



# Wings

*"Another kind of flight. A spiritual liberation"*

LVOA Newsletter

April 2018

Submissions Welcome

[WingsLvoa@hotmail.com](mailto:WingsLvoa@hotmail.com)

**Please note the new Email address for Wings!!!**

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

### **The Fourth Tradition**

**Each group should be autonomous except in matters affecting other groups or O.A.s as a whole.**

Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc. This interpretation of the Twelve Traditions is adapted from an article approved by the A.A. General Service Conference.

A member who does any amount of traveling finds the O.A. spirit much the same everywhere. But apart from this kinship, there are vast differences among groups. Here, the traveler finds three members discussing the Steps in somebody's living room; there, 300 listening to speakers in a church auditorium.

In one part of the U.S., respectful silence greets the speaker who begins, "My name is Ann, and I am a compulsive overeater." In another, everybody happily shouts, "Hi, Ann!" And in many other places, she may introduce herself with her full name—at a one-hour meeting or a 90-minute meeting. In each neighborhood in every part of the world reach by O.A., the local group is free to work out its own customs.

**But wherever two or more CO's are gathered to practice the O.A. principles, it is an O.A. group of they say it is.**

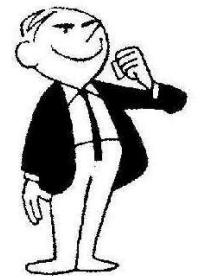


As always, freedom brings responsibility. Because each group is autonomous, it's up to each group to avoid any action that might harm O.A. And there have been such actions—or this Tradition would be unnecessary, "Implicit throughout A.A.'s Traditions," Bill W. wrote, "is the confession that our Fellowship has its sins. We admit that we have character defects as a society and these defects threaten us continually.

Blown up to multiple size, the Big Ego may inspire one group to take over all the public information work for its area, without consulting any of the other local groups. Once the group has decided, "We have all the answers," the lid's off. The group may then decide that, let's say, the Eleventh Tradition is an outdated technicality: "This is a competitive age! We're going to come right out and give O.A. some good, vigorous promoting!" To the general public, this one conspicuous group *is* O.A. Its antics reflect, not only on the ignored neighboring groups, but on the entire fellowship.

In a way, the Fourth Tradition is like the Fourth step. It suggests that the O.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?" Like the individual member who chooses to make the Steps his or her guide toward happy abstinence, the wise group recognizes that the Traditions are not hindering technicalities—they are proved guides toward the chief objective of all O.A. groups....

**And you are a member if you say you are!**



*From your editor: This is just about the most inspirational thing I've read in a long time, I feel it is imperative to share it with you in Wings, even though it will add a page to this month's issue. I hope you are inspired as much as I was.*

## Freedom of Choice

Nearly nine years ago, at my first OA meeting, I was introduced to the concept of abstinence. It took the form of enthusiastic applause from members at the mention of any length of abstinence—from day one to umpteen years. At the break, some members explained to me that abstinence was refraining from eating compulsively. That didn't mean much to me, but I kept coming back because those people had something I wanted; I just wasn't sure what it was.

During the next four months I learned many things about our common disease, not the least of which was that one symptom is perfectionism. This is one of my most devastating character defects. As a perfectionist, I set unbearably difficult standards for myself, and just as I am about to attain them, I redefine an even more difficult standard. I learned early on, and am still convinced, that the pursuit of perfection is a wasteful, stressful preoccupation. Many members offered me some valuable insight into perfectionism, and gave excellent examples of the toll it had taken in their lives and the steps they had taken to make progress in this area.

But for many OA members there was apparently one exception to the process of becoming less of a perfectionist, and that was in regard to abstinence. I continued to hear more about abstinence at every OA meeting, but it seemed not everyone defined abstinence the same way. I heard about “perfect back-to-back” abstinence. This term received the loudest and longest applause. I also heard about the “gray sheet” abstinence, “sloppy” abstinence, “human” abstinence, “moderate meal” abstinence, and abstinence qualified by a host of other adjectives. In those days there often was little if any distinction between *abstinence* and *diet*. Most troubling to me was the unspoken notion that one was worthy in the eyes of OA only if one's abstinence was “perfect.” I began to see people dropping out when they broke their abstinence or if they couldn't achieve the “perfect back-to-back” variety.

