

Serving Spokane, Northeastern and North Central Washington
and the Northern Panhandle of Idaho.

Hope, the Silent Engine

I have learned that I must do my part daily, to the best of my ability, with the help of my Higher Power. I know recovery is one day at a time (sometimes it has seemed even shorter!), and I have learned to start over immediately when I slip. I cling to faith in my OA program, which gives me hope for today. Hope is the silent engine that powers my recovery so long as I do my part and strive to live in the "sunlight of the Spirit" (*Alcoholics Anonymous*, 4th ed., p. 66). Hope is a close sister to love (it was in the love of the group that I found hope) and a vital companion for life. We will face challenges, heartaches, all kinds of misfortunes—that is life—but we are supported by a God who loves us and fills us with hope. We can do better. We can be better. We can help others, and we can help our world, so lacking in hope, by our own experience and conviction that life is a gift to be treasured, valued, and shared. Service is a gift of our belief. We help each other, and we all grow. *Anne M., Henrico, Virginia USA*

I choose a disciplined approach because I made a deal with God that I would do my share to maintain a level of honesty and integrity. This allows me to trust my instincts and my intuition, two things I lost when I was eating compulsively. If I'm not devoted to getting the details right, then I'm just being lazy, especially considering what a mess I was before OA saved me. I was immature and selfish before I came into program. Today, I expect more than a quick fix for my feelings. Today, I exercise my free will to choose a thorough and painstaking approach to effectively deal with my disease. It's not easy, but it is simple. *Neil R., Baltimore, Maryland USA* Edited from *Choosing a Discipline: Lifeline, A Meeting on the Go*, Computer Edition Posted on April 1, 2020

The most challenging part of my recovery presented itself when I was a year abstinent. I came in touch with a new layer of delusion that scared me at first, but my recovery was already shaking years of ingrained misconceptions and old beliefs. God was asking me to surrender more. At the beginning, I was asked to surrender the externals I was clinging to, the ones that made me feel safe. But then came the surrender of other, more sophisticated safety mechanisms, ones that were showing up in the way I had developed love and connection with others. Things like busyness started showing up as problematic and obstructive of my connection with God. Letting go of doing too much led to pockets of time where I was faced with a new feeling: boredom. Who am I if I am not doing something? Am I of true value if I'm not helping someone? When I came to the realization that God loves me whether I do something or don't, I had to surrender the fear of not having validation from others that I was good enough. A new journey started.

*I have a disease
that tells me I
don't have a
disease.*

What is the difference between a food plan and being on a diet? When I used to diet, being "on" the diet was only about the food. Diets never included other compulsive behaviors. My food plan requires me to report my food to my sponsor. Yes, some diets recommend keeping a food diary, but I never reported food, certainly not with the consistency that I do now. I think of my food plan as more than being a diet that I will be "on" and someday when I reach a certain weight, I will be "off". For me, my food plan is more than being on a diet. It is not something that I will someday be "off". My food plan will to change over time - my body changes with age and my disease plots against me. But I will always have a food plan.

Remember to keep our ego in check
Today's peacock is tomorrow's feather duster.



Questions to consider

- *Do I want to go back to the isolating? No.
- *Do I want to go back to hiding food from my family? No.
- *Do I want to go back to the humiliation? No.
- *Do I want to go back to the physical pain of obesity? No.
- *Do I want to go back to the fear that I'm going to drop dead because I'm so overweight? No!
- *Do I want to go back to the loneliness? No!
- *Do I want to go back to the shame? No!

Then I will keep coming back because my life is so much better when I am with other compulsive overeaters who understand the power this disease can have. This disease is trying to discourage me. I won't let it! Together we get better. Thank you, God. Thank you to all who have loved me until I could love myself. Anonymous

If you are as seriously alcoholic as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help. This we did because we honestly wanted to, and were willing to make the effort.

Step 12 says, “Having had a spiritual awakening as the result of these Steps, we tried to carry the message to other compulsive overeaters and to practice these principles in all our affairs.” Lasting recovery happens, in my forty years of experience in OA, when I follow the suggestions outlined in the 12 Steps through action and substitute them for the irrational behaviors of compulsive overeating. I sponsor “to give back what has so generously been given to me” from previous sponsors as loving service. I try to pour all the love, acceptance, and encouragement that every previous sponsor has freely given me, to newcomers; to those in relapse; to those emerging from relapse; or to those who just want to try a new sponsor. I am enriched in the process, my program gets strengthened, and my recovery deepens. I sponsor to practice listening, to my Higher Power and my own sponsor for guidance and direction, besides listening to the sponsee. Checking in with HP and my sponsor helps keep me accountable and reminds me that I am not in control or in charge of the sponsee’s recovery. All I can do is offer my “experience, strength and hope.”

