

# Lake Country Intergroup

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

Hi, I'm Sheila and I'm a compulsive overeater.

The holidays are here, along with the potential for weeks of overindulging, overspending, and unmet expectations. Keeping my abstinence and serenity during this time of festive stress is a full time job, but I don't have to do it alone.

I can ask my higher power to grant me serenity to accept the things I cannot change. I am powerless over the changing of the seasons, but I can change how I react to them.

I can have courage to watch for selfishness, dishonesty, resentment, and fear.

I can actively seek ways to help others and be of service.

I can stay honest in my expectations.

By working steps 10, 11, and 12 daily, I can be free to enjoy the festivities.

I can gift those around me with patience, tolerance, kindness and love.

I can ask for the gift of willingness for myself -- willingness to grow in wisdom day by day.

Sheila B.

Guest Blogger OA Region One Board Blog posted 12/4/21

~Check out Region One's Board Blog for several helpful essays and comments stressing Experience, Strength and Hope at [Region One Board Blog - REGION ONE OVEREATERS ANONYMOUS \(oaregion1.org\)](http://Region One Board Blog - REGION ONE OVEREATERS ANONYMOUS (oaregion1.org))

My unsound reasoning and judgment around food is the desire for more, even when I know I've had enough. My desire for more has nothing to do with hunger. It is a desire to keep the tastes and flavors and good times going. It's my wiring that makes me think the most pleasurable sensations occur on my tongue. How warped this is! My food lust is not connected to a need for fuel or sustenance but is only a misguided reaction to a stimulus. I taste food, smell food, see food, touch food, hear food being unwrapped or prepared, and these sensations tell me I must eat. This is not true hunger emerging from my stomach, but an amorphous hunger that can never be sated by food.

Without program, I was unable to identify this insanity, and I was powerless to stop the reaction to consume more and more. My judgment wasn't about thoughtful consideration and logic. It was only a base instinct parading as a decision. I had *no choices* regarding food. I was its slave. Ellen

*I consider God firmly in the middle of my specific choices around food: they're not too small to be worthy of his consideration. Temptation is a challenge, an invitation from God to show him that I remember he's directing traffic, not me. When I want to cut a corner, I'm witnessing the seeds of insanity. I'd be jeopardizing everything for the mistaken belief that I might need a little extra. It's a risk-taking behavior that no longer has a place in my very gratifying life.* Neil R., Baltimore, Maryland USA Edited from *Choosing a Discipline: Lifeline*



## Trusting the Process

I first saw one of my favorite quotes printed on a refrigerator magnet: "Leap and the net will appear." I read this as a newcomer in OA and decided that I wanted to apply it to my recovery. Before finding this Fellowship, my spiritual life was incredibly lackluster, but I thought my only problem was my body shape and size. From day one, recovery encouraged me to move from a point of complete spiritual standstill to a vibrant and fulfilling spiritual life. I wondered how that could possibly have anything to do with my physical body. I did not trust that becoming spiritually fit would positively influence the physical aspects of me. However, my Higher Power knew and put that quote in my life through a means that's sort of humorous for a food addict. (A refrigerator magnet? Good one, HP!) Anonymous

Edited from August 2021 OA TODAY NEWSLETTER St Louis Bi-State IG



## SEPTEMBER 6

### REMOVING THREATS TO SOBRIETY

Step Nine restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the Step makes me leave the safety of A.A., so that I may deal with non-A.A. people "out there," on their terms, not mine. It is a frightening but necessary action if I am to get back into life. Second, Step Nine allows me to remove threats to my sobriety by healing past relationships. Step Nine points the way to a more serene sobriety by letting me clear away past wreckage, lest it bring me down.

*Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members Kindle Edition.*

Many of us come to OA carrying the excess baggage of shame and pride. We are ashamed that we've been unable to control our eating by ourselves, and yet we're too proud to admit that we need help with our eating and our lives. In order to recover, we have to let go of shame and pride and actively reach out to others for help. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition pg. 164*

*I became a new person by admitting that my way had not worked and that I needed help.*

*Needless to say, this was a humbling experience to ask for help, but that humility put me on the road to recovery.*

**WE ASK FOR GOD'S  
GUIDANCE,  
GIVE THE MATTER SOME  
THOUGHT,  
AND THEN MOVE AHEAD WITH  
ACTION.**

OA 12& 12 pg. 42



*Step Five starts with our Higher Power. Most of us find that without the help of a Power greater than ourselves we are incapable of accepting that it was our attitudes and actions that led to so many of our problems. It is human nature to cling to the illusion that we have done no wrong, and through the years, we have become experts at rationalizing our thoughts and behaviors. Now, with God's help, we leave rationalization behind and begin to practice integrity. We face the reality of what we've done. We see the part we have played in creating our own misfortunes and realize the futility of continuing to blame others for our eating behaviors and unmanageable lives.*