The longer I'm in OA, the more convinced I am that there are many paths one can successfully travel to attain the spiritual awakening mentioned in the Twelfth Step. For me, this also holds true for abstinence. At the 1988 World Service Business Conference, a statement on abstinence was adopted that read, in part, “According to the dictionary, abstinence means ‘to refrain from’.” In Overeaters Anonymous, abstinence means to refrain from compulsive eating...” This was not new to me as this was the concept I'd first heard in OA. I think nearly everyone in the program agrees that to be abstinent means that you don't eat compulsively. Where there is disagreement is in the many differing views of what compulsive eating entails. I haven't seen a definition of compulsive eating, nor do I recall any attempt by OA as a whole to address this issue.

To me, compulsive eating (or overeating) is eating to feed my disease—not my body's nutritional needs. Therefore, I am abstinent when I eat to feed my body and not my disease. This concept has become my ideal of abstinence. It is a goal I can never achieve perfectly, nor do I attempt to do so. I don't imagine there is a person alive who eats strictly for nourishment at all times. To be physically abstinent, I only have to follow the food plan I choose for myself each day as best as I am able.

I strongly believe that if food were my sole problem, I would not be a compulsive overeater. Why I turned to food and compulsive eating—that is the basis of my disease. Bingeing, obesity, and eating in secret are but physical manifestations of my disease, which I have come to realize is emotional and spiritual.

Emotionally, I found that my reactions to my feelings—not the feelings themselves—are important components of my disease. Everyone has feelings—that's part of being human. But my reactions to my feelings were usually childish, negative, and self-destructive, and resulted in overeating. Working this program aids my emotional recovery by showing me how to deal with my feelings in a positive, adult, self-loving way. Practicing abstinence is one way to do this.

Spiritually, I believe my compulsive overeating resulted from my building barriers to keep my Higher Power out of my life. Abstinence removes these barriers and puts me in conscious contact with my Higher Power. Perfect emotional and spiritual abstinence is not attainable, just as perfect physical abstinence is not attainable.

## Freedom of Choice (continued)

In OA, we are free to follow any eating plan we choose: if we need a strict, weighed and measured diet, we can have it; if we need to avoid only one specific food, that's what we do: if we need to change our whole approach because of changes in our health or any other aspect of our lives, we make that change. No one in OA disputes another's individual approach to emotional recovery, and certainly there is unquestioned tolerance regarding the choice of a Higher Power. Why, then, is there often encroachment on an individual's approach to physical recovery?

A slogan I heard at my first meeting was "progress, not perfection." I see this applying to food as to every other aspect of the OA program. The more we as a Fellowship take such an approach, the more people will recover. I'm sad to say that I've known some members who gave up on OA and themselves because they couldn't live up to someone else's concept of abstinence. Our responsibility pledge says, "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." It doesn't say, to all who share my food plan or Higher Power or any other aspect of life. All I need to know about a person who comes to OA is that he or she is a compulsive overeater. That tells it all.

In the Big Book story entitled, "He who loses his life," the author makes the following statement about the AA philosophy: "I have seen that there is only one law, the law of love, and there are only two sins; the first is to interfere with the growth of another human being, and the second is to interfere with one's own growth." I hope and pray that OA can adopt that philosophy as its own.

--Overland Park, Kansas USA

*From the OA Book "Abstinence, 2<sup>nd</sup> Edition.*



Thank you Cheryl B. for the following:

### Bounce Back

Are you old enough to remember the Super Ball®? It was a great toy. If you dropped one, it would bounce back almost to your hand.

Abstinence is like a Super Ball®, but better. If you goof, you can bounce back to a better and stronger abstinence.

It's not like a fragile china doll that, if you drop, shatters into a thousand useless pieces.

How many times, in the bad old days before OA, have we said, "Well, I broke my diet so I might as well eat..."? That is typical of the kind of thinking we used to do, when we would go on diets, then "break" them, then abandon them to go back to our old compulsive habits.

You can teach yourself to think about your abstinence like it's the best Super Ball® ever. It can bounce back again and again. It will never get lost – it will always come back to you if you ask for it.

If you make a mistake in your abstinence, you can learn from it and keep going on the path to recovery. I think this is what is meant by "progress, not perfection."



