



Wings

"Another kind of flight. A spiritual liberation"

LVOA Newsletter

February 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 Traditions

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.

Five or six years ago, I was involved in OA service work within my region. To aid my interactions with the personalities I encountered, I read recovery literature on Tradition Two.

Over time, it slowly occurred to me that this Tradition was inviting me to have a relationship with a loving Higher Power. It came with the awareness that I was still carrying false core beliefs about a punishing, judgmental, demeaning God.

My new awareness from Tradition Two infiltrated my Step Two experience. I came to believe in the good, and my Higher Power restored in me the ability to see the good in every person, place, thing, and situation. If I was unable to see the good, it was not because of the absence of good, but simply a reflection of the limitations of my human thinking.

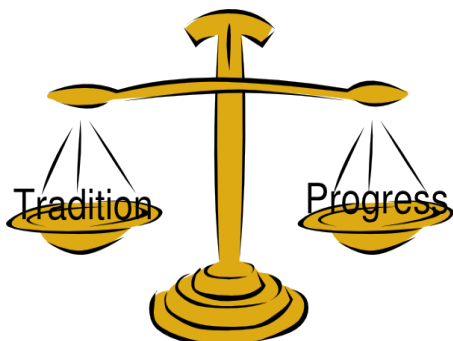
More recently, I once again dealt with a personality in service work. After many years of practicing spiritual Principles, my reaction was significantly less intense than before. Yet I was having a reaction.

One morning during prayer and meditation, I asked my Higher Power to allow me to see the ways this personality was acting lovingly. My loving Higher Power gently reminded me to see it all as love. What my Higher Power knew, and what was slowly dawning on me, was that I had set up a judgment: I was right and this person was wrong. This judgment was underlying my reactions toward this personality and, thus, our interactions. By seeing it all as love (every aspect of this person's behavior and not just the parts that I thought were loving), I was able to re-frame the behavior in a new light, which allowed love to flow through. Love truly is the answer!

Thank you for allowing me to share. Love, peace, and blessings to all!

— Atiya M.

Reprinted from OA Lifeline



The Twelve Steps of Overeaters Anonymous are to protect me from myself.

The Twelve Traditions of Overeaters Anonymous are to protect Overeaters Anonymous from me.

More on Tradition Two

No one runs OA. That's what Tradition 2 reminds us of. It also reminds us that we should make decisions that affect our group purpose carefully. When it comes to matters of carrying the OA message to still-suffering food addicts, there may be ten, fifty, a hundred or more Higher Powers represented in the making of a single decision. Our group conscience, then, arises from the commonalities among the spiritual direction we each receive as we discuss an item of business. And dissent is good for OA, so long as it comes from a spiritually guided place.

In the Twelve and Twelve, Bill Wilson goes to great lengths to encourage groups to hear every voice, especially dissenters. Often those seeming contrarians save the day with a simple question or statement that catches the larger body off guard. While the rest of us are already steaming along mentally toward dramatic, positive results that leap quickly into the view of our mind's eye, our contrarian friend spots a tragic flaw in our plans. Perhaps they have experiences that suggest unintended consequences the group hadn't yet identified. Or they recognize where our designs may compromise one of the Traditions and make us less effective at working on our primary purpose.

We addicts range from the overconfident man whose big ideas and sureness mask a squishy self-esteem to the mousy wallflowers who dare not speak lest their inner doubts take root in someone else's mind. We are prone to the same social dynamics that all organizations are. Groupthink, follow-the-leader, squeaky-wheel syndrome, circular decision making. All the familiar thinking that leads to bad decisions out there are present in OA. But unlike the outside world, we trust and rely on the God of our individual understandings as a check on our worst tendencies. Whereas outside of OA, we might feel the need to silence dissension as a matter of time, efficiency, or simple ego, inside OA, we must listen to it because *every one of us is an equal in Overeaters Anonymous*. None of us has a superior Higher Power than another. We are not leading monocultural prayer groups, we're getting the message out to those affected by our illness.

But dissent can be a burr in the saddle of a smooth-running organization if it comes from a place of pride, ego, or attention-seeking. We are encouraged in OA to decline taking part in the fights that used to fuel our anger. We are encouraged to be humble and not lord our mastery of logic and persuasion over others. We are encouraged to seek freedom from self-seeking behaviors and avoid the high associated with capturing the eyes and ears of others. We don't argue to argue or to stand out.

