



Wings

LVOA Newsletter

August 2019

Submissions Welcome
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Articles in this newsletter are chosen by the editor, and may or may not be OA approved

"Another kind of flight, A spiritual liberation"

This year we will be looking at each of the OA Twelve Steps

STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

Step Eight: Admission and Prayer

Step Eight asks me to own up to who I am in relation to other people and myself.

Working with a sponsor helped. I returned to OA after a relapse, during which I quickly gained 40 pounds (18 kg). After a suicidal crisis, I realized I would slowly eat myself to death if I continued. I received the gift of desperation and was willing to go to any length to recover from this disease. I asked someone who had what I wanted to sponsor me.

After Step Seven, my sponsor suggested I review my Fourth Step to look for anyone I had harmed. I wrote down their names and the reasons why I needed to make amends to them. The first half of Step Eight was an opportunity to name those I had harmed and why. It didn't matter if someone had harmed me; I only needed to identify the people I had harmed. I recently considered several people I used to sponsor. It wasn't easy to admit I had been controlling and arrogant towards them. When I did admit I had harmed these people, relief filled my heart.

I needed to put my own name on the list—"we have also damaged ourselves with our self-destructive thinking, eating, and living habits". I damaged my body by compulsively over-eating, starving, overexercising, and denying my excess weight. I lived in isolation, fear, self-pity, and resentment. I wrote my name on the list, although I had no idea how I would make amends to myself. That was part of Step Nine, and I wasn't there yet.

The second half of Step Eight involved becoming willing to make amends to those I had harmed. "It might help us to remember that our purpose in doing step eight is not to judge others, but to learn attitudes of mercy and forgiveness". My sponsor suggested I pray for anyone I was unwilling to forgive. I prayed for each person to have health, prosperity, and joy, although I still felt angry. After praying for one particular person every day for a month, I felt a wave of forgiveness flow over me. The God of my understanding helped me see this person as a lovable child of God, who, just like me, was doing one's best with what had been given.

I prayed for each person on my Step Eight list and asked God to forgive me too. Then I was ready for Step Nine.

— Edited and reprinted from *The Transformation newsletter, Central Ohio Intergroup, August 2011*

Wake-Up Call

I have been in OA for four and a half years. I lost 50 pounds (23 kg) and have many years of abstinence from sugar, white flour, and other binge foods.

I was brought up by compassionate parents. My father taught me to care about people for their hearts and minds and not to steal or lie. We went to church, but organized religion did not sink in with me. I have a spiritual life, not a religious life, and I care for others.

I have not had a spiritual awakening since coming to OA, but I have had a profound emotional awakening. When I did my Fourth Step with my sponsor, I wrote out my resentments about abusive people from my past. I realized I carried a belief that these people needed to wake up, realize they had hurt me, apologize, and perhaps send money to make up for their meanness. I carried these resentments for forty-five years and behaved as a victim, expecting people to rescue me.

My sponsor asked, "What is your part in it?" It was the most profound question I had ever been asked. Since I wanted the recovery my sponsor had, I examined all of what was my part. I realized I had carried this victim role for decades. I was unassertive, afraid, and thankful when mean people didn't hit me. I had no control over being abused as a child, but I did have control over carrying victim behavior into the future. My lack of assertiveness and blame of others was making me miserable, and I had a wake-up call when I did my Fourth Step with my sponsor. People still hurt me, but I try not to leave a situation without speaking up for myself. I do not want to leave playing the victim, nursing my wounds, and taking the feelings home with me to turn over a thousand times in my mind. If I do, I will eat over it. Thank you, HP, my sponsor, and OA for this emotional and psychological awakening.

-Ali (reprinted from Lifeline April 2015)

MEETING NEWS

Stepping to Save Lives

Looking for an intimate OA meeting where you can concentrate on studying and working the 12 Steps each week? Come to the **Thursday 9:30a.m.** meeting at the Triangle Club. Each week a small group immerses itself in the steps and extensively shares experience, strength, and hope with one another. The step that is studied is the always the current month—12 months, 12 steps.

Although this meeting has existed for years, participation has been steadily dwindling. Yet in addition to locals, there are often out-of-towners from other states and as far away as Asia, looking for such a meeting, who have shown up there.

The spirit of the meetings is lively and enthusiastic. For literature we use the Big Book of AA, the AA 12 and 12, the OA 12 and 12, Voices of Recovery and For Today.

If this sounds like the kind of meeting that can help advance your recovery program, please join us. The Triangle Club is at **4600 S. Nellis Blvd** (between Billman and Sun Valley on the east side of the street with the entrance and parking behind the building.) You will be more than welcomed.

Contact Art for more information, 702-547-1915

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