



Wings

"Another kind of flight. A spiritual liberation"

LVOA Newsletter

January 2019

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 O.A. Twelve Steps

STEP ONE

We admitted we were powerless over food — that our lives had become unmanageable.

When I came into OA, I met a longtimer I particularly admired. She was slender and energetic. She shared wisdom and love with everyone in the rooms and had an irresistible sparkle about her.

When we passed around the phone list, though, she did something that confused me. In the “Comments” column, she wrote, “Always a beginner!” Why on earth, I wondered, would she claim to be a beginner when she clearly had it all together?

Now, ten years later, I think I understand. We never have it all together in OA. We are always powerless over food and this disease. I can never control it, and I can never manage my life, at least not by myself. The best thing I can do for my recovery is to keep being teachable and follow instructions, like a beginner.

From the example of this member and others, from working the Steps, and from using all the Tools, I’ve learned that a beginner’s attitude as expressed in Step One is a very good place to be. When I remember I am powerless over pretty much everything except my own response in this moment, I can stay abstinent. Here’s how I use Step One every day:

- Every morning when I wake up, before I even open my eyes, I pray Steps One, Two, and Three to remind myself of my true relationship to life and my HP
- When something doesn’t go my way or when life hurts, I remember I’m powerless over it. I am not supposed to control it, so I don’t need to be frustrated or disappointed when I can’t.
- I ask for help and support from anyone at a meeting, no matter how long or short their time in program.
- In OA, I’ve walked through drastic changes in household income, going back to work after twenty years, raising kids, my father’s dementia and death, and kids moving out—all abstinently— by remembering I am powerless.
- As I write this, my elderly Labrador seems to be dying—he hasn’t eaten in days. Since I’m powerless over this, instead of trying to force him to eat, I am doing what I can to make him comfortable. He is peaceful, and I get to feel my sadness and grief without eating over it.

When we pass around the phone list at a meeting, I often write the same thing as that longtimer did, because it works for me: I am “always a beginner.”

— Joan P., Mountain View, California USA

Reprinted from E-Lifeline

FIRST STEP PRAYER:

Dear Lord;

I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.



**We have a new meeting in our valley
Starting Monday January 14, 2019
6:30 to 7:30 PM**

**2585 E. Flamingo Road Suite 5
Las Vegas, 89121 Our Meeting Place**

6:30 PM to 7:30 PM

Never too old or too experienced to learn a new behavior

My compulsive overeating, bingeing and dieting history started when I was 21. I probably was pre-wired to be a compulsive overeater, and that is when I was triggered. Along with that brutal mental, physical and emotional storm came an addiction to the scale as well. Sometimes a friend, usually an enemy. My worth was determined by the numbers.

My large weight gains were fought off ten pounds at a time. Once I hit 150, I struggled to stay below 160, then below 170, and on and on anon. My high and my low were a difference of 100 pounds. I am now comfortably maintaining at an 80 pound net loss. But see? There I go again, putting all this value and/or shame on the numbers.

Somewhere in the 90's it was so bad, my marriage was nearing the end. Hubby and I had another fight and he stormed out the door, got in his car and sped away. I went in the bathroom, shed my clothes and jumped on the scale. I didn't think it at all unusual. I don't even remember what the numbers were, just that I was somehow validated. I was OK.

Fast forward to 6 weeks ago. I was a twice a day scale jumper, had been for years. First A.M. and last P.M. Always in anticipation of what the numbers would be next time. Driving myself insane, I prayed for the willingness to change this behavior.

A trusted fellow at my meeting shared this bit of information: "The scale doesn't mean anything, it is just a spring and a dial. I don't weigh myself anymore". That little nugget gave me a new idea, a new hope.

I weigh once a week now, and it has created a marked change in my eating behavior. When I was doing daily weigh-ins, it was to see if I got away with whatever I had eaten the day before. How much could I eat? Now my focus has changed to just moderate eating. I am learning to rely on the scale as a tool of honesty, not an indicator of my worth.

