

Step 5: "**Admitted to God, to ourselves and to another human being the exact nature of our wrongs.**"
The spiritual principle associated with this step is **Integrity.**

2026-2027
San Antonio Area Intergroup - Service Board

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Open Exchange Q&A: Lynn G.
Public Information: Lynn G.
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SAAI (San Antonio Area 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

November 14, 2026 I**ntergroup** 9:45 a.m.
Hybrid Meeting
Church of Reconciliation, Youth Room, 8900 Starcrest, 78217
Zoom ID: 2024111960
Password: OASAAI

November 7, 2026 **Open Exchange Q&A Zoom Meeting** 9:45 a.m.
Hybrid Meeting
Church of Reconciliation, Youth Room, 8900 Starcrest, 78217
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
IDEA Day, Nov. 21, 2026
Convention . . . (coming soon)

Important to note: The Saturday Nov 21 8:30A mtg will be VIRTUAL only

See updated meeting calendar for changes.

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IDEA Day: A Celebration of Hope, One Day at a Time!

Every November, Overeaters Anonymous celebrates IDEA Day — International Day Experiencing Abstinence. It is a special opportunity for our Fellowship to come together, share our experience, strength, and hope, and celebrate the possibility of recovery.

But what exactly are we celebrating?

We're celebrating the freedom that comes when we no longer have to fight our battles alone. We're celebrating the willingness to try something different, the courage to ask for help, and the joy of discovering that recovery is possible.

For some members, abstinence may mean years of living in recovery. For others, it may mean taking their first steps toward a new way of life. And for someone who is struggling or returning after a relapse, it may mean finding the courage to walk through the meeting-room door again.

All of these experiences belong in OA!

IDEA Day reminds us that abstinence isn't a competition. We don't compare our recovery with someone else's, and we don't have to have everything figured out. We learn from one another, share what works, and encourage each other to keep going.

As we approach the holiday season, this is an especially important message. Holidays can bring celebrations, family gatherings, stress, and old habits. They can also bring opportunities to practice our program, reach out to our sponsors, attend meetings, and use the tools that support our recovery.

Perhaps the greatest gift of IDEA Day is the reminder that we are never alone. Someone in our Fellowship has walked through a struggle similar to ours. Someone has found hope when they thought there was none. And someone may need to hear our story today.

Whether you have one day of abstinence or many years, there is a place for you in this celebration.

Let's celebrate progress, encourage one another, and remember that recovery is available to us, one day at a time.

Together, we can do what we could never do alone!

IDEA DAY 2026

Hosted by the Tuesday 7:00pm meeting.

Saturday, November 21, 2026

9:30-11:45am

Alamo Heights Baptist Church, 6501 Broadway (Enter at side door facing parking lot)

Zoom Meeting ID 2024111960 PW OASAAI

Featuring: Inspiring Recovery Speaker, Ask-It-Basket and Reflection and Fellowship.

For more information, contact Michelle J., michelleinserviceodaat@gmail.com

Step 5: The Freedom of Being Known

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Step 5 asks us to do something that can feel frightening: speak honestly about ourselves. After the searching and fearless moral inventory of Step 4, we take the next step by sharing what we have discovered with another person.

Why is this so important? Because secrets have a way of keeping us trapped. The things we hide often become larger in our minds, feeding shame, guilt, and the belief that we are somehow different from everyone else. We may convince ourselves that if anyone really knew us, they wouldn't understand or accept us.

Step 5 offers another possibility.

When we share our inventory with someone we trust, we begin to discover that honesty doesn't have to destroy us. In fact, it can set us free. We may find that the person listening has experienced similar struggles, fears, or shortcomings. We begin to understand that we are human beings, not uniquely flawed individuals.

Step 5 isn't about beating ourselves up or making a list of everything we've done wrong. It's about recognizing patterns, accepting responsibility, and becoming willing to change. It helps us see the difference between who we are and the behaviors we want to leave behind.

For many of us, compulsive eating has been a way of avoiding uncomfortable feelings. We may have used food to hide from loneliness, anger, fear, or disappointment. Step 5 encourages us to stop hiding and begin facing life honestly, one day at a time.

There is something powerful about being heard without judgment. We don't have to carry every burden alone. Through honesty, humility, and the willingness to be vulnerable, we make room for healing.

Step 5 reminds us that recovery isn't about becoming perfect. It's about becoming willing to live honestly.

We cannot change what we refuse to acknowledge, and we don't have to face it alone.

