



Wings

"Another kind of flight, A spiritual liberation"

LVOA Newsletter

July 2019

Submissions Welcome
wings.lvoa@hotmail.com

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 OA Twelve Steps

STEP SEVEN

**Humbly asked him to
remove our shortcomings.**

STEP SEVEN SAVE

My favorites among the literature are *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* and the AA *Twelve and Twelve*. Both books have helped me, especially with Step Seven. I struggle so much with the character defect of pride, and I find the antidote in the Principle of Step Seven: humility.

Before OA, I didn't even know how to define humility, much less "work it." Now, almost every day, I say, "Humility is simply awareness and willingness." That information is straight out of the Step Seven teaching in the literature.

I'd thought humility was something so different! I'd thought humility was something you either had or didn't, and I certainly didn't. Now I see: as I surrender in Step Three (not a one-time surrender, a daily surrender), God gradually and graciously teaches me and gives me a growing awareness, a growing "as-needed" willingness, and a corresponding, slowly-expanding capacity for humility. Progress, not perfection

— Edited and reprinted from Common Bond newsletter, Western Michigan Intergroup, May/June 2014

Humility and Step Seven

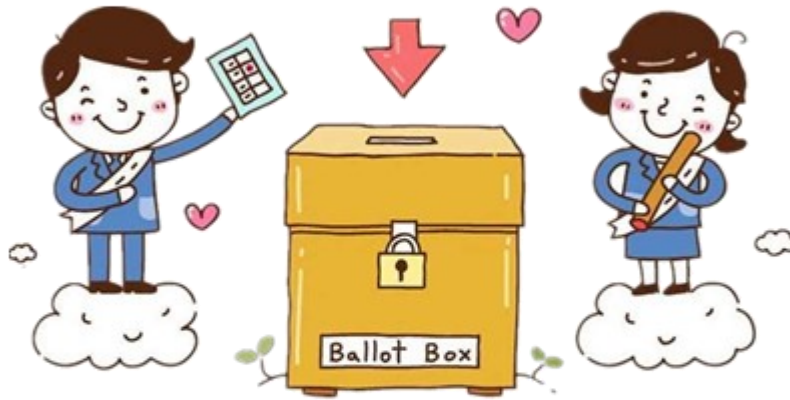
I wanted to be humble,
But then it came to me
That surrendering my defects
Would be too hard for me.

I turned to God for help
To rid myself of these.
With gentle revelation
Each defect became clear.

Opening fists let them go:
Self-righteousness was one,
Self-pity, jealousy, judging,
Gossip, and shame as well.

The list may yet be longer
But in its place, I see
Serenity, peace, and joy—
Sweet gifts have come to me.

— Elaine G., New Zealand
from-oalifeline.org



ELECTION RESULTS

Elections for our Las Vegas Intergroup were held during the last Intergroup meeting in June. Almost all of the positions were open due to the people in the positions being at their term limits. We look forward to working with and supporting the new people in their rolls as they serve the intergroup.

Chair: Barb

Vice Chair: Cheryl B

Treasurer: Cher R

Recording Secretary: Alisha

Corresponding Secretary: Karen S

Delegate 1: Mary

Delegate 2: Carole C

Alternate Delegate: Hudson

Alternate Delegate 2: Bernadette

Board Advisor: Linda

Voicemail Chair: Alicia

Literature Chair: Hester

Meeting List Chair: Julie

PIPO chair: Art

Ways and Means Chair: Hudson

12th Step within Chair: Cynthia

Web Manager: Joy C (willing to do the work, but will not be able to attend Intergroup regularly. Group voted to approve.)