Kate F Central Mass IG

Like the GPS, I believe God is constantly recalculating our lives to provide us with the best life possible. How can there be only one “will” for me, when God knows I make mistakes? Instead, God tries to help me by putting new reminders, new people, new ideas, and new opportunities in my path when I’m on the wrong road. How many times have I willfully done something out of anger, spite, resentment, or stubbornness (like moving the sofa on my own), when I knew it was the wrong thing to do? And yet God comes along through my Overeaters Anonymous program or through others—in a meeting, in literature, in something someone says—to show me I can fix the situation by making an amends, seeing a doctor (if I’ve hurt myself), asking for help, or returning something. God recalculates my needs and offers me a way out of my self-willed detours by providing the opportunity of a new road to follow.

Virginia Edited from *Recalculating the Route* Posted on April 1, 2020 on *Lifeline A Meeting on the Go*



Third Step Prayer

“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

Alcoholics Anonymous, 4th Edition p. 63

It's not always easy to remember that each of us arrives at recovery through our own efforts. I get out what I put in. The more I participate in the fellowship of the program, sharing at meetings, sponsoring others who want what I have to offer and giving service to my group and Intergroup, the more I am doing my part to carry the message and to reach out to those who need to feel loved and supported in order to find their way.

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

Alcoholics Anonymous, 4th Edition p. 24

For today, God is showing me that I am enough and that he loves me just because I am. I am a gift to the world and have been gifted with the ability to connect to the Power. Thank you, God, the Fellowship, and this OEA Twelve Step program for sharing the discovery of what unconditional love is. Anonymous



*A new day,
a new beginning.*

WE STAND—OR FALL—TOGETHER . . . no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone.

ALCOHOLICS ANONYMOUS, p. 561

Humility is not in the thinking of yourself more but in the thinking more of yourself less often

Anonymous

I can take responsibility for mistakes and character defects by being honest (and not judgmental) with myself and by asking my Higher Power for love and guidance and to help me surrender them to Him/Her. The change in me, which indeed does occur, has shown me once again that the secret of success lies in surrender. For today I an ask my Higher Power for awareness of myself, along with the willingness to surrender and to let me be as I am supposed to be. Voices of

Recovery p 59

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

I was told I had to forgive all the people who had harmed me, even the ones I was not going to make amends to because they had hurt me, and I had no part in it. I said no way on earth! What they did was unforgivable! I had to learn that forgiving them is not condoning their behavior. It is not dismissing the harm they did me or saying that it was OK. It wasn't OK, and it never would be. But it also wasn't OK for me to be carrying around so much resentment. That was letting the past continue to harm me in the present. I was now harming myself by living in resentment about (continued on page 2) 2 having been harmed in the past. For my own sake, I had to let the resentment go. Elizabeth Edited from August 2021 OA TODAY NEWSLETTER St

Louis Bi-State IG

Did you know that our 7th Tradition is an important part of keeping our local *and* national organization going! Don't deny others of our great Fellowship of Freedom because we think our contribution is unimportant. No matter how small, your 'bucks in the basket' still counts for so much – rental for face to face meetings, zoom fees, upcoming workshop needs, etc. we *all* benefit.

Please remember that if the contribution to the IG is coming from a group meeting, then the group name and/or number must be included in the "Add a note" section.

Make checks payable to: *Lake Country Intergroup* and mail to:
Nancy Towler
927B Hawthorne Street
Lewiston, ID 83501
Questions: Email oalci.treasurer@gmail.com

It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

Alcoholics Anonymous, 4th Edition pg. 66

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Alcoholics Anonymous, 4th Edition pg. 164

I have learned that as long as I am eating soberly and living the 12 Steps to the best of my ability, I am capable of surrendering and accessing that power greater than myself. I can be recovered which means to me being restored to sanity with the food and with my life just for one day at a time. I loved to escape into my own little world and found that world in food, alcohol, and other activities that helped me not to feel or deal with the world as it was. I was always thinking "into tomorrow..."; "I'm going to"; "I wish"; "If only you were different"; and/or "If I was only thinner, younger, prettier, smarter, then I wouldn't be so unhappy." I gave everyone else power except my Higher Power.

I am recovered today. My disease is in remission, as is my diabetes, as long as I am working and living the Steps each day, because I only have one day at a time. If I'm in the future or the past, today is wasted. I have my daily rituals to keep me in one day at a time, sometimes one minute at a time. Living soberly in mind, body, and spirit allows me to feel the love around me and appreciate what I have, not what I don't have. — Deanna B edited from "BEST OF" from the Online Newsletter Spring 2021 Region 5 of Overeaters Anonymous

