



# Wings

"Another kind of flight. A spiritual liberation"

*LVOA Intergroup Newsletter*

*June 2017*

*Submit items to:*

*Editor: Judy*

*Jhagen1941@gmail.com*

## *Addiction and Abstinence*

- Sugar activates the reward center in our brain much the same way that drugs do, and provokes similar cravings and withdrawal symptoms.
- Studies in rats have shown that sugar activates the brain's pleasure centers more than cocaine does.
- The main perpetrator is not glucose but fructose, which some researchers have dubbed "alcohol without the buzz".

There is substance addiction; drugs, alcohol, sugar, nicotine, etc. There is also activity addiction; such as gambling, spending, shopping, sex, eating, etc. So we in Overeaters Anonymous are fighting a dual battle with a double addiction, the substance as well as the activity.

I have certainly abused food for almost all my life. Bottom line is I am a sugar addict. I am often reminded of the Pink Floyd song, "*I have become comfortably numb*". For many years, I stopped every morning on the way to work for my sugar (and fat) fix. From my driveway to my source I would be in high anticipation. Once I had my drug in hand I could not wait to dig in, in spite of all my vows to delay it just a bit, to just show a little control. At the first bite, as the sugar and fat hit my taste buds, I experienced a kind of numbness. Tunnel vision, very little awareness of what was going on around me, feelings and anxieties disappeared; it was just me and the sugar. Mellow. All hope of control was gone, I shoveled it in. At 10:00 AM when the catering truck came in, I would go out and buy more sugar and hide it in my desk drawer and sneak bites throughout the day. On the way home I would stop and buy more sugar. After dinner I would have sugar, and after everyone went to bed, I had more sugar hidden in the house. Not much different than a shifty alcoholic, me. One problem though, you can't hide cookies in the toilet tank.

All of this information is not enough. What now? Another diet? Shots? Pills? These things were short fixes, but no relief in the long run. I know all of you already know all of this, which is why we came to Overeaters Anonymous. We came in looking for the diet, and found that what we needed was this thing called abstinence. Strange thing, abstinence, it arrives differently for each of us.

It is a goal, something we work toward achieving. We can also pray for abstinence.

It is a tool, by abstaining from certain foods and behaviors, the cravings are held at bay.

It is a gift, granted through working the steps and reliance on a higher power.

However it arrives, it always comes one day at a time. *One Day At A Time*. Call a sponsor, we can't do this alone. Make a vow to this person, to yourself, and to your higher power that for the next 24 hours you will abstain from sugar and all other problem foods and behaviors. Clean out all the poisons from your refrigerator and pantry. Get healthful foods in store. Create a food plan that works for you, taking into account any health issues, basically nutritious calories taken in at intervals throughout the day. Love yourself, or at least accept yourself. And pray, pray, pray to the higher power of your understanding. Work the steps. Be grateful for every abstinent minute. If you slip, get back up on that horse and ride. No long term abstinence is perfect, we are all human.

Please give it a try; all of us in OA are rooting for you. I know I am.

Your editor, Judy



## Big Book Corner

It is the little miracles that surprise me the most. I opened the Big Book at random to find a piece for this month's newsletter. This is what I opened to.....

*"The first time I became intoxicated, I was 8 years old. I passed out and had to be carried to the house. My father kept whiskey for medical purposes and entertainment, and I would drink from this when no one was about and then water it to keep my parents from knowing I was drinking. This continued until I enrolled in our state university, and at the end of the four years, I realized that I was a drunk. Morning after morning I awoke sick and with terrible jitters, but there was always a flask of liquor sitting on the table beside my bed. I would reach over and get this and take a shot and in a few moments get up and take another, shave, eat my breakfast, slip a half pint of liquor in my hip pocket and go on to school. Between classes I would run down to the washroom, take enough to steady my nerves, and then go on to the next class. This was in 1917".*

This was exactly my pattern with the sugar consumption throughout my day in my front page article. One of my favorite speakers ever made this remark about alcoholics vs. overeaters: "If you can't smell'em, you can't tell'em". Addiction hasn't changed much in these 100 years.



## *Our Readers Write.....*

### **"Loving My Abuser"**

Recently, while watching a daytime talk show, I was mentally criticizing the woman who was the guest. Her husband had been abusing her for years, isolating her from friends and family, and often leaving her battered and bruised. When the host asked her why she stayed with her abuser, she made a million excuses for him, then pathetically said, "I love him."

Then I had an "aha" moment. My disease isolated me from friends and family. It often left me feeling battered and bruised. Why did I tolerate it? Because I "loved" my disease. I loved the excess food, even after all I had been through. I had a million excuses for eating.

In the end, the host convinced the woman to leave her abuser immediately and not ever go back. Similarly, I must accept the idea that my disease will never get better, and I must abandon any faint thought of ever returning to my disease. I choose to embrace sanity.

Submitted by Cheryl B.



# *Finding Serenity in Silence*

October 27-29, 2017

## **Silent Retreat Sponsored by OA's Central NM Intergroup**

Join us in the Fall at the Pecos Monastery (1/2 hour SE of Santa Fe, NM) for a weekend of recovery. We'll have a keynote speaker on Friday evening followed by 24 hours of silence. Sunday morning is for processing and fellowship or more silence if you prefer.

The monastery is in a beautiful setting with the Pecos River running through it. We'll have a building all to ourselves with a private dining room, meals customized to our special needs, and a small chapel inviting us to personal meditation.

