

Wings

"Another kind of flight. A spiritual liberation"

LVOA Newsletter

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Submissions Welcome

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Articles in this newsletter are chosen by the editor, and may or may not be OA approved.

This year, we will be looking at each of the A.A. Twelve Traditions.

The First Tradition

Our common welfare should come first, personal recovery depends on A.A. Unity

Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desires and ambitions, we can damage the group.

Our brother the noisy drunk affords the simplest illustration of this Tradition. If he insists on disrupting the meeting, we “invite” him to leave, and we bring him back when he’s in better shape to hear the message. We are putting the “Common Welfare” first. But it is in *his* welfare, too; if he’s ever going to get sober, the group must go on functioning, ready for him.

Yet, he is only one rare aspect of the problem. When we do get sober in A.A., we shed a few small bits of the Big Ego: We admit, “I can’t handle alcohol, and I can’t stay away from it on my own.” Fine so far? Then we find there is plenty of that Ego still with us. It may lead us to take other members’ inventories, and to gossip about their supposed shortcomings. It may lure us into hogging the floor at every discussion meeting.

Oh well, it’s a selfish program, isn’t it? After all it’s a selfish program, isn’t it? After all the miseries of active alcoholism, why shouldn’t we indulge ourselves a little? We all know one good reason why we shouldn’t: Self-indulgence of this kind is an immediate personal danger; it threatens the individual’s own sobriety. More than that, it threatens the very basis of our sobriety—the unity of the A.A. group. For a self-righteous gossip *can* damage the mutual trust that is vital to every group. And a compulsive talker *can* ruin the effectiveness of a discussion meeting—“I’ve stopped going to that group. Nobody but Joe can get a word in edgewise.”

When A.A. was very young, the first members clearly saw the preservation of its unity as a life-or-death matter for themselves and for the alcoholics still unrecovered. The First Tradition states this aim, and it is the common aim of all Twelve Traditions. When A.A. reached the age of 35, the aim was restated in the theme of the 1970 International Convention.

**This we owe to A.A.’s Future:
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.**

Each of the other eleven Traditions explains one specific way to protect the unity of the Fellowship and the A.A. group. Those early members quickly recognized power-drivers as potential group-wreckers. And they’re still around—the members who are always sure that they’re always right—the members who are happily ready to assume all the burdens of leadership and grimly unwilling to share them, let alone give them up. But a group does need officers. How can we cope with this dilemma?

Tradition Two provides the answer.....

An Attitude of Gratitude

Over the past few winter months, I have found myself in a bit of an emotional slump. Recovery is still the most important thing in my life, but my zest for meetings and working the steps has waned with my mood. I asked my sponsor for a suggestion on how I could jumpstart my program (and my attitude!) and she suggested a morning gratitude list. Of course! As they say in AA...Back to Basics!



When I first came in to OA, I was miserable, overweight, and full of self-pity. The guilt and shame I had over my food behaviors and my body was unbelievable. When my first sponsor had the nerve to ask me to start a gratitude list (one of my very first assignments) I was SHOCKED. I had absolutely nothing to be grateful for! I was a miserable, hopeless, fat, sick compulsive overeater! I was unemployable, depressed, and barely getting out of bed every day to drag myself to meetings – after which many times I stopped and binged on the way home. I was NOT being struck abstinent and felt trapped in the first step of powerlessness and unmanageability.

In my self-obsessed bubble of “woe is me”, I tearfully told her I could think of nothing to put on the list. After a few seconds of purposeful silence, she told me to look down at my feet. “Are you wearing shoes?” she asked gently. “Yeah”, I sniveled. “Well,” she said, “why don’t you start with that.”

For me it was that simple. My magic magnifying glass suddenly got turned around...when I focused on what I DID have, what I didn’t have was less unbearable. My gratitude lists became a daily must do practice for me. One of my favorite exercises was running through the alphabet and coming up with a gratitude for each letter. How lovely that I could start off with A for Abstinence, even if true just in that moment ☺

I’m grateful to be reminded that starting my day with an Attitude of Gratitude can work wonders for my program, my serenity, and my ability to be useful to those around me. There will always be an infinite number of things I want and don’t have (including new shoes!), but if I choose to look at it properly, there is an equally infinite number of blessings I have been graced with. Today I thank my God for a program of Recovery, my willingness to stay in the solution, the hope I hear from my fellows on the path, and of course, my scruffy, well-worn, comfy, functional old shoes.



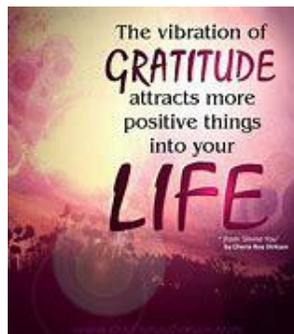
Reflections on an Attitude of Gratitude

What does gratitude look, sound, feel like in your life?

How has your understanding of gratitude changed since being in the program?

How has a dark time transformed into a gift?

How does gratitude support your recovery?



With gratitude to The Northern Lights Newsletter, Alaska, for sharing their insights online

Wanted: Recovery

Las Vegas OA Intergroup

Sponsored by the 12th Step Within Committee

“Hmmm, maybe this will help.
I need to find **some** way to
stop eating. Some strength.
I can't go on. I need help!



Don't miss out!
See you 1-13-2018!
2:00 p.m.—4:00 p.m.

Saturday, January 13, 2018

Time: 2 p.m. to 4 p.m.

Serenity Club

3990 Schiff Dr. Suite 10

Las Vegas, NV 89103

Fun! Speakers! Entertainment!

Strengthen recovery through Steps One,
Two & Three. Celebrate OA's birthday.

Discover how much you know about OA
history.

Basket will be passed for Seventh
Tradition donations.

For more information call
Linda: 702-998-4658