

Lake Country Intergroup

Serving Eastern WA, North ID &
Southern BC Canada

“Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective on my life.” — Feb. 23 Just For Today

There have been so many profound truths I have learned in Overeaters Anonymous that can be blueprints for living, but the most helpful one for me is this: for a person to recover from this deadly addiction of compulsive over-eating, there must be a source of strength fueling the process. Perseverance & great character alone won't produce lasting success, nor meticulous food planning & exercise. The guiding force of the 12-step program is a solid faith in a Higher Power (whom I call God) who is big enough to move mountains & perform miracles. And that's what happens as a person transitions through the steps relying on the daily strength from his/her Higher Power, who then enables this person to go to any lengths necessary to work these difficult steps. Edited

from *A Source of Strength* Central Arkansas Intergroup of Overeaters Anonymous Blog Posted on August 4, 2020

In OA, members have the freedom to create the lives they have dreamed of. They learn how to use the tools and strategies of recovery, and they experience love and support in all of life's challenges.

Edited from Appendix A *The Role of a Plan of Eating in Recovery from Compulsive Eating* Overeaters Anonymous, 3rd Edition. Kindle Edition.

Resolution Maker?

If you are one that makes New Year's Resolutions, but you are new to program or don't know what to do, I encourage you to try this. Pick something fulfilling or fun, something achievable and quantifiable, and give it a go. Resolutions are not just about weight loss, exercise, money, drinking less, etc. Most importantly, choose something you won't kick yourself for failing at or forgetting about. Make it meaningful, but forgivable; important, but not essential. Remember, failing isn't a bad thing, but never trying for fear of failure is.

Christina H, Garrett, IN

*To live in yesterday is often to live in guilt,
to live in the future is often to live in fear.*

I am OK right now.

I think I'll stay right here.

Step One – Honesty Into Action

My recovery began when I took Step One and conceded to my innermost self that I am a compulsive overeater. I have lost the ability to control my food and will never get it back. As long as I don't let my denial take over and start to think I can eat certain foods in moderation or at random without consequence, I will continue to be abstinent.

Sometimes I hear newcomers lament, “I don't think I can go the rest of my life without eating cookies or cupcakes.” And I'm thinking, “Please God, let me go the rest of my life without eating cookies or cupcakes because those foods will kill me.” And by the grace of God, the compulsion for eating food not on my food plan has been lifted, one day at a time. I am free from compulsion and not obsessed with food, food plans, or my body. Edited from *No More Store Hoping* in Overeaters Anonymous 3rd Edition . Kindle Edition.



Dare to be different!

Whether consciously or subconsciously when we have a feeling of "I got this" with food, we're practically begging for a relapse. That's because we have ceased giving our Higher Power the credit for our abstinence and started thinking that we have, ourselves, regained control of our eating. We have a lifetime of proving we can't, but our sickened minds will take every opportunity to tell us we can. If we think we got this, we're about to lose it.

Seacoast OA New Hampshire and Maine IG

Blog Posted on February 19, 2017 *Why can't I stop eating?*

Emotions – You Can't Avoid Them and Heal

We call them feelings because, physically, we *feel* our emotions. We feel the fatiguing sensations of dread or depression, like we are walking through life in a lead suit and can barely put one foot in front of the other. Our stomachs flutter anxiously, and we feel hungry at nearly any news—happy, mad, sad, or glad. We feel tense all the time awaiting the next disaster or trying to keep our emotions stuffed down.

Our lives consisted of constant attempts to suppress our feelings until we just can't anymore. We used food to bury our emotions, to not *feel* our feelings. But even food isn't powerful enough, and at some point, things come thrashing out of us, affecting those around us.

The emotional, the analytical, and the spiritual Posted on November 26, 2017 by seacoastoa – Maine /New Hampshire IG

Being disconnected from the spiritual, for whatever the reason, we cannot see anything but ourselves. We perceive the world only through our feelings, namely, our fear and our pain. We lose the ability to connect with others. We fight an increasingly desperate battle for control against ourselves, others, the world, and our disease. Deep down we know we can't win. We know we don't have the power. But because we have experienced a spiritual death, we have no other solution. We must slog on. Without a Higher Power, we have no sense of purpose beyond trying to stay ahead of our fears and our pain.

The loss of spirituality causes us to collapse into our pain. Once we collapse into our pain, it is simply a matter of time before we die physically.

But there is a solution ~ OA.

Because our lives depend on it Posted on March 29, 2015 Seacoast OA New Hampshire and Maine IG Blog

If we hurt from the pain of our defects, we can remind ourselves of the nightmare of addiction, a nightmare from which we've now awakened. We can recall the hope for release the Second Step gave us. We can again turn our will and our lives over, through the Third Step, to the care of the God of our understanding. Our Higher Power cares for us by giving us the help we need to work the rest of the Twelve Steps. We don't have to fear our feelings. Just for today, we can continue in our recovery.

