

Lake Country Intergroup

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

Before I came into OA, I had no hope. I also had no self-esteem, no self-worth, nor any real purpose or drive. I had no idea I had a disease or that I was a compulsive eater. I loved learning why I couldn't "will" myself to be different. I have loved learning to develop a power greater than myself that helps me to have freedom from food compulsion. I rely on this power, who I choose to call my Higher Power, to get me through each day in a way so much different than I could have ever imagined.

Laurie A. R1 Edited from *Beyond Hope* Board

Blog, posted 5/19/22

Letting go is not easy for someone who is very practiced at controlling behaviors, but like so many things in these rooms, it is simple. Like the first step teaches me, in order to let go, I must first realize that I am grasping on to something. The rest follows as I follow the 12 steps, as written, in their suggested order. What a concept! Today I am grateful for the progress that I have made, and that God continues to guide my progress as I recover in the rooms of OA. Anonymous *OA Today* Newsletter 12/20 St. Louis Bi-State Intergroup of OA

A willingness to change is the essence of Step Six. Change is always frightening even when it's a much-needed and long-overdue change for the better. Many of us have wasted years and suffered a lot of pain in order to avoid having to change. As we work Step Six, we recognize and acknowledge our human fear of change. Then, because we are willing to go to any length for recovery from compulsive eating, we move ahead with this Step anyhow. No longer will we allow fear to keep us from doing what is best for us. After all, we have confronted the first Five Steps, taken them in spite of our fear, and lived to tell the story. By the time we reach Step Six, we're almost used to doing the very things we've been the most afraid of.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition pp. 48-50

Part of OA's magic is our tradition of togetherness. I realized at my first meeting that I was not alone. Others have felt the same struggles I've experienced. What's more, I do not have to fight my illness alone. God gave me friends in OA to help me recover. Without OA, I might never have been able to grasp true serenity and a reprieve from food obsession. Even if I fall, my OA family gladly gives me a hand so I can stand on my own two feet again, instead of judging or condemning me.

Edited and reprinted from *Looking Up* newsletter, Tri-County Intergroup, November 2014

It is easy to confuse certain desirable attributes with undesirable ones. To have humility, for example, does not mean to feel inferior. On the contrary, it means feeling equal—neither less nor more worthy than anyone. For Today pg. 66 March 3

Oh the Guilt...

I am sitting here wondering why guilt wants to follow me around like a lost puppy! This guilt, this shame, over things I should have done better, or didn't do, or something I said, or didn't say. How in the world did it sneak into my brain again? Just when I was feeling pretty good about myself and my recovery. I know my Higher Power, God, isn't asking for perfection. But why can't I just give myself a "B" and move on some days? Why are some of the most disparaging thoughts about who I am, seem to be on instant replay in my mind? Well, that's when I am reminded to go back to what I know works in my recovery. Back to the basics. It's a great reminder that I need to lean into my Higher Power and focus on what is true.

That is why I absolutely love the reading on January 19 in *For Today*:

I have never seen a person grow or change in a constructive direction when motivated by guilt, shame and/or hate." William Goldberg

So for today: "I let no one--including myself--try to shame me into changing something about myself I wish were different. I pray to be relieved of guilt and self-hate, and to accept and like myself exactly as I am. That is where I can begin to change." *For Today*, January 19. Now that is a prayer I'm going to attach to that lost puppy dog of guilt to overshadow whatever else it wants to bark at me. Thank you, God for the truth that sets me free!

Nadine - Region 1

Edited from *Oh The Guilt...* Region 1 Board Blog posted 7/12/20

Sometimes, coming to understand our motives helps us to forgive ourselves. Often, we see that, at some level, we were fighting for survival when we did the things we did. Most of us find that fear is at the root of many of our damaging emotions and actions. As we grow in the Twelve Step way of life, we learn that our fears usually stem from our inability to trust that our basic needs will be met. Perhaps we have good reasons for our mistrust; perhaps people have failed us, placing us in situations we were not emotionally prepared to handle. Still, we find we have to outgrow our doubts. If we are to recover, we must learn to trust other people and entrust our lives to a Power greater than ourselves. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* (pp. 42-43).

A Great Way to Begin the Day

Dearest God,

(or HP of your choice)

I pray only for knowledge of Your Will for me and the power and strength to carry that out. Show me Your Will and I promise to follow it with all the strength within me, with every fiber of my being. And if I lack sufficient strength or will, I ask that You grant me even more, if needed, willingness to be willing, so that I can fulfill my promise to You and do as you ask of me this day. I also ask that you strengthen in me today the desire to take the actions You want me to take and remove from me the desire to take those You would not. Dearest God (HP), reveal also to me any further defects and shortcomings, so that I can freely admit to myself, to You and to another person and to make amends to any I have harmed or wronged. Thy will be done, not mine.