We must always carefully weigh our motives in speaking up whether in favor or opposition to the matter at hand. We must always monitor whether we are trying to play the hero or the spoiler rather than listening to our spirit. And we must do what the Serenity Prayer suggests and find the wisdom to know the difference between our inner voice and our Higher Power's voice. But especially in dissent, we must take care that our position is carefully presented to avoid judgment, take-it-or-leave-it language, or anger. Just as those who respond to us should do.

So long as we take our Higher Power's suggestions, it'll be OK.

Seacoast OA Tradition of the month, 2/12/17

The first meeting of the new Monday Night OA meeting was a success, with 10 people showing up, four existing OA members, and six newcomers. The meeting was full of heart and gut honest sharing. We would love to see more OA'ers show up. Our format is a book study, now working with the OA 12 & 12 from beginning to end. Each member will read one or two paragraphs, then there will be comments on the portion just read. If there is time left after the reading, there will be open pitching.

Our Meeting Place
2585 E. Flamingo Road, #5, LV 89121
6:30 PM to 7:30 PM

*To those who attended the OA Birthday Party in Los Angeles,
What did you take away from the experience?
Please share it here for the rest of us!*

Speak Up

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

A group is made up of individuals, each of us charged to carry the message. So often, I see members unwilling or too shy to share, it is a pity. Alcoholics Anonymous was founded in the fall of 1935. Rozanne S. founded Overeaters Anonymous in January of 1960. I joined OA in 1981.

The thought has occurred to me that I am carrying the same messages that started 84 years ago, changing somewhat with the times and new modes of communication, but still the same message that with the Twelve Steps and the fellowship, recovery is possible. The thought that I have probably not uttered an original word has also occurred to me. I mostly parrot recovery ideas that started long ago.

I believe that every one of us has dealt with some of the following: Great loss, death of loved ones, the pain of growing up in a dysfunctional family, abuse, shame, fear, anger, resentment, addiction, feeling not good enough, illness, chronic pain, on and on anon. In just the last few weeks, I have seen the value in the casually tossed off comments. Sometimes our difficulties lie simply in the minutiae of daily life, the little nagging problems. Some recent gems....

1. A few weeks ago a fellow member tossed off a casual comment about the uselessness of the scale. That prompted me to pray for the willingness to give up my double daily scale jumping addiction. I found the willingness by talking to a couple of other members and I am down to once a week. Maybe the numbers still mean too much to me, but it is no longer a daily torture. I want the physical recovery promised and the scale is my evidence.
2. Last week a newcomer cried out her pain at her inability to stop bingeing, the pain of powerlessness. Not a message of recovery, but hopefully a beginning for her. Also a reminder for me that I do not want to go back there. A tool to help keep me a step away from that first compulsive bite.
3. Recently a usually silent member spoke of the loss of a family member and the pain of it all. I feel like I know this person a little better now, and I have a lot more compassion for him. The hugs will be more freely given. Hugs are healing for the hugger as well as for the huggee.
4. A member opened her mouth with the admission she had nothing to say, let's just see what comes out. Turns out it was the need to tell someone something that was sure to cause hurt feelings. Again, daily minutiae, but something to be dealt with. I am facing a similar situation, and it helps just not to feel alone in this world, others are dealing with the same thing to the best of their ability.

Then of course, there are still the larger messages. When I have something to say to another member that may help with a problem they are dealing with, it is usually something that was shared with me by someone in the past. The message just keeps getting paid forward. The message started in 1935. Keep the message going. Share at meetings. So we may get to know you, and you may get to know us a little better. It all adds up to just not being alone any more.

**Together we can do what we could never do alone.
Welcome to Overeaters Anonymous. Welcome home.**



Save the date

OCTOBER 11-13, 2019

What: Region III OA Assembly
(business meeting/convention)

Where: *Palace Station Hotel and Casino*
Las Vegas Nevada

Theme: "Welcome Home"

(Meetings, workshops, speakers, entertainment, recovery)
Who: OA participants from **Region III (Nevada, Colorado, Utah, Arizona, New Mexico, Texas, Oklahoma)**

MORE TO COME

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

www.lvoa.org
 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 | | | | | | | |
| 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 | 6:30 PM | Our Meeting Place | 2585 E Flamingo | Suite 5 | Rose Marie | 702-782-9543 | |
| 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 |