Sept. 25 *JUST FOR TODAY: DAILY MEDITATIONS FOR RECOVERING ADDICTS*. Narcotics Anonymous pg. 279 Kindle Edition.

IN EVERY CASE, PAIN HAD BEEN THE PRICE OF ADMISSION INTO A NEW LIFE. BUT THIS ADMISSION PRICE HAD PURCHASED MORE THAN WE EXPECTED. IT BROUGHT A MEASURE OF HUMILITY, WHICH WE SOON DISCOVERED TO BE A HEALER OF PAIN.

AA 12 Steps & 12 Traditions pg. 75

24 FEBRUARY

“The illusions I had as a compulsive overeater were at the root of my illness. When exposed to the bright light of reality these ideas—my old illusions—crumble into dust and blow away.” — For Today, p. 134

I carried the illusions I brought with me to this program for many years. For example, if I were a “good girl,” life would bring me no pain; when I married, I would be taken care of; I could control people, places, and things; being thin would solve all my problems; if I had enough willpower, I could stop eating.

When I came into OA, these illusions were exposed to the bright light of the Twelve Steps, and gradually they lost their hold over me. OA gave me the courage, hope, and clarity to face my life, one day at a time, without eating compulsively. Today I believe that living in reality carries with it the widest spectrum of feelings and challenges. When I keep the Twelve Steps close at hand, I have a chance to experience the promises and gifts of this program.

Voices of Recovery . Overeaters Anonymous. Kindle Edition.

We each have many good qualities we can share with others. Our experiences, honestly shared, help others find the level of identification they need to begin their recovery. We discover that we all have special gifts to offer those around us. NA Sept. 30 *JUST FOR*

TODAY: DAILY MEDITATIONS FOR RECOVERING ADDICTS, pg. 284 . Kindle Edition.

When I was new in OA, my sponsor suggested that, at a minimum, I give God the first fifteen minutes of each morning as my Step Eleven. She said that if I did, God would take care of the rest of the day, including my abstinence. I did that minimum, and my life improved. Soon it became obvious that I needed the willingness to do more than the minimum—in every aspect of my recovery. As a result, I learned to carry Step Eleven from the sacred space of my morning into every aspect of my day: shopping, working, cooking, eating, and even standing in line at the post office.

The more we do, the more we get back. As I began, to the very best of my ability, to practice spiritual principles in all my affairs, miracles of healing began to happen. I became eager to try everything my sponsor and the Big Book suggested.

Abstinence became easy, and I became hungry for a principle-based life. The miracles kept happening and have never stopped. It really does work when we work it! Voices of Recovery .

Overeaters Anonymous. Kindle Edition.

Wishing It Does Not Make It So

Taking action means work. I know, most of us are averse to the word “work,” but the kind of work I’m talking about here has nothing to do with punching in a time card and suffering through 8 hours. Our work on the steps of AA’s Alcoholics Anonymous program simply means using our energy to be disciplined and committed in the pursuit of our goal of long-term sobriety and recovery. It takes work to stand up for ourselves, to be patient or to accept the emotional discomfort of new behaviors.

My Step One ~ as heard in a meeting:

“I admitted (*and* accepted) that I was powerless over food and that my life has become unmanageable.”

We need to be willing to make our amends regardless of the outcome. We can plan the amends, but we can't plan the results. Although we may not be granted a full pardon by everyone to whom we owe amends, we will learn to forgive ourselves. In the process, we will find that we no longer have to carry the burdens of the past.

NA JUST FOR TODAY: DAILY MEDITATIONS FOR RECOVERING ADDICTS. .pg 291 Kindle Edition.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however, it turns out, that's God's Will for me. "Acceptance Was the Answer" pr. 420 The Big Book

"WE PAUSE . . . AND ASK" *As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.* ALCOHOLICS ANONYMOUS, p. 87

Today I humbly ask my Higher Power for the grace to find the space between my impulse and my action; to let flow a cooling breeze when I would respond with heat; to interrupt fierceness with gentle peace; to accept the moment which allows judgment to become discernment; to defer to silence when my tongue would rush to attack or defend.

I promise to watch for every opportunity to turn toward my Higher Power for guidance. I know where this power is: it resides within me, as clear as a mountain brook, hidden in the hills—it is the unsuspected Inner Resource.

I thank my Higher Power for this world of light and truth I see when I allow it to direct my vision. I trust it today and hope it trusts me to make all effort to find the right thought or action today.

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

The deepest need of man is the need to overcome his separateness, to leave the prison of his aloneness.