Amen.

Sponsorship is one of the only relationships I have where I know someone loves me enough to point out where I am hurting myself and offers to help me stop. Whether I do or not is completely up to me.

FEBRUARY 16
COMMITMENT

Understanding is the key to right principles and attitudes, and right action is the key to good living. Twelve Steps and Twelve Traditions (AA) p. 125

There came a time in my program of recovery when the third stanza of the Serenity Prayer—"The wisdom to know the difference"—became indelibly imprinted in my mind. From that time on, I had to face the ever-present knowledge that my every action, word and thought was within, or outside, the principles of the program. I could no longer hide behind self-rationalization, nor behind the insanity of my disease. The only course open to me, if I was to attain a joyous life for myself (and subsequently for those I love), was one in which I imposed on myself an effort of commitment, discipline, and responsibility.

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

My Sponsor revealed to me that the root of the reasons for my overeating was my self-loathing: feeling a deep sense of worthlessness, like I was an excuse for a human being, devoid of value, unloved and unlovable, existing without merit, less than human, a second-class citizen—constantly feeling "less-than." It all boiled down to one word: shame.

Shame is an ugly and corroding fundamental belief from which to build a self-identity. It was an internalized value that had to be smashed; pulverized into dust; ripped out of my computer hardware as if it were a corrupting chip with a virus. I don't think that it would be an understatement to say that it was a toxic garbage fire that consumed everything.

Edited from the special article *The Nature of the Disease in OA Today* Newsletter St. Louis Bi-State IG 2022

Sponsorship


We'll make it together

Today, I can greet newcomers with hope. I have been in their shoes and know it isn't easy to come to a first meeting. I can give them the love and acceptance that was given to me when I was a newcomer. Recovery has been an arduous journey, one that was impossible for me to do alone. With a little help from my OA friends, together we can make it!

Edited and reprinted from *Looking Up* newsletter, Tri-County Intergroup, November 2014

A Friend in Relapse

To watch a close OA friend go through this painful experience is distressing. A relapse takes on a life of its own, with temporary moments of hope followed by painful demoralization. Sometimes it seems as if nothing will end it. But relapses burn themselves out sooner or later. They may end faster for those who attend lots of OA meetings, but they never end quickly enough.

Abstinence, Second Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope (p. 30).

When I think I am running the show I am blocking God from my life. I pray I can remember this when I allow myself to get caught up into self. The most important thing is that today I am willing to grow along spiritual lines, and that God is everything. When I was trying to quit drinking on my own, it never worked; with God and A.A., it is working. This seems to be a simple thought for a complicated alcoholic.

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

When I started working the steps in the Big Book with a sponsor, I describe it as learning how to grow up and become an adult - an adult I could rely on. I learned how to show up, tell the truth and not step all over people to get what I needed. I learned how to ask for help and be of service. All I wanted when I showed up was to be thin and have you like me. I had no idea how little I was asking. The gift of growing up has been miraculous. Little by slowly I'm being guided by God, our steps, traditions and principles and the recovery I see every day in our fellowship.

Erin F. - Region One Edited from *Seeking Spiritual Growth* Region 1 Board Blog posted 4/23/22

**Look in the mirror and repeat after me
I AM ENOUGH!
Repeat as necessary**

Being kind and tolerant of those I don't agree with is a miracle of our program. I have experience and hope that when I work with my Higher Power, I can accept people, places and things I could never have imagined. It feels good to be kind in those difficult moments. I have hope that I will grow in those moments! All I need to do is to rely on a power greater than myself.

Laurie A. R1 Edited it from *All About Hope* Region 1 Board Blog posted 5/19/22

Learning this kind of trust is a gradual process. Our Fifth Step is a giant stride forward. By opening our past and sharing our deepest secrets, we are making ourselves vulnerable in a way we have not been since childhood. OA

12&12, 2nd ed. pg. 43

DECEMBER 31 DAILY RESOLUTIONS

The idea of "twenty-four-hour living" applies primarily to the emotional life of the individual. Emotionally speaking, we must not live in yesterday, nor in tomorrow. AS BILL SEES IT, p. 284

A New Year: 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes, a time to consider directions, goals, and actions. I must make some plans to live a normal life, but also, I must live emotionally within a twenty-four-hour frame, for if I do, I don't have to make New Year's resolutions! I can make every day a New Year's Day! I can decide, "Today I will do this, today I will do that." Each day I can measure my life by trying to do a little better, by deciding to follow God's will and by making an effort to put the principles of our A.A. program into action.

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

What's a few bucks in the basket?