Paso 5: La libertad de ser conocidos

«Admitimos ante Dios, ante nosotros mismos y ante otro ser humano la naturaleza exacta de nuestras faltas».
El Paso 5 nos pide hacer algo que puede resultar aterrador: hablar con honestidad sobre nosotros mismos. Tras el inventario moral, exhaustivo y valiente, realizado en el Paso 4, damos el siguiente paso al compartir lo que hemos descubierto con otra persona.
¿Por qué es esto tan importante? Porque los secretos tienen la capacidad de mantenernos atrapados. Aquello que ocultamos suele cobrar mayor magnitud en nuestra mente, alimentando la vergüenza, la culpa y la creencia de que, de algún modo, somos diferentes a los demás. Podemos llegar a convencernos de que, si alguien nos conociera de verdad, no nos comprendería ni nos aceptaría.
El Paso 5 ofrece otra posibilidad.
Al compartir nuestro inventario con alguien en quien confiamos, empezamos a descubrir que la honestidad no tiene por qué destruirnos. De hecho, puede liberarnos. Es posible que descubramos que la persona que nos escucha ha pasado por luchas, miedos o carencias similares. Empezamos a comprender que somos seres humanos, y no individuos con defectos únicos o excepcionales.
El Paso 5 no consiste en castigarnos ni en elaborar una lista de todo lo que hemos hecho mal. Se trata de reconocer patrones, asumir la responsabilidad y estar dispuestos a cambiar. Nos ayuda a distinguir entre quiénes somos y los comportamientos que deseamos dejar atrás.
Para muchos de nosotros, la alimentación compulsiva ha sido una forma de evitar sentimientos incómodos. Es posible que hayamos utilizado la comida para escondernos de la soledad, la ira, el miedo o la decepción. El Paso 5 nos anima a dejar de ocultarnos y a empezar a afrontar la vida con honestidad, un día a la vez.
Hay algo poderoso en ser escuchados sin ser juzgados. No tenemos que cargar con todo el peso nosotros solos. A través de la honestidad, la humildad y la disposición a ser vulnerables, abrimos espacio para la sanación.
El Paso 5 nos recuerda que la recuperación no consiste en alcanzar la perfección, sino en estar dispuestos a vivir con honestidad.
No podemos cambiar aquello que nos negamos a reconocer, y tampoco tenemos que afrontarlo solos.

OA Bookstore News

Now is a great time to purchase multiple pieces of OA literature and save!

There is currently a big sale going on at the OA Bookstore. Buy books and workbook bundles for the following books:

For Today book and workbook bundle is only $22 – you save $5 if you buy these books together.
Also available are:
Voices of Recovery and Voices of Recovery Workbook. $22 for the bundle – save $5
The Twelve Steps and Twelve Traditions Workbook Bundle (#956) $25 save $5
The complete Wallet Card Bundle: Six Cards. One Purpose.
Safeguard your personal recovery and save $2.50 off the total price of buying each item separately with The complete Wallet Card Bundle (#732) which includes
Think First #109
Just for Today #410
Twelve Stepping a Problem #420
Carrying the Message #425
Pocket Reference for OA Members #435
Twelve Traditions Pocket Guide #445

To take advantage of this savings, add item #732 to your cart in the OA Bookstore. The complete Wallet Card Bundle is available through the end of 2026 or until one item in the bundle sells out.

SOURCE: https://oa.org/news/buy-a-bookstore-bundle-and-save/

LINK TO THE BOOKSTORE: OA Bookstore.



Reflections . . .

Page 76 Big Book
My Creator, I am now willing that you should have all of me, good and bad. I pray that you remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding, Amen.

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.
Alcoholics Anonymous, p. 417

OA Serenity Statement

I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.



Every little act makes a difference.

When we volunteer, we discover that service is a two-way street. Yes, we're helping others, but we're also helping ourselves. We build friendships, learn new skills, gain confidence, and become more connected to our OA community. We may even discover talents we never knew we had!

Not sure where to start? Look around your meeting. Does someone need help with the newsletter? Could your group use a creative idea for an upcoming event? Is there an opportunity to welcome newcomers or help another member feel included? There are so many ways to contribute.

And here's the best part: You don't have to be an expert, have years of recovery, or know all the answers. You just have to be willing.

Service reminds us that recovery is something we share. Each of us has something valuable to offer, whether it's time, creativity, encouragement, experience, or simply a friendly smile.

So, the next time someone asks for a volunteer, consider raising your hand. You might make someone's day, discover a new friend, or find a little more joy in your own recovery.

Come for the recovery, stay for the fellowship, and discover the joy of service!

A Little Question for Reflection What's one small act of service that has brought you unexpected joy in OA?

RETREAT

Creative Recovery Open Studio
November 14, 2026
1:30pm- 5:30pm
Time Zone: Eastern Time
Virtual
Cost: Free
Event details
Overeaters Anonymous
Creative Reprieve
Open Studio Festival
Creative Medium: Paper!
Zoom Meeting ID:
817 3888 5598
PW: 1212

SOURCE: https://oa.org/events/creative-recovery-open-studio/

Join us for an afternoon of creative activities designed to bring joy, reflection, and connection into recovery.

This year's Open Studio Festival will focus on paper-based creativity, with guided and open-studio activities including neurographic art, therapeutic storyboarding, collage, and other creative practices. No special art experience is needed—participants are encouraged to simply show up, experiment, and explore how creativity can support their recovery.

Suggested materials include paper, pens or pencils, scissors, paint, markers, crayons, pastels, magazines, postcards, stickers, cardboard, and other paper materials you already have at home.

- LINK: **Learn more**

Meeting List

OA San Antonio Area Intergroup (SAAI)

Meeting Types: IPO 0 In person only; Hybrid – Zoom and In Person; Virtual – Virtual Only

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. 830-928-4844	**Zoom ID** 2024111960; **PW** OASAAI	Discussion: Big Book and OA Literature
Tuesday	7:00pm	IPO	Curtis M. 210-487-1683	Alamo Heights Baptist Church, 6501 Broadway, San Antonio	Steps – 1st Tuesday; Big Book 2nd Tues; Traditions – 3rd Tues – Abstinence Book 4th 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**: 2024111960; **PW** OASAAI	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	9:45 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)