



# Wings

LVOA Newsletter

September 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 NINE

**Made direct amends to such people wherever possible, except when to do so would injure them or others**

### Skype's No-Limit

As a compulsive eater, I need to ask my Higher Power to guide every aspect of my life. The littlest thing can easily tip me off-balance. Lately, my home renovations resulted in impulsive online purchases. I've been asking God for help with curbing this behavior, and the other day I was presented with an opportunity to do so. Let's call her Skype.

I was rushing to a supermarket to pick up a few items when I noticed a woman pulling items out of a clothing-donation bin. With her dirty clothes and belongings packed up on her bike, she was clearly homeless. I was struck by how closely she was examining the items she was taking out of the donation box. She wanted quality and attractive items, just as anyone would.

Despite my tight schedule, I whipped my car around to ask her what she needed and whether I could take her shopping. Together we spent an hour in the store, picking out clothes, food, and toiletries. She mostly bought the essentials: underwear, socks, toilet paper; but one item on clearance, a crocheted vest, made it into the cart. Skype obviously loved it.

I've thought a lot about that crocheted vest...if our roles were reversed, would I have picked out such an item? It certainly wasn't a need; it wouldn't keep her body covered or keep her warm. It was an accessory item. But this shopping trip was not about asking questions or casting judgments. In fact, it was an exercise in acceptance and tolerance as she shared with me some details of her life that surely contributed to her homelessness. God wanted me to step outside myself for once and spend a full hour saying "yes" to another person.

Because I used this as a charitable donation toward paying off some lingering debts (part of my Ninth Step), I did not put a cap on how much she could spend. The total was \$113. That's what it took to purchase all the essentials Skype could think of. I spent more than that on groceries for my family last week.

Through this experience, I realized how often there is self-seeking in charity. Oftentimes, a little part of me wants recognition—a tax write-off, a thank-you gift. If I were to picture a perfect version of this scenario, it would have felt more like shopping with a sister or lifelong friend. I would have made a meaningful connection, shared laughter, and been showered with gratitude. Instead, I paid for Skype's cart, said "Nice to meet you," and went on my way, most likely never to see her again.

I'm grateful for the chance to do something for someone with no personal reward. But as much as it feels like it's not about me, I still got something out of it in the end. Through this experience, I paid off some debt toward my Ninth Step, took action against my character defects, felt God working on my heart, and maintained my abstinence for one more glorious day.

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

## “What’s Next God?”

We plan and God laughs. I love that saying and remember it when things go sideways in my life. It helps me through those times when I think I have it all under control, only to find that I'm not even close. My hopes and dreams before program were never as good as the reality I've been able to live. And the outcome is something that I would have scoffed at if I had been told 35 years ago what would happen and how I could adapt. I remember when I was flying, thinking "I can do this for the rest of my life and be happy." That didn't happen. Then I remember thinking 'I could be a studio potter for the rest of my life' and that changed....and now I'm in a job that is totally different than I ever imagined and am grateful to have a job that I do love and think 'Ok...what's next, God?' I don't presume to know what will happen or what the next chapter of my life will be. But I know that I'll just keep doing the next right thing and living the most honest life I can, working the steps and being grateful for the lessons I get to learn. Living one day at a time, experiencing what this day has to offer, being aware of God's presence in my life. And remembering that I am responsible for what goes in my mouth and what comes out of it. And as my first sponsor once said "Put down your fork, trust God and clean house." I love the simplicity of that statement.

*-Billye (Las Vegas, NV)*



*Your battle  
scars are what  
make you  
beautiful.  
Wear them with  
pride.*



Your Online Counsellor

## The Scars Make Us Stronger

I was sitting in a meeting and noticed that the tables are covered with scars. There is scarcely a handspan anywhere without a gouge or peeling veneer. But the tables are strong. They will continue to serve their purpose for many years, or maybe even for decades.

What about the people sitting around the tables? There isn't a soul here who isn't just as scarred as the tables.

Doctors tell us that a scar is stronger than the original skin. Likewise, the place where a broken bone has healed is the strongest part of the bone.

So, the people in this room function with grace and love, despite their problems. These are the strongest people I know, and the scars only make them stronger.

*-Cheryl B. (Las Vegas, NV)*

# IT'S HERE!!!!

## 2019 Region III Assembly

**October 11-13**

**Palace Station Hotel and Casino, 2411 W. Sahara Ave. Las Vegas NV 89102**

It's not too late to register!!!! Go online to [www.lvoa.org](http://www.lvoa.org) to use the online registration form

Register for a room at Palace Station Hotel and Casino. Make your hotel registration at 800-634-3101 and refer to promotion code "PCIOEN1" for the special rate.

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. Please include a list of items in the gift baskets.



Let the committee know if you can help at the convention by assisting in **setup, 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

*Welcome  
Home*





# Abstinence

## What is Abstinence in Overeaters Anonymous?

Current Definition:

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.”

**Keep  
Coming  
Back!**