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition pg.40 Kindle Edition.*

Getting over years-long, deeply ingrained habits of suspicion and other protective mechanisms can hardly be an overnight process. We have become thoroughly conditioned to feeling and acting misunderstood and unloved—whether we really were or not. We are accustomed to acting like loners. So, after we first stop drinking, some of us may need a little time and a little practice to break out of our customary solitude. Even though we begin to believe we are not alone any more, we sometimes act and feel in the old ways. We're green at reaching out for friendship—or even accepting it when it is offered. We're not quite sure how to do it, or whether it will work. And that piled-up, superheavy burden of years of fear still can drag at us. Therefore, when we start to feel a bit lonely—whether we are actually, physically alone or not—the old routines and the balm of booze can easily entice us. (We now know) that we do not have to proceed all on our own. It is far more sensible, safer, and surer to do it in the company of the whole happy fleet going in the same direction. And none of us need feel any shame at all at using help, since we all help each other.

*Living Sober pg. 34-35*

You know, all I ever wanted was to find something that could make me feel better about myself. Nothing I tried worked for very long, though. My sponsor called these my negative higher powers. After all, he said, I had a lot of experience using higher powers to make my life more tolerable; but in the end, I always wound up in a worse situation than when I started. So, my problem was not whether I believed that a higher power could work, but which one. He told me to stop using all those negative higher powers and begin to use the one suggested in the Big Book. Or I could choose one of my own. The point was that I needed to start somewhere.

*Seeking the Spiritual Path: A Collection from Lifeline Kindle Edition.*

*What has been very evident in the last few days is how my irritability has decreased, both with family and people at work. Before, I was ready to explode at any time, but now it seems that without excess food and junk food, space has opened for me to think calmly and either solve things with more serenity or realize that it is not my problem to solve and really deliver it to a Higher Power.*

*Athena, Soa Paulo, Brazil*

*Posted 11/20/20 www.obalifeline.org*



This disease speaks so loudly and in the language that is most familiar to me that it is little wonder that only a spiritual experience can break through the safety net disease has created for itself and speak to my soul with encouragement and understanding. Only that spiritual connection that puts me in touch with that power greater than myself gives me the strength to utterly debunk the disease speaking in my brain.

Tri-County Intergroup, Arlington, Texas *Looking Up*  
Newsletter July 2019

**The sponsoring relationship has opened many pathways for me. My sponsor guided me in developing a plan of eating based upon nurturing and caring for myself that has never felt like deprivation. I commit my food in the evening for the next day via e-mail, and also write a synopsis of my day. I also have a daily phone call to my sponsor. As a result of these routines, I am able to share my thoughts and feelings on an ongoing basis. My sponsor helps me put things into perspective, to attend to what is important and let go of the rest.**

*Anonymity is not just the dictionary definition of "the quality or state of being unknown to most people." What the 12-step tradition of anonymity brought to me, eventually, was a comfortableness with sharing openly, knowing I was safe to express myself and no one would gossip about it.*

*During the short time I had been trying to live the A.A. program I had learned to step back and take a look at myself. I recognized that, although I was not the person I wanted to be, I had learned to not react in my old ways. Those old patterns of behavior only brought sorrow and hurt, to me and to others.*

*Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members Kindle Edition.*

*Because OA has taught me "progress, not perfection", I have been able to let go of so many things, and I don't have to fight about things if I don't want to. I didn't come to OA because I felt like I needed to let go of anything. I had no idea what was to come! A mark of progress for me today is letting go of perfectionism by giving it over to the God of my understanding.*

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends, this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives." Big Book pg 89



Did you know that Our 7<sup>th</sup> 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 [ocalci.treasurer@gmail.com](mailto:ocalci.treasurer@gmail.com)

*For me, food was the way that I could numb my suffering. Why I was suffering, I wasn't sure, but I knew that it was an unshakable, chronic emotional pain that hung around like a low-grade fever afflicting my life. For so many years I had normalized that emotion, so I didn't know what life felt like without it—except for when I binged. Later, I would understand that my feeling was, to put it coarsely, self-hate. That may seem too harsh a term, but upon reflection, it pretty much sums it up.*

## NEWCOMERS TO OA

Are you new to Overeaters Anonymous? We have a meeting just for you! This is not a normal OA meeting. It is a one hour "Intro to OA". There is some explanation of what OA is all about, with time for questions and answers.

every Saturday, at 6pm on Zoom.