Erich Fromm

For Today, Nov 27



When first introduced to the OA program, I was very weight-focused. I wanted more than anything to lose my excess weight as quickly as possible. I came to meetings sporadically, spoke to very few members. I would lose a few pounds and then leave the program for a while. Years later when I did become abstinent, I remembered how I felt during those times—I had no desire to refrain from compulsively eating. Instead, I wanted to diet. I did not take the suggestions seriously. Tradition Three illustrates the reason for my inability to grasp this program. I wanted the weight loss and even the pleasure of it without having to earn it first. Today when I watch newcomers struggle with the program as I did, I try to show the same compassion and acceptance as those before me”

SPONSORS

Name	Phone	Type
Carrie	509-747-3117	F/P
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Colleen R	208-59-5728	P/F
Debbie	509-455-4455	P
Debbie P	208-755-4774 Lionlady1956@gmail.com	P
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Gary	208-298-9044	P
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Katherine B	206-335-9726 (Seattle)	HOW - F/P
Lenora	208-635-5165	P/F
Larissa W.	509-701-4341	
Marcia Kay	509-879-8233	F/P
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Robyn B.	509-280-5705	P
Ruth D.	208-659-9606	P
Sharen	509-483-2171 509-688-5706 (cell)	F/P/M

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

LEGEND: P Program F Food M Maintenance

Begin Step 11 in 15

When I was new in OA, my sponsor suggested that, at a minimum, I give God the first fifteen minutes of each morning as my Step Eleven. She said that if I did, God would take care of the rest of the day, including my abstinence. I did that minimum, and my life improved. Soon it became obvious that I needed the willingness to do more than the minimum—in every aspect of my recovery. As a result, I learned to carry Step Eleven from the sacred space of my morning into every aspect of my day: shopping, working, cooking, eating, and even standing in line at the post office.

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More Than Just Weight ~ A Life!

With the compulsive overeater, not only do you get back to a normal weight, but more importantly, your life is changed, and in a sense, you're ahead of where you were before you became a compulsive overeater. Now you have tools of feeling, touching, caring, loving, sharing, being honest with your family, and looking at life in an understanding way and not fighting it but going along with it. Once you treat the illness, you have the potential to be a more "together" person than you were. Therefore, it's exciting for physicians and others, who have been ignoring the problem or expressing deep pessimism about it, to think of compulsive overeating as a disease and to realize that it can be treated so successfully.

Edited from APPENDIX B A Disease of the Mind Overeaters Anonymous, 3rd Edition. Kindle Edition.

La Chaim! (To Life!)

News and Info From LCIIG, Region 1 & WSO

An Important Message!

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. Luckily, we now have a *PayPal link* for Lake Country IG to accept 7th tradition contributions.

If the contribution is coming from a group meeting, then the group name and/or number must be included in the "Add a note" section.

Pay Pal Link <https://www.paypal.com/paypalme/lakecountryoa>

By check: make checks payable to Lake Country Intergroup and mail to:

Lake Country Intergroup
PO Box 9327

Spokane, WA 99209 Questions? Email OALCI.treasurer@gmail.com

New categories have been added to the "Find a Meeting" place on www.oa.org to make your search a little easier. *Get specific* when you search for a literature or spirituality special-topic meeting.

Subtopics

added for literature meetings include "AA 12/12," "Big Book," "OA Second and/or Third Edition," and "OA Steps and/or Traditions Study."

New subtopics for spirituality include "11th Step" and "Meditation."

- To access any of these subtopic searches, go to www.oa.org/find-a-meeting
- Tap "Additional search options,"
- Then tap on the Special Topics submenu.

If you are looking for a virtual service body

- Go to Find a Meeting,
- Tap the Find a Service Body
- Then tap on the far right, and then look no further than the new "No location - Virtual" option in the "Select your location" submenu.

For Newcomers

Have you been approached by someone who would like to join OA, but had no idea where to begin? This might help:

Where Do I Start for Newcomers Now an E-book; Pairs with New Sponsorship Guide
Download Newcomers are showing up to virtual meetings, but it's challenging to quickly give them some OA literature. To help solve this difficulty and further spread the OA promise of hope, we've made our thirty-two-page *Where Do I Start?* pamphlet for newcomers available in e-book formats from Amazon Kindle, Barnes and Noble Nook, and Apple Books for about \$1 (US).

Feeling all alone?



If you are feeling isolated, check out pg. 7 for zoom meetings and reach out; we're out here waiting.

Zoom Meetings

Meeting Date	Time	Meeting Code	Password
<u>LAKE COUNTRY</u>			
Tuesday PM	5:30pm - 6:30pm	422 - 245 - 183	None
Friday PM	6:30pm - 7:30pm	880 3715 1476	004949
Saturday AM	9:00 - 10:15am	225 - 947 - 710	recovery

Some more really great ZOOM Meeting Schedules for a choice of several meetings daily.

<https://oregon-oa.org/calendar-2/>
<https://oregon-oa.org/event/>

[OA LA IG Zoom Meetings - Google Sheet](#)

[OA Foot Steps: Meetings Schedule](#)

Philadelphia - Good lunchtime meeting 5 days a week. (9:30 am pst).
<https://oa-phila.org/pdfs/PAIG-MEETING-LIST-10-02-20.pdf>

London:

Zoom Meeting # 594 609 756

Password # 643996

Wednesdays-either 7:30 or 8:30 pm - source uncertain of time

If you know of any others, please let me know so I can get them out to the rest of the fellowship.