



Wings

OA Inter-Group Newsletter

March 2017

"Another kind of flight. A spiritual liberation"

This Month Featuring Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship and therefore the most fundamental form of service. Any service, no matter how small, that will help reach a fellow sufferer adds to the quality of our own recovery. Getting to meetings, putting away chairs, putting out literature, talking to newcomers, doing whatever needs to be done in a group or for OA as a whole are ways in which we give back what we have so generously been given. We are encouraged to do what we can when we can. "A life of sane and happy usefulness" is what we are promised as the result of working the twelve steps. Service helps to fulfill that promise.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible."

There must be 50 ways... (at least) You Can Do Service

Meeting Level:

1. Pick up the Key, Lee

At most meetings, the secretary is responsible for Running the meeting, lining up leaders, and showing up early to open the door.

2. Count the cash, Flash

The treasurer counts the Seventh Tradition contributions, pays the rent, sends the amount the group has determined to Inter-Group, Region, and World Service and keeps a record.

3. Vote Often and Early, Carly

The intergroup Rep attends the once a month Inter-group meeting, reports back to his/her group about what is happening and votes their group conscience on questions involving money and activities of the Inter-Group.

4-7: Lend a hand, Stan

Make coffee, set up chairs, be in charge of literature, and greet people.

8. Don't Slip Out the Back, Jack

Just by coming, you do service. We all need each other to make OA work.

Inter-Group Level

9. Be counted and be accountable

Be an intergroup rep, a good way to get to know the people with a lot of recovery and learn lessons in letting go of control.

10-27 Be Board

There are several positions on the Inter-Group Board, each with a different focus. In general, the Board coordinates the Inter-Group activities.

Region Level

28. More than Nevada Fun & Games

Be a Region Rep: Our region includes all of California, Nevada, Hawaii and Mexico. The region provides support for the local Inter-Groups with workshops and conventions.

World Level

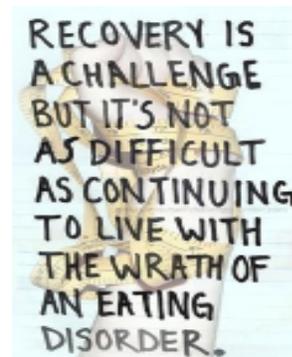
29. Have the whole world in your hands

Be a World Service Delegate.

30. The Ultimate Trust Issue

Be a World Service Trustee

OK, so I couldn't actually come up with fifty. I'm sure I left some out.



April Workshop of Las Vegas Overeaters Anonymous Intergroup

The Twelve Promises

Saturday
April 8
2 pm to 4 pm
Serenity Club
3990 Schiff Dr.



This candlelight workshop is open to all
OA members. There is no fee to attend.



Next Month, Featuring
The 1000 lb Telephone

Some Unofficial Suggestions for Meetings

1. Suit Up and Show Up

I've heard it said that if we can't have perfect abstinence, we can at least have perfect attendance. *Abstinence p. 86-87*

2. Sit Up Front

An OA once told me that in AA the first three rows were called "Recovery Row". If I sit up front I pay more attention to the speaker and less to who is coming and going. *Anonymous*

3. Share

No matter how many days of abstinence I rack up, I still need to share what's going on in my life...Just listening to others and sitting without speaking at meetings won't keep me well. I must open my heart. *Abstinence p 101*

4. Practice Courtesy

There is love in courtesy. It says I care about other's feelings, that I wish to contribute to their comfort and well being. Above all, courtesy is treating people as I would like to be treated. I can be courteous even when I am angry or hurt without compromising what I believe is right. Courtesy has nothing to do with right or wrong, it has everything to do with self respect which is the wellspring of respect for others. *For Today p 70*

Las Vegas Overeaters Anonymous Intergroup



Great news - our new
website is operational

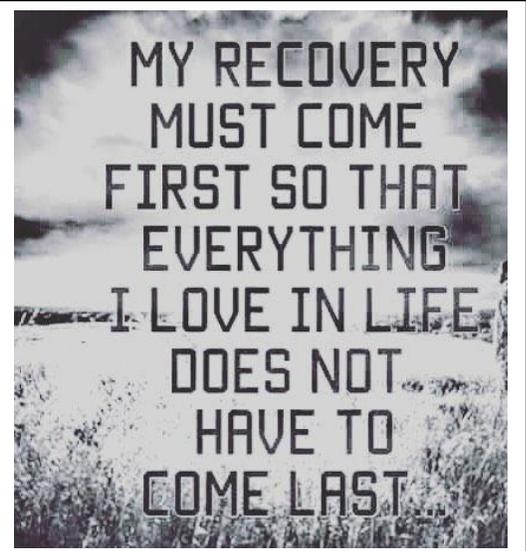
You can use this website for many things:

- Find a meeting.
- Sign up to receive newsletters and announcements by email.
- Read minutes of Intergroup meetings.
- Find out about Overeaters Anonymous.