**Please join us for the  
Twelfth Step Within workshop on:  
The Dr's opinion on Food Sobriety  
Saturday April 14, 2018 2:00 – 4:00 PM  
Serenity Club; 3990 Schiff Drive  
Las Vegas, NV 89103  
Brought to you by the Las Vegas  
Overeaters Anonymous Intergroup**

A suggested donation of \$3.00 to cover expenses is greatly appreciated. Literature will be available for sale at this workshop. If you have a large order to place, please contact our literature person at (702) 202-0050 in advance of the workshop.

## LET'S CELEBRATE!

The Friday night 6:30 PM meeting at Solutions Recovery will be recognizing members who are celebrating yearly lengths of abstinence.

Please join us the fourth Friday of every month to see the miracles that abound in our program.

If you have an upcoming birthday please contact Alaina (702) 436-5558 or Liz (586) 552-6730 So we can be sure to have your commemorative coin ready.

Invite your sponsor / sponsee and fellow buddies in program to the meeting to come celebrate with you!

All are welcome

**Solutions Recovery  
29765 S. Rainbow Blvd.  
Suite H  
Las Vegas, NV 89146**



### Goal for the Month: Get the Word Out

One of our goals is to GET THE WORD OUT. One way to do that is to educate medical professionals about O.A. There is a section on the [www.aa.org](http://www.aa.org) website for professionals. (<https://aa.org/newcomers/for-the-professional/>)

Can we tell medical professionals about this? How?

We should all consider this a challenge. All ideas should be brought to the next Intergroup meeting, or sent via your group representative.

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### From the Chair

#### EVENTS:

- Plans are underway for a retreat in California July 20-22.
- There will be a retreat in Mesquite, NV November 2-4
- We are already getting ready for the Region III assembly here in Las Vegas in Fall 2019.

For more information about any of these events, keep reading **Wings**.

#### SERVICE:

1. Committee members needed to help with the 2019 Region 3 Assembly.
2. Every meeting is entitled to send 2 voting representatives to intergroup meetings. If your group is not already sending 2 reps to Intergroup, consider becoming a meeting rep. Intergroup meetings are held at 12:30 PM on the second Saturday of each month, at the Serenity Club.
3. A new chair is needed for the 12<sup>th</sup> Step Within committee. If you are interested, please come to the next Intergroup meeting. Meetings are held at 12:30 PM on the second Saturday of each month, at the Serenity Club.

Thank you all,  
Cheryl B.  
LVOA Intergroup Chair

## Las Vegas Overeaters Anonymous Meeting List

### BOARD POSITIONS

Chair: Cheryl 702-683-1824  
 Vice Chair: Barbara S. 702-883-8669  
 Recording Secretary: BriAnne 702-788-4422  
 Corresponding Secretary: Abbe 702-600-4924  
 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: Hudson 505-307-8900  
 Alt Delegate 2: Bernadette 702-981-3054

### STANDING COMMITTEE CHAIRS

Voice Mail: Abbe 702-600-4924  
 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: position open  
 Web Manager: Laura 801-414-6252  
 Newsletter: Judy 702-901-8594  
 LVOA Fall Retreat 2018: Barbara S. 702-883-8669  
 Region III Assembly 2019: Sheila 775-209-4005

### 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	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	Sheila	775-209-4005	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	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	Amy	702-233-6230	Literature/Speaker
Tuesday	9:30 AM	Keep Coming Back Club	5715 W Alexander Rd	#145	Karen	702-528-7603	OA Steps and / or Traditions Study
Tuesday	5:30 PM	IHOP Restaurant	9651 Trailwood Dr	Community room in rear	Carolyn	702-217-5109	Literature Study
Wednesday	9:00 AM	Serenity Club	3990 Schiff Dr	Room 3	True	702-538-3919	TBD
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	Art	702-547-1915	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	Wendy	702-767-9890	Topic varies. Newcomers as well as experienced OAs welcome.
Saturday	9:30 AM	Lamb of God Church	6220 N Jones Blvd		Liz	586-552-6730	Big Book
Saturday	10:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Genoa	314-799-2345	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.		Lyn	702-501-3865	
<b>SAINT GEORGE, UTAH</b>							
Tuesday	12:00 PM	Alano Club	1025 E 640 N		Patty	801-971-5966	OA Steps and / or Traditions Study
Saturday	10:00 AM	Alano Club	1025 E 640 N	Puzzle Room	Jan	435-574-5105	Big Book, Seeking the Spiritual Path