



# Wings

LVOA Intergroup Newsletter

"Another kind of flight. A spiritual liberation"

November 2017

## A Message From Your Editor:

My name is Judy, I am a compulsive overeater. More specifically a sugar and salty chip addict. I can overeat just about anything, but those two food families are a guaranteed binge. I am an old geezerette with a few health problems, including a heart condition with chronically low blood pressure.

I first joined OA in 1981, been in and out for 36 years. I have enough experience to know that many diets work for the short term, but they never really addressed the addiction, the compulsion, the overwhelming desire to binge on sugar and/or chips.

I am so grateful for the opportunity to produce the newsletter for the LVOA Intergroup. I do a heck of a lot of reading to provide the information I pass on to my fellow members. It doesn't work to copy and paste these articles; I re-type them into the newsletter format, which really sears the information into my brain.

In Wings, October 2017 I published the article "From Slip or Relapse to Recovery". The timing was perfect. The day after I submitted the copy for publication, I had a severe episode of low blood pressure, causing extreme weakness and fatigue. I spent most of the day wishing I could eat like I used to. And with the exception of a banana, I did not eat compulsively. So, of course I had to analyze why.

- The "Relapse to Recovery" was very strong on my mind, and I just didn't want to have to go to all that work to get back on track.
- The Serenity Prayer. Acceptance is the key to all my problems today.
- I do not keep any trigger/binge foods in the house. Period.
- And number one: After many weeks of serious consideration, on May 18, 2015 I made a vow to my oldest friend and sponsor, to my Higher Power, and to myself that I was going to abstain. The truth is, no one has broken more promises to me than me. I really felt the need to keep that promise.



- My life must illustrate **OA Recovery**.
- Before **OA**, I had a *hole in my soul not a whole soul*.
- Before **OA**, I was constantly engaged in the "pursuit of never enough".
- Being **right is not** as important as being **FREE!**
- OA** has taught me how to *keep company with my feelings* rather than **eat over them**.
- My *old life* before **OA**, depended upon hanging onto my defects and my old survival skills.
- Find the blessings** in this disease through the **OA Fellowship**.
- In **OA**, I am learning to take care of myself and others.
- Before **OA**, I had a *head full of knowledge* and a *heart full of nothing*.
- Codependency** was a *sport* in my family.
- I need **boundaries around food** or *I would bury myself alive with food*.
- OA** is a camaraderie and fellowship *among people who understand*.
- OA Meetings** keep us connected to *our own kind*.
- FOOD** kept me neutral so I would **not** feel pain or joy.
- The **honesty** is *healing me*.
- The *old solution* before **OA** was to *feed the voice*.
- OA** is **not** *drive-through recovery*.



# The Big Book Corner

Our first example is a friend we shall call Jim. This man has a charming wife and family. He inherited a lucrative automobile agency. He had a commendable World War record. He is a good salesman. Everybody likes him. He is an intelligent man, normal so far as we can see, except for a nervous disposition. He did no drinking until he was thirty five. In a few years he became so violent when intoxicated that he had to be committed. On leaving the asylum, he came into contact with us.

We told him what we knew of alcoholism and the answer we had found. He made a beginning. His family was re-assembled, and he began to work as a salesman for the business he had lost through drinking. All went well for a time, but he failed to enlarge his spiritual life. To his consternation, he found himself drunk half a dozen times in rapid succession. On each of these occasions we worked with him, reviewing carefully what had happened. He agreed he was a real alcoholic and in a serious condition. He knew he faced another trip to the asylum if he kept on. Moreover, he would lose his family for whom he had a deep affection.

Yet, he got drunk again. We asked him to tell us exactly how it happened. this is his story: "I came to work on Tuesday morning. I remember I felt irritated that I had to be a salesman for a concern I once owned. I had a few words with the boss, but nothing serious. Then I decided to drive into the country and see one of my prospects for a car. On the way, I felt hungry so I stopped at a roadside place where they have a bar. I had no intention of drinking. I just thought I would get a sandwich. I also had the notion that I might find a customer for a car at this place, which was familiar for I had eaten there many times during the months I was sober. I sat down at a table and ordered a sandwich and a glass of milk".

*"Suddenly the thought crossed my mind that if I were to put an ounce of whiskey in my milk it couldn't hurt me on a full stomach. I ordered a whiskey and poured it into the milk. I vaguely sensed I was not being any too smart, but felt reassured as I was taking the whiskey on a full stomach. The experiment went so well that I ordered another whiskey and poured it into more milk. That didn't seem to bother me so I tried another".*

Thus started one more journey to the asylum for Jim. Here was the threat of commitment, the loss of family and position, to say nothing of that intense mental and physical suffering which drinking always caused him. *He had much knowledge about himself as an alcoholic. Yet all reasons for not drinking were easily pushed aside in favor of the foolish idea that he could take whiskey if only he mixed it with milk!*

*Alcoholics Anonymous Big Book 4th edition, pg 35-37.*

## And so it is.....

All of us 12 steppers are running the same race, just wearing different shoes. When it comes to alcoholics and compulsive eaters, a woman I highly respected said "If you can't smell'em, you can't tell'em.

Jim's first drink was very much the same as our first compulsive bite. Unplanned, unbidden. Jim had his whiskeys in quick succession, but we OAers might have a slip here, a slip there, then the slips get closer together, and we find ourselves in full relapse.

Remember, Acceptance is the answer to all my problems today. God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

**OUR GREATEST  
WEAKNESS LIES  
IN GIVING UP.  
THE MOST  
CERTAIN WAY  
TO SUCCEED IS  
ALWAYS TO TRY  
JUST ONE MORE  
TIME.**

Step 12

# OA EVENT DAYS

## IDEA DAY

*Saturday, November 18, 2017*

Begin or affirm  
your abstinence on  
International Day  
Experiencing  
Abstinence.