I thank all of my fellow OAs for showing up at meetings. Your presence is valuable. Thank all of you who share their experience, strength and hope and these little tidbits of information. You don't know when your words, even simple little things, can have a profound impact on another still suffering compulsive overeater. Thank all of you who have hugged me and returned my hugs, I learned early on that hugs are healing. Even a friendly smile can be a warm welcome. We really are all on this journey together, and together we can do what we could never do alone. And the finest words ever:

*Welcome to Overeaters Anonymous,
Welcome Home*

I have read a lot of material today looking for something useful to put in Wings, January 2019 edition. I have read claims from doctors/psychiatrists that there is no such thing as addiction to alcohol, nor food or gambling or drugs, ergo the 12 step programs are useless. That may be the case, I just know I practiced my food addiction to get numb, to not feel, or feel comforted. Excess food and especially sugar do that for me. Alcohol, gambling and drugs didn't do it for me, for others it does. For some of us, any or all of these things will. I spent many years in counseling and on the couch at the shrink. The only thing that has worked for me is the 12 steps of Overeaters Anonymous.

As a prime example of the usefulness of a 12 step program for recovery from addiction, I submit this letter from Dr. Silkworth. God bless the founders of AA, who led the way for all of our many 12 step programs of recovery.

TELEPHONE SCHUYLER 4-0770

CABLE ADDRESS "TOWNSCO"
WESTERN UNION AND A. S. C. S. P.

CHARLES B. TOWNS HOSPITAL
ESTABLISHED 1901
292-293 CENTRAL PARK WEST
AT 69TH STREET
NEW YORK

July 27, 1938

TO WHOM IT MAY CONCERN -

I have specialized in the treatment of alcoholism for many years.

About four years ago I attended a patient by the name of William G. Wilson. Though he had been a competent business man of good earning capacity he was an alcoholic of a type I had come to regard as hopeless.

In the course of his third treatment he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation he commenced to present his new conceptions to other alcoholics impressing upon them that they must do likewise with still others. This has become the basis of rapidly growing fellowship of these men and their families. This man and about one hundred others appear to have recovered.

I personally know thirty of these cases who were of types upon which other methods had failed completely.

These facts appear to be of extreme medical importance. Because of the extraordinary possibilities of rapid growth inherent in this group these events may mark a new epoch in the annals of alcoholism. These men may well have a solution for thousands of these situations.

You may rely absolutely on anything they say about themselves.

Very truly yours,

W. D. Silkworth M.D.
W. D. Silkworth, M. D.

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: Cheryl R. 719-205-4899
 Board Advisor: Hester 206-463-1631
 Delegate 1 (Region III): Sandie 702-202-0050
 Delegate II (WSO): Mary R. 702-788-1323
 Alt Delegate 1: Hudson 505-307-8900
 Alt Delegate 2: Bernadette 702-981-3054

STANDING COMMITTEE CHAIRS/CO-CHAIRS

Voice Mail: Abbe 702-600-4924
 Literature: Sandie 702-202-0050
 Meeting Lists: Cynthia 702-545-5853
 PIPO Committee: **Art** 702-547-1915 & **Angie** 330-360-2444
 Ways & Means: Hudson 505-307-8900
 12th Step Within: Cheryl R. 719-205-4899
 Web Manager: Sheila 775-209-4005
 Newsletter Judy 562-686-6819
 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

Meetings can be changed or cancelled
 Please call the meeting contact number before you come

Day	Time	Name	Address 1	Address 2	Contact	Phone	Special Topic
CEDAR CITY, UTAH							
Wednesday	7:00 PM	Cedar City Library	303 N 100 E		Jennifer	435-531-2859	Meeting is sometimes cancelled. Call contact to confirm.
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	Room 101	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	702-335-8543	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, Gate Code 62666	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	Suite 10 Room 3	True	702-538-3919	Varies
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	Las Vegas Center for Spiritual Living	4325 N Rancho Dr	Suite 110 (Right side of Northbrooke Bus Cntr)	Carmen W.	847-489-8939	Varies
Thursday	6:30 PM	Solutions Recovery	2975 S Rainbow Blvd	The Healing Room	Andrea	702-601-1006	Recovery from Relapse
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	Corner of 215 & Jones	Courtney	702-606-8908	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	Puzzle Room	Patty	801-971-5966	OA Steps and / or Traditions Study
Saturday	10:00 AM	Alano Club	1025 E 640 N	Puzzle Room	Jan	435-574-9105	Big Book, Seeking the Spiritual Path