



Wings

"Another kind of flight. A spiritual liberation"

LVOA Newsletter

May 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 Fifth Tradition

Each group has but one primary purpose...to carry its message to the compulsive overeater who still suffers.

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.

No matter how DIFFERENT our own personal concerns.....



Every newcomer learns (some of us the hard way) that the business of staying abstinent must have top priority. If we fail at that, we can't succeed at anything else. The Fifth Tradition tells us that groups should remember *their* "One Primary Purpose."

Often, unthinking enthusiasm puts a group off the main track. (One A.A. group, for instance, offered an "expanded A.A. Program" that included helping newcomers to find jobs.) Tradition Five doesn't frown on the individual OA who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about *their* primary purpose. O.A.'s function is to help them get abstinent—then they can find work for themselves.

.....we are all bound by one common RESONSIBILITY

Using discretion, a member may lend a few dollars needed for a meal or gasoline, or may even invite a broke OA to be a temporary house guest. But the OA group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.

Other agencies have sprung up to assume the task of educating the general public on food addiction. That is not our purpose, but these agencies are trying to help the food addict. They are our friends—and Tradition Six marks the boundaries of the relationship.



To carry this MESSAGE to compulsive overeaters

TOGETHER RECOVERY IS BEYOND EXPECTATIONS (TRIBE)

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.....” ^{Step 12}

We, eight compulsive overeaters and ordinary members of Overeaters Anonymous in Las Vegas, Nevada, recently completed the new *OA Twelve Step Workshop and Study Guide*. We found the process to be so transformative in our lives and our recovery that we wanted to share our extraordinary experience with others. It is our hope that others in this fellowship might find the strength, and profound intimate connection, that we have found, for we now believe that “connection is the antidote to addiction”. This is our story...

One Saturday morning last fall, six OA members gathered for a small OA meeting in a small church office for the regular 9:30 meeting. This meeting, however, proved to be no ordinary meeting. We were pleased to welcome a visitor from out of town who shared so excitedly about the new workbook that we decided on the spot to host a committed 16-week workshop ourselves. Each member left that day with an assignment – secure a location, order the workbooks and materials, develop a flyer and announce at area meetings... Enthusiasm carried us far, but we did run into roadblocks – unable to secure a suitable meeting space on the only night there was not an existing meeting, we had some reservations when a member offered to host the workshop in her home. And although we originally believed the ideal maximum number of participants to be 16, the physical constraints of meeting in a home limited the number we could accommodate to 10. In the end these seeming obstacles turned out to be God-shots from the very beginning.

We recruited the maximum number of participants easily within the first week of announcements at area meetings, and sadly had to turn down too many who were seeking help with their program. The initial meeting focused on getting acquainted, planning, agreeing on guidelines for working together and completing the readiness assessment. Our weekly homework assignments were completed prior to each session, and shared with our sponsor, plus another member of the workshop before we reconvened. Each session lasted two hours, covering one step each week, with the exception of step four which took three weeks to complete. In spite of the initial commitments, two members of the workshop had to withdraw for health reasons, but this too turned out to be a God-shot, enhancing the intimacy of group sharing with the smaller number. In fact, the sessions are structured in the workbook for one-to-one sharing, but as the size decreased we opted for group roundtable sharing so no one missed anyone’s experience, and this change greatly enhanced our group bonding.

WHAT WE WERE LIKE – we came into the workshop as eight individuals in varying stage of recovery - some in serious relapse, some coming out of relapse, some “sleeping through” the program, some with incomplete trust in HP, most lacking a sense of urgency about this disease.

WHAT HAPPENED – we worked the program as outlined in the workbook and experienced an end to our isolation through the group sharing in the workshop and the one-on-one sharing outside the workshop; overcame a sense of worthlessness through the affirmation received when we worked the steps, really trusted our HP and shared our defects and our strengths; developed admiration for others and appreciation for the positive feedback received from them – we learned to see ourselves as others saw us, as one member often said to the group “I wish you could see yourselves through my eyes.” We found our TRIBE – friends we can count on, go-to when in need!

WHAT WE ARE LIKE NOW – we ended the workshop spiritually awakened! We are a TRIBE, continuing together and supporting each other one-on-one. One member often told us “you need me...you have me!” Thanks to this deep level of engagement with the program and each other, we are all abstinent, sponsoring, carrying the message, and having fellowship and fun (sharing meals before meetings, bowling, movie nights, with routine outreach calls and texts)! “Recovery is the result of working the OA 12 step program.”

The workshop proved to be a powerful transformative experience for all of us! It was a new experience for most of us to do such an intense, deep dive into the steps in a group. We found the workshop design - the 16-weeks, two hour-sessions,

working with a recovery partner during the week outside the sessions, and use of all the different pieces of literature - helped us stay focused, actually finish, and really energized our programs. If you are considering attending or conducting a workshop, perhaps our experience will prove useful. Here are some observations from our group:

- ✦ We were fortunate to have a member volunteer to lead the sessions that had experience using the workbook with a sponsor; as we all became comfortable with the process others were able to share in the leadership with confidence
- ✦ We found that the smaller number of participants was conducive to more comfort sharing personal experiences and aided the bonding and intimacy of personal connections within the group
- ✦ Meeting in a private home rather than a church or more public meeting space proved to be beneficial to the cohesiveness of the group
- ✦ The hospitality offered by our host (hot and cold beverages, tables arranged for ease of group discussion, availability of tissues, extra pens and program literature) added to our comfort level and connectivity; even the family dog, a loving British Spaniel, greeted us at the door each week, and shared in our meditation time by crunching his kibble (which surprisingly was more heartwarming than distracting)
- ✦ Some of us began using the workbook with sponsees individually or in groups of 2 or 3 and are finding it very helpful as well.

Because of the transformative power of this workshop we strongly encourage others to include it in their program. As noted, it works as well for individuals as it does for groups. The only misuse would be none at all. We hope our experience helps!

By the way, that little Saturday morning OA meeting that initiated this workshop project has since more than tripled in size, and has moved from that small office to the large meeting room next door!

“When you find people who not only tolerate your quirks but celebrate them with glad cries of ‘ME TOO!’ be sure to cherish them...because those weirdos are **your** TRIBE.” Nanea Hoffman

Wendy, Cheryl, Liz, Jan, Chris, Alaina, Courtney and Cynthia

(From your editor: Thank you all for sharing your experience, strength and hope.)

Higher Power works in strange and mysterious ways!

- Last month our primary article was “Freedom of Choice”. It emphasized the point that by practicing “progress, not perfection” one could recover from a slip and learn a lesson as well; it did not have to lead to a binge. Then Cheryl B. submitted an article for submission titled “Bounce Back”, illustrating the same point.
- This month, the front page is about the Fifth Tradition, and remembering our one primary purpose: To carry the message to Compulsive Overeaters. Then I very unexpectedly received by e-mail the above article for publication, quoting the line from the Twelfth Step: ***“Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.....”*** Step 12

Coincidence: I think not.....



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

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
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