Just about everything you love about OA:
Meeting availabilities. Literature procurement.
Workshops. Region One assistance. World
Service support. Zoom meetings.
All except fellowship, and you have to keep
coming back for that!

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

Help continue our Fellowship of Freedom

Make checks payable to:

Lake Country Intergroup

And mail to:

Nancy Towler

927B Hawthorne Street

Lewiston, ID 83501

Questions: Email olci.treasurer@gmail.com

New Year, New Solution: "Carrying the Message"

to Newcomers

Join a live, virtual 12-step recovery panel
focused on the experience of carrying the
message to newcomers - those new,
returning and struggling in the rooms. All are
welcome!

This is a special focus webinar of
Overeaters Anonymous that addresses the
importance of Carrying the Message for
personal recovery and OA survival.

When: Jan 22, 2022

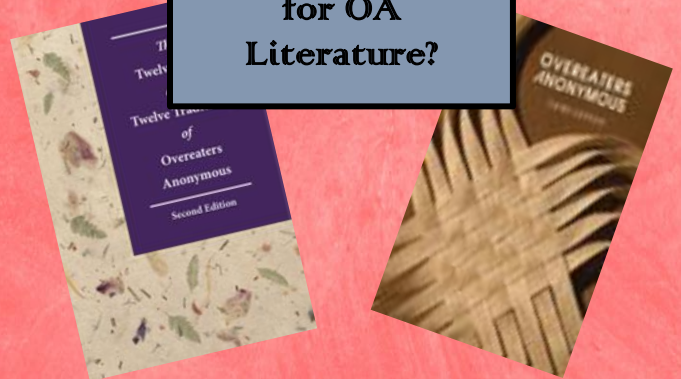
1:00pm Eastern Time (US and Canada)

10:00 am Pacific Time

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZUodeiurjwJGtxyamiGYhFHXctUWWOwAxco>

Looking for OA Literature?



Mollie's on it!

Need new literature for your group or
yourself? For one stop shopping, email our
new Literature Committee Chair, Mollie R.
She'll get right on it!

Mollie R

irreverentf@gmail.com

*It is important not to compare your insides with other
members' outsides. Even with the honest sharing at
meetings, we only see a small glimpse of each other.
Your path of recovery is your own, and the pace you
move is just right for you. Even though you think
your progress is slow, I'll bet others can see
wonderful changes in you since you came to OA.
Keep coming back!*

SPONSORS

Name	Phone	Type
Amy D.	208-771-0543 adreprs56@gmail.com	F/P/M
Carol	510-390-4555	P
Cindy	509-638-5202	P
Colleen R	208-59-5728	P/F
Gary	208-298-9044	P
Janelle	509-483-6937	F/P/M
Jean	509-939-4333	P
John B	509-475-4718 meanspeed13@yahoo.com	P
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

Do you notice something different?

Like how empty this space is? That's because I have been contacting the people who were/are on the above sponsor list to see who actually is a sponsor and these are all that are left with more people still listed above who haven't sent me a text.

WE NEED Sponsors!

WE NEED YOU!!!

Please, choose to sponsor.

And let me know if you do.

ANY CHANGES - please contact: Katy B. Katyblue.0a@gmail.com
or 509-270-1965

LEGEND: P Program F Food M Maintenance

A State of Grace

Abstinence is a state of grace by which I am balanced physically, emotionally, and spiritually. It's about food, but it's much more. It's a way of living that incorporates the principles of the Twelve Steps and gives meaning to my life. I've developed a routine that places God first in my life, and this has led to my success with abstinence. When I awake in the morning, I first say hello to my Higher Power then mentally take the first three Steps. I admit I am powerless over food and that, try as I might, I can't control my life. I remind myself that HP is restoring sanity to me. The final part of my morning ritual begins with the Third-Step Prayer from the Big Book. I conclude it by saying: "If it be Thy will, today I will follow my food plan and avoid binge foods. I will do something nice for someone today, and I will be happy. Thy will not mine be done."

Abstinence, Second Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope pg. 16

Turning over my life to my Higher Power grants me serenity I didn't know was possible. I am able to relax more in life instead of being hyper uptight. I have to remember it is by design that I can't see around the corner in life, but HP can. Therefore, with that simple realization I work on 'Letting go and letting God.' By Mattie F

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			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			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

**SINCE COVID, OUR LISTS ARE SADLY OUT OF DATE.
PLEASE! HELP US UPDATE OUR MEETINGS LIST.**

IF YOU ARE THE CONTACT PERSON FOR AN ABOVE MEETING OR SEE A MEETING THAT IS MISSING,
PLEASE TEXT THE INFO TO 509-270-1965 (KATY B.)