



Wings

"Another kind of flight. A spiritual liberation"

LVOA Newsletter

June 2018

Submissions Welcome
WingsLvoa@hotmail.com
Please note the new Email
address for Wings!!!

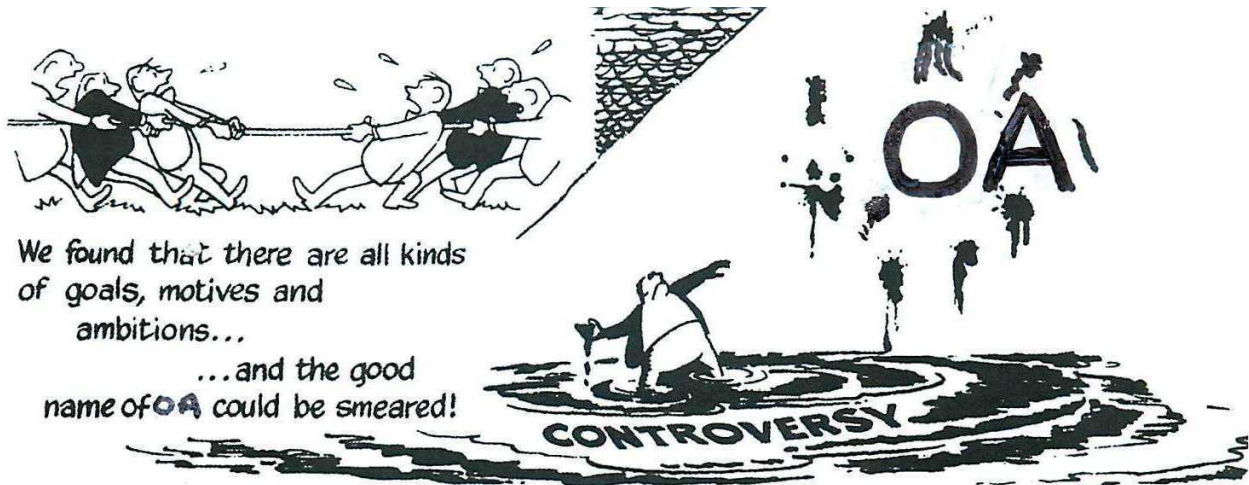
This year, we will be looking at each of the O.A. Twelve Traditions.

The Sixth Tradition

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

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.



Some individual members may found successful clubhouses, fat farms, halfway houses, etc. The enterprises would be run by those OA's and patronized by other members or prospective members.

But money and property would be involved. Therefore, it has proved wise to keep the operation of the facility completely separate from that of any OA group, and to keep "OA" or terms like "Twelfth Step" out of the name.

Toward outside agencies dealing with eating disorders, the policy is "cooperation but not affiliation." A group cooperates, for example by welcoming referrals from clinics or by sponsoring groups in institutions.



OA members employed by outside agencies "wear two hats"---but Tradition Six cautions any such members **against** wearing both at once!

On the job, they may be OA counselors; they are *not* OA counselors. At meetings, they're just OA's, not food addiction experts.

Abstinent from Approval Seeking

It's been ten years since I started abstaining, though I came to OA more than seventeen years ago. My abstinence, of course has never been perfect. In fact, I often question the definition of abstinence, as I question other practices and concepts in OA: Is fat serenity okay? Should OA endorse a food plan? Should abstinence be mandatory before speaking at meetings? Can you still be overeating and absorb the program? Is this really a progressive disease? Is OA the only way to recover? The list goes on and on, and so does the debate.

Ten years ago, I decided that answers and explanations aren't necessary to recover. I sought sponsors whom I respected and tried to incorporate their suggestions into my program. It was, still is, okay for me not to buy everything I see and hear in OA. I have had to find my own way. This is the greatest lesson I learned in OA: to know myself and my weaknesses, to be honest about myself, and take responsibility for the choices I make.

I no longer seek approval from other OA members. My lesson was to learn not to be so susceptible to what others think of me and, in turn, not to judge what other people are doing. They, too, need to find their own way.

It is ironic that the people who adamantly and passionately advocate their positions and ideas in OA are often the ones who later leave the program.

As other members have noted, it does concern me that meetings can get bogged down in extraneous literature, ideologies and psychobabble. The simple, unadulterated Twelve-Step program works, and it leaves a lot of room for individual differences and beliefs. We can all grow in our own ways. Let's keep it simple.

~D.S., Manchester, NH, reprinted from *Lifeline*, 11/97

From you editor---

This article was important to me. My first go-round in OA in the early eighties, I did gray sheet for several months, and lost about sixty pounds. I was shocked when I found out that the women who sponsored me for all this time were no longer doing gray sheet. I thought you were either gray sheet or you weren't abstinent. Period.

I still struggle with the idea of the "Perfect" abstinence. *By that standard, I am far less than perfect.* Hah! That last sentence says it all. If my abstinence, my school grades, my work, my weight, my home, my hairdo, my whatever is not perfect, then I am a failure. I work hard at accepting "good enough." I just celebrated 3 years of current, good enough abstinence. I lost close to 50 pounds, and have been here for over 2½ years. Everything in my closet fits. I am approx. 80# below my top weight. I need to accept that my abstinence is truly "good enough". I try to not compare my abstinence to whatever I perceive your abstinence to be. I can be me.