## TWELFTH STEP

## WITHIN DAY

*Tuesday, December 12, 2017*

Give Twelfth Step  
service to an OA  
member still suffering  
or in relapse.

*November 18 — IDEA: International Day Experiencing Abstinence (third Saturday in November) Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.*

*December 12 — Twelfth-Step-Within Day (annually on 12/12)*

*A day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating.*

Wings is submitted for publication the last weekend of each month. Submission of letters to the editor, articles, announcements, etc. are invited. Please e-mail to Judy, [jhagen1941@gmail.com](mailto:jhagen1941@gmail.com) by the 3rd Sunday of the month. You can subscribe to Wings by E-mail. Go to [LVOA.org](http://LVOA.org), in the top right area of the page is a link to subscribe. Also, you can see the current edition by scrolling all the way down to the bottom of the [LVOA.org](http://LVOA.org) webpage.

### Las Vegas Overeaters Anonymous Meeting List

**BOARD POSITIONS**

Chair: Cheryl 702-683-1824  
 Vice Chair: Hester 206-463-1631  
 Recording Secretary: BriAnne 702-788-4422  
 Corresponding Secretary: Abbe  
 Treasurer: David H. 702-433-9790  
 Board Advisor: Patty B. 801-971-5966  
 Delegate 1 (Region III): David H. 702-433-9790  
 Delegate 2 (WSO): Sandie 702-202-0050  
 Alt Delegate 1 (Region III): Position Open  
 Alt Delegate 2 (WSO): Bernadette 702-243-3329

**STANDING COMMITTEE CHAIRS**

Voice Mail: Tyler 702-524-3815  
 Literature: Sandie 702-202-0050  
 Meeting Lists: Cheryl 702-683-1824  
 PIPO Committee: Joan Marie 702-896-0997  
 Ways & Means: Jeri 702-441-0032  
 12th Step Within: Alaina 702-436-5558  
 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	Contact	Phone	Special Topic
<b>CEDAR CITY, UTAH</b>							
Saturday	10:30 AM	Cedar City Library	303 N 100 E		Carlene	435-531-3536	Varies
<b>HENDERSON, NEVADA</b>							
Tuesday	7:00 PM	Green Valley United Methodist Church	2200 Robindale	Room B-6	Erin	702-835-2827	Literature Study
Wednesday	11:00 AM	Recovery Room	55 S Gibson Rd		Sandie	702-202-0050	Varies
Thursday	5:00 PM	Congregation Ner Tamid	55 N Valle Verde Dr		Hester	206-463-1631	Literature Study, Speaker/Discussion
Friday	9:30 AM	Green Valley United Methodist Church	2200 Robindale	Room B-10	Olivia	702-463-4962	Literature Study
Friday	1:00 PM	Recovery Room	55 S Gibson Rd		Joanne	702-375-7018	Varies
<b>LAS VEGAS, NEVADA</b>							
Sunday	1:00 PM	Serenity Club	3990 Schiff Dr	Ste 10, Room 1	Jeri	702-441-0032	OA Steps/Traditions Study
Monday	9:30 AM	Triangle Club	4600 S Nellis		Nancy K	702-675-2578	Big Book
Monday	7:00 PM	Trinity Methodist	6151 W Charleston	Room 9 (use West gate)	Amy	702-233-6230	Literature/Speaker
Tuesday	9:30 AM	Keep Coming Back Club	5715 W Alexander Rd	#145	Ray	702-628-3667	OA Steps and / or Traditions Study
Tuesday	5:30 PM	IHOP Restaurant	9651 Trailwood Dr	Rear Room	Carolyn	702-217-5109	Literature Study
Wednesday	11:00 AM	Bungalow Club	5129 Kell Ln.		Olivia	702-436-4962	Literature Study
Wednesday	6:00 PM	Solutions Recovery	2975 S Rainbow Blvd	Room H	Jan	702-675-0175	OA Steps and / or Traditions Study, Workbook Study
Thursday	9:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Olivia	702-463-4962	Varies
Thursday	1:30 PM	Canyon Ridge Christian Church	6200 W Lone Mountain Rd		Larry	702-493-4978	Varies
Friday	6:30 PM	Solutions Recovery	2975 S Rainbow Blvd	Room H	Alaina	702-436-5558	Topic varies. Newcomers as well as experienced OAs welcome.
Saturday	9:30 AM	Lamb of God Church	6220 N Jones Blvd		Joann	702-227-3782	Big Book
Saturday	10:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Genoa	702-375-6721	Literature Study
Saturday (2nd Saturday every month except December)	12:30 PM	Serenity Club	3990 Schiff Dr	Ste 10	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	OA IG Office	702-593-2945	Quarterly Workshop: Speaker/Discussion
<b>LAUGHLIN, NEVADA</b>							
Tuesday	10:30 AM	Laughlin Community Church	2910 Needles Hwy		Agatha	702-299-9996	None
<b>PAHRUMP, NEVADA</b>							
Wednesday	1:00 PM	Pahrump Library	W 702 East St.		Lynn	702-501-3865	
<b>SAINT GEORGE, UTAH</b>							
Tuesday	12:00 PM	Alano Club	1025 E 640 N		Patty	435-574-9105	OA Steps and / or Traditions Study
Thursday	10:30 AM	St. George Library	88 West 100 South	Lower Level, Conf Room A	Laura	435-574-9105	Literature Study, Topic
Saturday	10:00 AM	Alano Club	1025 E 640 N	Puzzle Room	Jan	435-574-9105	Big Book, Seeking the Spiritual Path