See what we have to offer at
www.lvoa.org

*Check us
out!*

*You're
invited!*





The Big Book Corner

I recently read again The Big Book chapter, “To the Wives”, although now it is to the whole family. Having been married to an abusive alcoholic for many years, I read it from the aggrieved wife’s point of view.

Only recently have I thought of myself as the one who has harmed others by my compulsive overeating behavior, and other related character defects. I robbed my family of an active and engaged mother and wife. I would rather hide and eat than go fishing with them, go to the park with my kids, volunteer for Bluebirds or Boy Scouts, I laid on the couch in a sugar stupor for most of their lives up into early adulthood. Besides not being willing to share my time, most of the time I was ashamed of my fat, or else too heavy to go bike riding or hiking. On top of that, I was unfaithful to my husband, after all, he did it first and deserved it, but it just heaped more pain on both of us and increased the flames of an already dysfunctional family dynamic. For that, I am regretful. I had to turn the glasses around and look at myself in order to heal. The Twelve Steps have given me that ability.

For Today ~ February 23

“Nothing is to be had for nothing.” (Epictetus)

Why is it so much harder for me? I go to meetings, but I still don’t have what attracted me in the first place. Let me look honestly at what I’m doing and failing to do:

- Do I have a sponsor—one who has what I want?
- Do I really listen at meetings, and try to contribute?
- Am I working the program beyond step three?
- Am I trying to practice the principles of the program at home and at work as well as in OA?
- Do I have a personal concept of a Higher Power that works for me?
- Am I still trying to diet, i.e. manipulate and control my food and my weight?
- Do I follow suggestions such as “weigh only once a month”?
- Have I ever called a newcomer, or another OA member?
- Do I give some form of service?
- Do I ever express gratitude for having come this far?

For Today: I can begin now to follow those directions that seem to work for others and that I have been resisting.

Las Vegas Overeaters Anonymous Intergroup Goals 2017

1. **Get the Word Out**
2. **Focus on Recovery**
3. **Make sure people feel welcome and not excluded at meetings.**

This is the opinion of the editor, no other person, group, or OA as a whole.

When I’m at a meeting, I always try to see things through a newcomer’s eyes. What makes us insiders and outsiders? Very often, meetings are closed with the 3rd Step Prayer. I feel this prayer is more in line with completing the 3rd step with your sponsor. The wording is archaic, using the words God, thee, thou, and wilt make it sound like a biblical prayer. Part of the strength of OA is that it endorses no particular religion, only a reliance on a higher power. Even as a long time member, I am uncomfortable with this prayer, and do not recite it in meetings. I believe that it sounds exclusionary to other religions or atheism, and may even turn off some newcomers.

The Serenity Prayer is more commonly known, and the familiarity can bring comfort to most. Even though the Our Father prayer is from the bible, and contains the words thy, heaven, hallowed, etc, I feel it is merely asking for today’s needs to be met, and the willingness to forgive and be forgiven. Or maybe it’s because it was the closing prayer at my first meeting, and it still gives me a feeling of peace and sanctuary. Or maybe I’m just being hypocritical.

Feelings are not facts, and these are just my feelings.

