroup (SAAI)
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