SPONSORS

Name	Phone	Type
Carrie	509-747-3117	F/P
Carol	510-390-4555	P
Cindy	509-638-5202	P
Colleen R	208-59-5728	P/F
Debbie	509-455-4455	P
Debbie P	208-755-4774 Lionlady1956@gmail.com	P
Donna	509-999-5326	F
Elizabeth C.	509-216-2894	P
Gary	208-298-9044	P
Jackie M	509-570-8292 jackiemcwilliams@comcast.net	Bariatric Surgery
Jacqui	509-844-4780	P
Janelle	509-483-6937	F/P/M
Jean	509-939-4333	P
John B	509-475-4718 meanspeed13@yahoo.com	P
Laura		
Lenora	208-635-5165	P/F
Larissa W.	509-701-4341	
Marcia Kay	509-879-8233	F/P
Marla	509-992-3182	F/P
Mollie R.	208-819-1828 irreverentf@gmail.com	P
Nancy T	509-780-8495	P
Nicole	509-413-2961	P
Paula	208-618-9297 GNNDNIT@aol.com	P/F/M
Robyn B.	509-280-5705	P
Ruth D.	208-659-9606	P
Sharen	509-483-2171 509-688-5706 (cell)	F/P/M
Sharon W.	208-691-3702	P/F
Trina	509-619-2156	P/F

ANY CHANGES - please contact: Katy B. Katyblue.oa@gmail.com
or 509-270-1965

LEGEND: P Program F Food M Maintenance

Inner listening is part of Step 11, practicing prayer and meditation, so sponsoring helps keep me in "fit spiritual condition." At its healthiest, the sponsor/sponsee relationship is a sacred partnership to me, different from other friendships outside program. Respect, confidentiality and reciprocity nourish it, keep it healthy and help it grow. The opportunity to develop connections with people who understand me on an intimate level because we share the same disease is priceless. In listening, I am heard, too, and get to celebrate the values of recovery that guide my life. Kate F.

It Works When You Work It

If you are a sponsor and your name is not on the list to the left, please contact me. We have been blessed with many new members who need the guidance you have to offer to keep motivated and on the right track. Please consider sponsorship as part of your own program, working the steps and implementing the tools, because you're worth it!

*The funny thing about
humility
is the minute you
think you've got it,
you've lost it!*

Abandon all hope of a better past

MEETINGS

CITY	DAY	TIME	LOCATION	TOPIC	MTG #	CONTACT	PHONE #	OPEN/ CLOSED	HYB RID
Coeur d' Alene	Sat	8:30 am	Christ the King Lutheran Church 1700 Pennsylvania Ave CDA ID 83814	Literature, Varies	50924	Wayne	206/730 -0166	Open	No
Coeur d' Alene	Thu	6:30 pm	House of Faith 1103 N Third, Basement, back door CDA ID 83814	Literature, Varies	50144	Shannon	503/753 -5982	Open	No
Post Falls	W	1:30 pm	Church of the Nazarene 308 W 12 th Ave Post Falls, ID 83854	Literature, Writing	54170	Pat	760/900 -3044	Open	No
ZOOM	Tue	6:30 pm	ZOOM Mtg ID: 860 8464 4408 Passcode: 031486			Sharon	208/691 -3702	Open	No
Spokane	Tue	5:45 pm	St Al's Parish House 300 E Boone Ave Downstairs Spokane WA 99202	AA 12/12, OA Steps/ Traditions Study	38479	Larissa	509/701 -4341	Open	No
Spokane	Sat	9:00 am	Holy Family Hospital 5633 N Lidgerwood St Basement, Education Room 6 Spokane WA 99206	Recovery from Relapse	34947	Lee	509/217 -9297	Open	No
Spokane	Sat	10:30 am	Providence Holy Family Hosp 5633 N Lidgerwood St Basement, Education Room 6 Spokane WA 99208	AA 12/12, OA Steps/Tradit ions Study	10069	Janelle	509/483 -6937	Open	No
Spokane	W	10:00 am	Audubon Park United Methodist Church 3908 N Driscoll Blvd Spokane WA 99205	Big Book, OA Steps/Tradit ions Study	08666	Janelle	509/483 -6937	Open	No
Pullman	M	6:00 pm	Church of Christ 1125 NE Stadium Way Pullman, WA		57460	Todd	360/473 -8733	Open	No
Bonnors Ferry	F	12:00 pm	Trinity Lutheran Church 6784 Cody St Bonnors Ferry, ID 83805	Big Book, OA Steps/Tradit ions Study	57149	Monay	208/627 -2035	Open	No
Bonnors Ferry	M	6:30 pm	Boundary Community Hospital 6640 Kaniksu St Fry Education Bldg across from helipad Bonnors Ferry ID 83805	Big Book, OA Second/Thir d Edition	51978	Mary	208/290 -8172	Open	Yes

Lake Country Intergroup of Overeaters Anonymous serves groups and members in the Spokane, Northeastern and North Central Washington and the Northern Panhandle of Idaho. We offer support to those who suffer from the disease of compulsive overeating, binge eating, anorexia, bulimia, body image issues, and more. Know this, only you can say if you are one of us. That is it. That is the only requirement to join a group meeting, to say you belong. Know this also, you are not alone. You. Are. Not. Alone. So. Welcome to Overeaters Anonymous. Welcome Home!!! We welcome you with arms open wide.