Go to our website, [www.aa-cnmi.org](http://www.aa-cnmi.org), for a brochure and registration form. Look under menu tab 'Pecos retreat'.

❖ Scholarships Available

❖ Single and Double Rooms

❖ Small Kitchen with Microwave, Coffee Maker & Refrigerator

❖ Check-In Begins at 3 PM on Friday

❖ Contact Us at:  
oacnmi@gmail.com



## **Las Vegas OA Intergroup October 2017 Retreat**

### **Summary of Committee Decisions as of May 20, 2017**

Theme: "Miracles"

Venue: Rising Star Hotel, Mesquite, Nevada

Registration Cost: \$85.00 per person includes Saturday lunch and Saturday Banquet Dinner. Breakfast on your own.

#### General Schedule:

<b>FRIDAY</b>	7:00 – 8:30 pm	Keynote Speaker (Vicki)
	9:00 – 11:00 pm	Nite Owl OA Meeting
<b>SATURDAY</b>	7:30 – 8:30 am	Meditation, Morning Walk
	9:00 – 11:45am	Speaker and Breakout Sessions (Vicki)
	12:00 – 1:00 pm	Lunch
	1:30 – 4:30 pm	Workshops, physical activities (Hike, Swim)
	6:00 – 7:30 pm	Banquet
	8:00 – 8:45 pm	Entertainment, awards, raffle winners, etc.
	9:00 – 10:00 pm	Nite Owl OA Meeting
<b>SUNDAY</b>	7:30 – 8:30 am	Meditation, Morning Walk
	9:00 – 10:15 am	Miracle Steps Speakers ( 6 speakers, 10 minutes each)
	10:30 – 11:30 am	OA Meeting farewell.

*Believe in Miracles*

## 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. 702-433-9790  
 Board Advisor: Patty B. 801-971-5966  
 Delegate 1: David H. 702-433-9790  
 Delegate 2: Alaina 702-436-5558  
 Alt Delegates: Both Positions Open

### STANDING COMMITTEE CHAIRS

Voice Mail: Position Open  
 Literature: Sandie 702-202-0050  
 Meeting Lists: Cheryl 702-683-1824  
 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: Judy 702-901-8594

### CONTACT US

www.lvoa.org  
 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
<b>CEDAR CITY</b>									
Saturday	10:30 AM	Cedar City Library	303 N 100 E		Cedar City	UT	Carlene	435-531-3536	Varies
<b>HENDERSON</b>									
Tuesday	7:00 PM	Green Valley United Methodist Church	2200 Robindale	Room B-6	Henderson	NV	Erin	702-835-2827	Literature Study
Thursday	5:00 PM	Congregation Ner Tamid	55 N Valle Verde Dr		Henderson	NV	Hester	206-463-1631	Literature Study, Speaker/Discussion
Friday	9:30 AM	Green Valley United Methodist 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
<b>LAS VEGAS</b>									
Sunday	1:00 PM	Serenity Club	3990 Schiff Dr	Ste 10, Room 1	Las Vegas	NV	Jeri	702-441-0032	OA Steps/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	Literature/Speaker
Tuesday	9:30 AM	Keep Coming Back Club	5715 W Alexander Rd	#145	Las Vegas	NV	Ray	702-628-3667	OA Steps and / or
Tuesday	5:30 PM	IHOP Restaurant	9651 Trailwood Dr	Rear Room	Las Vegas	NV	Carolyn	702-217-5109	Literature Study
Wednesday	11:00 AM	Bungalow Club	5129 Kell Ln.		Las Vegas	NV	Olivia	702-436-4962	Literature Study
Wednesday	6:00 PM	Solutions Recovery	2975 S Rainbow Blvd	Room H	Las Vegas	NV	Jan	702-675-0175	OA Steps and / or Traditions Study, Workbook Study
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
Friday	6:30 PM	Solutions Recovery	2975 S Rainbow Blvd	Room H	Las Vegas	NV	Jan	702-675-0175	For newcomers
Saturday	9:30 AM	Lamb of God Church	6220 N Jones Blvd		Las Vegas	NV	Joann	702-227-3782	Big Book
Saturday	10:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Las Vegas	NV	Dylan	916-412-0383	Varies
Saturday (2nd Saturday every month except December)	12:30 PM	Serenity Club	3990 Schiff Dr	Ste 10	Las Vegas	NV	OA IG Office	702-593-2945	Intergroup Business Meeting: all are welcome
Saturday (2nd Saturday in Jan, Apr, July, Oct)	2:00 PM	Serenity Club	3990 Schiff Dr	Ste 10	Las Vegas	NV	OA IG Office	702-593-2945	Quarterly Workshop: Speaker/Discussion
<b>LAUGHLIN</b>									
Tuesday	10:30 AM	Laughlin Community Church	2910 Needles Hwy		Laughlin	NV	Agatha	702-299-9996	None
<b>PAHRUMP</b>									
Wednesday	1:00 PM	Pahrump Library	W 702 East St.		Pahrump	NV	Lynn	702-501-3865	
<b>SAINT GEORGE</b>									
Tuesday	12:00 PM	Alano Club	1025 E 640 N		Saint George	UT	Patty	801-971-5966	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
Saturday	10:00 AM	Alano Club	1025 E 640 N	Puzzle Room	Saint George	UT	Jan	702-280-2263	Big Book, Seeking the Spiritual Path