Meeting ID: 934 6772 5942

Passcode: 172301

To participate by phone:

+1 346 248 7799 or +1 253 215 8782

One tap mobile

+16699006833,,93467725942# OR +12532

158782,,93467725942#

For information:

Contact: Pat O. 503-319-4942



**Get a Jump**  
**on The New Year**  
**With These Great Ideas**

The OA World Service office has provided us a great tool to help us keep our abstinence strong and intact. Download and use the new [Strong Abstinence Checklist & Writing Exercise](#) every day to keep the disease of compulsive eating at bay!

Has your program been slowly going downhill, or has it reached an all-time low? Do not despair! There is hope and help for you today. OA has a reading and writing tool to help you get back on track. [Click here](#) to get started.

Weekly [Self-Care Checklist \(2019\)\[4603\].pdf](#)



# s p o n s o r s

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 <a href="mailto:Lionlady1956@gmail.com">Lionlady1956@gmail.com</a>	P
Donna	509-999-5326	F
Elizabeth C.	509-216-2894	P
Gary	208-298-9044	P
Jackie M	509-570-8292 <a href="mailto:jackiemcwilliams@comcast.net">jackiemcwilliams@comcast.net</a>	Bariatric Surgery
Jacqui	509-844-4780	P
Janelle	509-483-6937	F/P/M
Jean	509-939-4333	P
John B	509-475-4718 <a href="mailto:meanspeed13@yahoo.com">meanspeed13@yahoo.com</a>	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 <a href="mailto:irreverentf@gmail.com">irreverentf@gmail.com</a>	P
Nancy T	509-780-8495	P
Nicole	509-413-2961	P
Paula	208-618-9297 <a href="mailto:GNNDNIT@aol.com">GNNDNIT@aol.com</a>	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](mailto:Katyblue.oa@gmail.com)  
or 509-270-1965

**LEGEND:** P Program F Food M Maintenance

DECEMBER 24

## A "SANE AND HAPPY USEFULNESS"

We have come to believe HP would like us to keep our heads in the clouds with Him, but that our feet ought to be firmly planted on earth. That is where our fellow travelers are, and that is where our work must be done. These are the realities for us. We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness. ALCOHOLICS ANONYMOUS, p. 130

All the prayer and meditation in the world will not help me unless they are accompanied by action. Practicing the principles in all my affairs shows me the care that God takes in all parts of my life. God appears in my world when I move aside, and allow Him to step into it.

Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members Kindle Edition

One of my favorite things I've learned recently is that if I stay in the hope, I stay out of the fear. Much in the same way that if I stay in the gratitude, I stay out of the negative thoughts. I have hope that I can choose recovery. And when I am weak, I have you all, always. You are all just a phone call or text away. I know you will listen. I have hope you'll understand. I am amazed at the love and peace I can find in our program and in our fellowship.

Laurie A. R1 Edited from All About Hope R1 Board Blog, posted 5/19/20

*If you want what you've never had,  
then you must do what you've never done.*

## MEETINGS

CITY	DAY	TIME	LOCATION	TOPIC	MTG #	CONTACT	PHONE #	OPEN/CLOSED	HYBRID
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 <sup>th</sup> 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/Trad itions 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/Trad itions 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
Bonnerr's Ferry	F	12:00 pm	Trinity Lutheran Church 6784 Cody St Bonnerr's Ferry, ID 83805	Big Book, OA Steps/Trad itions Study	57149	Monay	208/627-2035	Open	No

See next page



Bonners Ferry	M	6:30 pm	Boundary Community Hospital 6640 Kaniksu St Fry Education Bldg across from helipad Bonners Ferry ID 83805	Big Book, OA Second/Third Edition	51978	Mary	208/290-8172	Open	Yes
---------------	---	---------	--	--------------------------------------	-------	------	--------------	------	-----

## Twelfth Step Within Day Monday, December 12, 2022

Every December 12, OA groups and service boards around the world are encouraged to plan events for Twelfth Step Within Day, a day to support the still-suffering compulsive eater within our Fellowship. If you (or your group) would like to get started with something simple, here are a few ideas to make it happen:

- Make outreach calls. How about twelve calls by noon?
- How about using December 12 as a day of reflection on the strength of your own recovery? Write down twelve actions that will support your recovery and the recovery of others and then share the list.
- Offer to drive someone to a meeting.
- Reach out to twelve members who no longer attend meetings.
- Write an article for your service body's newsletter.
- Call someone whose share caused you concern.
- Call any sponsee who is struggling with the physical, emotional, or spiritual part of recovery.

What support and encouragement can you offer a member who is struggling in program? On December 12, reach out! Offer your honesty and support.

— Edited and reprinted from Out of the Cocoon newsletter, Milwaukee Area Intergroup, November/December 2016