Yes, the Twelve Steps have greatly improved my life, and for that I am grateful. But I came here because I was fat. My previous weight was a symptom of the disease of compulsive overeating. My current weight is evidence of physical recovery, along with the spiritual and mental aspect of the disease.

At my first OA meeting, I came to lose the weight. I quickly realized the only way in the world this was going to work was to arrest the compulsion, the craving, the binging, the dieting, all of that insanity. I am grateful.





Is it a “suggestion” or a “must” that we not substitute the words “food” for “alcohol” and “compulsive overeater” for “alcoholic” when our OA meeting has a Big Book Study?

OA’s group conscience has decided we should read aloud only OA-approved literature at OA meetings. This includes OA Conference and board approved literature and AA conference-approved literature. Although OA has not reviewed and approved AA literature, we deem their group conscience approved is contents. When we have read AA literature and changed the words, neither OA nor AA has approved that literature.

At OA’s founding, members asked permission from AA to modify its Twelve Steps and Twelve Traditions for use in OA. AA graciously granted that permission. Those are the only things we have the authority to change. AT OA’s inception, no OA literature existed, so the Fellowship used AA’s Big Book, Twelve Steps and Twelve Traditions. To better understand how the AA concepts could apply to compulsive eating, members would often change the words when reading aloud from AA literature during meetings.

Today, AA World Service asks that we respect their literature and group conscience by reading their literature, such as the Big Book, as written, without changing the words.

AA also asks that we read excerpts from their literature in context, which means to read it from the actual literature as printed, not from a typed sheet of paper. Of course, when we share in meetings about the passages we read, we are free to share our experience, strength and hope in our own terms related to compulsive eating. If we want to read only literature that uses terms related to food and compulsive eating, we have a wealth of OA literature from which to choose that doesn’t require changing the words.

It is also a common practice in OA meetings to change the words of OA’s Twelve Steps when reading them aloud. People replace “God” with “Higher Power” and “him” with gender neutral terms, and they add “we” at the beginning of all the Steps. When we make those changes, we are amending the Steps. Our OA, Inc. Bylaws, Subpart B, Article XIV, Section 1 clearly spell out the amendment process. Amendments to the Twelve Steps and Twelve Traditions must be adopted by two-thirds of the delegate at the World Service Business Conference, and that vote must be ratified by three-fourths of the registered Overeaters Anonymous groups responding within six months of notification, provided at least 55 percent of the registered groups have responded. Clearly, no individual member, group, or OA service body can amend the Twelve Steps or Twelve Traditions by themselves because the Steps and Traditions “belong” to all of us.

One could argue Tradition Four allows each group to do what it wants, as long as it doesn’t affect other groups or OA as a whole. True, but we also have Tradition One: “Our common welfare should come first; personal recovery depends on OA unity.” We have Tradition Two: “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.” Concept Two states, in part, “World Service Business Conference is the voice, authority and effective conscience of OA as a whole.”

If I insist upon changing the wording of OA or AA literature to suit myself, I am displaying the same selfishness and self-will that landed me in OA in the first place! As one trustee wrote, “From my vantage point and experience, there is a tendency to mold the OA program of recovery to the molds of individual members and their ways of doing things. I am reminded if my way worked, I would not be in OA or need to be. Obviously, my way did not work. So I am quite willing to work on changing me, which is a challenge, and not try to revamp OA or AA to suit me. When a physician gives me a prescription for treatment of an illness, I am well advised not to make any attempts to rewrite it.”

If I believe OA’s literature needs to be amended, I am encouraged to participate in our collective group conscience by serving as a delegate to the World Service Business Conference. Failing that, I am committed to respecting the group conscience of both OA and AA by reading the literature as it is written, from the original source, without any creative editing on my part.

Yours in service,

--Teresa K, Region Four trustee and chair of the Board of Trustees. Lifeline, April 2012

With my sincere apologies to OA & AA for all the ignorant liberties I have taken with their literature in our newsletter, “Wings”. I will be much more conscientious about what is published.

Also, I hope that all the meetings that study the Big Book will take this to heart, and read it as written, and do not just do away with the book altogether. It is truly about the recovery, not just the particular addiction.

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 NV 89126
 Voicemail 702-593-2945

Day	Time	Name	Address 1	Address 2	Contact	Phone	Special Topic
CEDAR CITY, UTAH							
Saturday	10:30 AM	Cedar City Library	303 N 100 E		Carlene	435-531-3536	Varies
HENDERSON, NEVADA							
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
LAS VEGAS, NEVADA							
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
LAUGHLIN, NEVADA							
Tuesday	10:30 AM	Laughlin Community Church	2910 Needles Hwy		Agatha	702-299-9996	None
PAHRUMP, NEVADA							
Wednesday	1:00 PM	Pahrump Library	W 702 East St.		Lyn	702-501-3865	
SAINT GEORGE, UTAH							
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