Newsletter Editor: Kathi-Ann



Welcome Home



It's almost time

for the 2019 Region III Assembly/Convention

October 11-13 at Palace Station Hotel and Casino, 2411 W. Sahara Ave.
Las Vegas NV 89102, <https://palacestation.slv.com/>

We want every OAer to be part of this event, and to get really involved--today. How can you get involved? Well here are some things you can do:

- ◆ Register for all or part of the weekend online using PayPal at www.lvoa.org, or using the **trifold flier** produced by the LV intergroup planning committee. **Checks can be made payable to Las Vegas intergroup.** Fliers are available at OA meetings.
- ◆ Make your hotel registration at 800-634-3101 and refer to promotion code **"PCIOEN1"** for the special rate.
- ◆ Purchase a blue **souvenir tee shirt** for **\$15 or \$18**, depending on size. The t-shirt shows only the outline of the "welcome home" logo shown above.
- ◆ Purchase **raffle tickets** at any meeting for this beautiful Recovery quilt being auctioned (pictured at right)
- ◆ As a meeting put together something for the **raffle at the convention**. This can be anything from a gift basket to a gift card, homemade or store bought.
- ◆ **Donate to the scholarship fund** at your weekly meetings to help someone attend all or part of the event that otherwise would not be able to attend. Depending on need and availability, donations may be used to cover hotel or convention registration.
- ◆ Attend upcoming **"planning meetings"** at which final arrangements are being made. We need all hands on deck to stuff convention tote bags, assemble materials to go into the bags, make purchases for the group as needed, and a variety of crafting activities.
- ◆ Let the committee know if you can help at the convention by assisting in **set-up, greeting, hugging, helping at the raffle, literature or sales table**



If there is another way you'd like to help that was not mentioned above, please let us know. We want to use your gifts and talents

Contact Art at 702-547-1915/702-218-5272 or Cheryl B. at 702-386-1824/cherab@cox.net, or any member of the LV intergroup about anything related to Assembly/Convention activities

*****LET'S MAKE 2019 THE BEST Region III ASSEMBLY/
CONVENTION EVER!!!*****

Las Vegas Overeaters Anonymous Meeting List

BOARD POSITIONS

Chair: Barbara S. 702-883-8669
 Vice Chair: Cheryl 702-683-1824
 Recording Secretary: Alicia 702-574-2207
 Corresponding Secretary: Karen S. 702-528-7603
 Treasurer: Cheryl R. 719-205-4899
 Board Advisor: Linda E. 702-738-2215
 Delegate 1 (Region III) Mary R. 702-788-1323
 Delegate 2 (WSO): Carole C. 530-755-6123
 Alt Delegate 1: Hudson 505-307-8900
 Alt Delegate 2: Bernadette 702-981-3054

STANDING COMMITTEE CHAIRS/CO-CHAIRS

Voice Mail: Alicia 702-574-2207
 Literature: Hester 206-463-1631
 Meeting Lists: Julie 725-465-3222
 PIP0 Committee: Art 702-547-1915 & Angie 330-360-2444
 Ways & Means: Hudson 505-307-8900
 12th Step Within: Cynthia 702-545-5853
 Web Manager: Joy 702-767-9890
 Newsletter: Kathi-Ann: 434-515-2644
 LVOA Fall Retreat 2020: position open
 Region III Assembly 2019: Sheila 775-209-4005

CONTACT US

www.lvoa.org
 Las Vegas Intergroup
 PO Box 28377
 Las Vegas NV 89126
 Voicemail 702-583-2945

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	Sandra	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		Alpha	702-861-1660	Varies
LAS VEGAS, NEVADA							
Sunday (begins 3/17/19)	10:30 AM	The Meeting Space	6115 S Rainbow	Suite 106	Alaina	702-436-5558	Big Book Study
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	6:00 PM	Trinity Methodist	6151 W Charleston	Room 9, Gate Code 76377	Kate	702-480-8674	OA Steps and / or Traditions Study, Workbook Study
Thursday	9:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Art	702-547-1915	Step Study
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	Literature Study
Saturday	9:30 AM	Lamb of God Church	6220 N Jones Blvd	Corner of 215 & Jones	Jan	702-675-0175	Big Book
Saturday	10:30 AM	Triangle Club	4600 S Nellis Blvd	Annex Bldg	Genoa	314-799-2345	Literature Study
Saturday (2nd Saturday in 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
Saturday	5:30 PM	The Meeting Space	6115 S Rainbow	Suite 106	Ruth	702-884-0429	Literature Study/ Speaker wk 4
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.	Big Horn Room	Lyn	702-501-3865	Varies
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

Revised: 7/16/2019

Send corrections to Julie: julieatregub@hotmail.com

Note: Bold formatting in meeting details indicates changes from previous LVOA Meeting List disbursed at Intergroup