Las Vegas Overeaters Anonymous Meeting List

BOARD POSITIONS

Chair: Hester 206-463-1631
 Vice Chair: Olivia 702-463-4962
 Recording Secretary: Cheryl 702-683-1824
 Corresponding Secretary: Alaina 702-436-5558
 Treasurer: David H 702-433-9290
 Board Advisor: Patty 801-971-5966
 Delegate 1: David H. 702-433-9790
 Delegate 2: Alaina 702-436-5558
 Alt Delegates - Open

STANDING COMMITTEE CHAIRS

Voice Mail: Patti C 435-668-7325
 Literature: Position Open
 Meeting Lists: Laura 801-414-6252
 PIPO Committee: Nancy K 702-675-2578
 Ways & Means: Jeri 702-441-0032
 12th Step Within: Alaina 702-436-5558
 Directory: Dylan 916-412-0383
 Web Manager: Laura 801-414-6252
 Newsletter: Position Open

CONTACT US

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 Las Vegas Intergroup
 PO Box 28377
 Las Vegas NV 89126
 Voicemail (702) 593-2945

Day	Time	Name	Address 1	Address 2	City	State	Contact	Phone	Special Topic
<u>CEDAR CITY</u>									
Saturday	10:30 AM	Cedar City Library	303 N 100 E		Cedar City	UT	Carlene	435-531-3536	Varies
<u>HENDERSON</u>									
Tuesday	7:00 PM	Green Valley United Methodist Church	2200 Robindale	Room B-6	Henderson	NV	Erin	702-835-2827	Literature Study Literature Study,
Thursday	5:00 PM	Congregation Ner Tamid Green Valley United Methodist	55 N Valle Verde Dr		Henderson	NV		206-463-1631	Speaker/Discussion
Friday	9:30 AM	Church	2200 Robindale	Room B-10	Henderson	NV	Olivia	702-463-4962	Literature Study
Friday	1:00 PM	Recovery Room	55 S Gibson Rd		Henderson	NV	Joanne	702-375-7018	Varies
<u>LAS VEGAS</u>									
Sunday	1:00 PM	Serenity Club	3990 Schiff Dr	Ste 10, Room 1	Las Vegas	NV	Jeri	702-441-0032	OA Steps and / or Traditions Study
Monday	9:30 AM	Triangle Club	4600 S Nellis		Las Vegas	NV	Nancy K	702-675-2578	Big Book
Monday	7:00 PM	Trinity Methodist	6151 W Charleston	Room 9	Las Vegas	NV	Amy	702-233-6230	Varies OA Steps and / or
Tuesday	9:30 AM	Keep Coming Back Club	5715 W Alexander Rd	#145	Las Vegas	NV	Ray	702-628-3667	Traditions Study
Tuesday	5:30 PM	IHOP Restaurant	9651 Trailwood Dr	Rear Room	Las Vegas	NV	Carolyn	702-217-5109	Literature Study OA Steps and / or
Wednesday	6:00 PM	Solutions Recovery	2975 S Rainbow Blvd	Room H	Las Vegas	NV	Jan	702-675-0175	Traditions Study, Work
Thursday	9:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Las Vegas	NV	Olivia	702-463-4962	Varies
Thursday	1:30 PM	Canyon Ridge Christian Church	6200 W Lone Mountain Rd		Las Vegas	NV	Larry	702-493-4978	Varies
Saturday 1st & 3rd	10:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Las Vegas	NV	Dylan	916-412-0383	Varies Newcomer/Speaker
Wednesday 2nd	7:00 PM	Solutions Recovery	2975 S Rainbow Blvd	Room H	Las Vegas	NV	Alaina OA IG	702-436-5558	Meeting
Saturday	2:00 PM	Quarterly Serenity Club	3990 Schiff Dr	Ste 10	Las Vegas	NV	Office	702-593-2945	Speaker/Discussion
Saturday	8:30 AM	Lamb of God Church	6220 N Jones Blvd		Las Vegas	NV	Joann	702-227-3782	Big Book
<u>LAUGHLIN</u>									
Tuesday	10:30 AM	Laughlin Community Church	2910 Needles Hwy		Laughlin	NV	Agatha	702-299-9996	None
PAHRUMP									
Wednesday	1:00 PM	Pahrump Library	W 702 East St.		Pahrump	NV	Lynn	702-501-3865	
<u>SAINT GEORGE</u>									
Tuesday	12:00 PM	Alano Club	1025 E 640 N		Saint George	UT	Patty	435-635-0140	OA Steps and / or Traditions Study
Thursday	6:00 PM	Dixie Regional Medical Center	1380 E Medical Center Dr	Lower Level, Cafeteria Conf Room	Saint George	UT	Laura	801-414-6252	Literature Study, Topic Big Book, Seeking the
Saturday	10:00 AM	Alano Club	1025 E 640 N	Puzzle Room	Saint George	UT	Jan	702-280-2263	Spiritual Path

Revised: 11/20/16