

Lake Country Intergroup

Serving Eastern WA, North ID &
Southern BC Canada

This program works if I work it. Relief from the bondage of binge eating is a gracious gift from HP. There is so much love and acceptance in the rooms of OA. My friends in meetings are supportive, kind and loving. They care about me. They want me to be happy, joyous and free. There is no judgement except for the b.s. lies my disease manufactures to keep me separated from my friends. Before OA I thought that I was separate and terminal- but I know otherwise now. My HP never gives up on me. My friends never give up on me. My sponsor is teaching me how to have a healthy relationship with food one day at a time. I am grateful, and I know I have a spiritual home in OA. Edited from *Don't Let Your Pride*

Kill You Posted on February 26, 2018 Central Arkansas Intergroup of OA

Step 5: A positive Step

Throughout our lives many of us have felt isolated from other people. We felt that we were outsiders, and we acted out this feeling in many ways, some of us by being shy, others by being arrogant or belligerent, others by playing the clown. No matter how we acted, however, deep down we felt alone and apart. Now, looking at the fifth step, we see something we can do a positive action which we can take to end our isolation.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous 1st ed. pg. 45

Anger and my critical, controlling nature were the most challenging defects for me. Through self-will I tried to be a "good girl," but the frustration and anger built and came out in hurtful ways. I began to hate myself for these defects and lost sight of the fact that this was only one aspect of who I was. Working Steps Six and Seven helped me see what anger did both for me and to me. I learned that, whatever benefit a defect gave me, there was a healthy program way to achieve that same benefit. I learned to speak up for myself instead of burying my feelings. Now, when these defects inevitably return, I recognize them early on and work my program to express myself in a healthy way.

Overeaters Anonymous. Overeaters Anonymous, Third Edition . Kindle Edition.

Empathy: One Side Effect of Working the Steps

Once I'd gotten a sponsor and started working the Steps, I began to experience some relief. I began to remember more often that there was no way I could possibly manage my disease or stop being an imposter. In the middle of working Steps 4 - 7, I found myself on the receiving end of unconditional love. It was being offered to me by my HP, and by my sponsor. Miraculously, as I continued with Steps 8 and 9, I also discovered that I did feel kindness and compassion towards others - very much so.

A Source of Strength Central Arkansas Intergroup of Overeaters Anonymous Blog
Posted on June 10, 2020

Perseverance or Stubbornness?

The tenth step begins with the word “continued,” our first clue that perseverance is about to become a key aspect of our recovery program. In the past, we may have clung stubbornly to self-destructive eating and other harmful behaviors. Now we will need to be stubborn about working our program, even during those times when we feel as though it isn’t working or we aren’t recovering quickly enough. Stubbornness turned to such good use becomes perseverance as we continue—day after day—to apply to our lives the same concepts we learned in steps four through nine. The Twelve Steps and Twelve Traditions of Overeaters Anonymous Kindle Edition.

The Big Book uses a couple words or phrases around resentment: anger, burned up, sore, grouch, and grudge. It’s pretty clear that resentment begins with anger. But it’s equally clear that the anger remains potent and active over time. In fact, looking at the word resentment, we see the same thing. Re- is again. Sent is related to sensing of feeling. Meant- denotes a state of mind or being. Put it all together, and we are in a state of feeling something again and again. Or as the dictionary might put it: “A persistent feeling of ill will.”

I know it’s a bad idea – but...

The trouble for folks like us who lack the power to control our eating is that any old disruption to our serenity can trigger us to eat. That’s the baffling aspect of our disease! We know it’s a bad idea, but we do it anyway, even though we know our broken shoeless, our broken relationship, nor our broken leg can be mended by food.

5 things to remember when the world disturbs us by [seacoastoa](#)
Maine /New Hamp Posted on [August 26, 2018](#)

I was confused early in program. Most of what I heard told me that it wasn't all about me, the world didn't revolve around me, and to get over myself. Yet, in order to be of service to those around me I needed to pay attention to my own issues, and I found that odd. In working through the steps, in being present and honest with other compulsive overeaters, I found that I had had it backwards all my life. In worrying how others saw me, I was only feeding my own ego. Now, by working on humility, I could truly be of service to the world around me and then feel like a worthy member of the human race. 4 Thought Newsletter from R4

Volume 13, Issue 4—Winter 2016

A Purpose for my Being

I try each day to raise my heart and hands in thanks to God for showing me a “design for living” that really works through our beautiful Fellowship. But what, exactly, is this “design for living” that “really works”? For me, it is the practice of the Twelve Steps to the best of my ability, the continued awareness of a God who loves me unconditionally, and the hope that, in each new day, there is a purpose for my being. I am truly, truly blessed in the Fellowship.

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

The tenth step begins with the word "continued," our first clue that perseverance is about to become a key aspect of our recovery program. In the past, we may have clung stubbornly to self-destructive eating and other harmful behaviors. Now we will need to be stubborn about working our program, even during those times when we feel as though it isn't working or we aren't recovering quickly enough. Stubbornness turned to such good use becomes perseverance as we continue—day after day—to apply to our lives the same concepts we learned in steps four through nine.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Kindle Edition.

The Gift of Covid -19

Yeah, we all received that gift this year. No hugs good-bye or hello to family or friends. Instead, we Zoom and send posts in Instagram. We have memories of those gone and still hear their voices. The presence of each of us is so, so important.

To creativity: cooking a new recipe; learning to Zoom, to knit, to write, or to draw; singing songs; or sending new videos to help inspire others and to share hope.

This too will pass. We will get the vaccines distributed as quickly as possible. We will gather in groups. We will celebrate weddings and new lives. We will hug and kiss (the newborns and newlyweds will be especially sweet). Yes, you are each missed. You are all REALLY missed! We look forward to gathering again and to giving hugs and sharing stories. The gift of Covid-19 is we realize how important each one of you are.

Amid the wish I could, let us hang on to the yes, I did.

— Lynn H. Posted January 16, 2021 in Region 5 Blog Recovery's Alive in Region 5



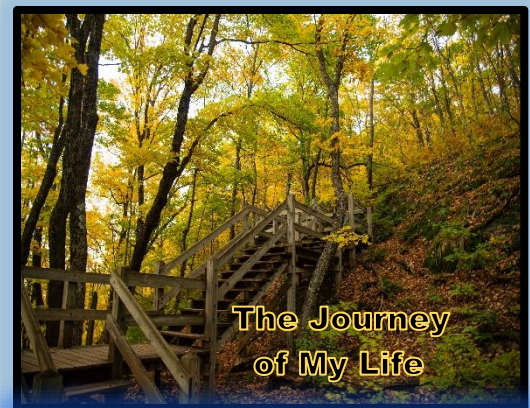
We want to be free of resentments, guilt, and shame rooted in the past, and we realize that sharing the details of our past with another human being is an important step toward freedom. Once we have taken this step, we will no longer have anything to hide. This is the beginning of the end of our isolation.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous . Kindle Edition.

Practice, practice, practice...

Physical relapse – This is where it actually becomes all about food. Once relapse is here it can be so much harder to back up or change directions. Although it does take practice, I am learning to pay attention to the signs before I get here.

Central Arkansas Intergroup of Overeaters Anonymous Searching for recovery one day at a time! Posted December 2020



The Journey of My Life

*The Steps are the staircase up,
The Tools are the scaffolding
that holds them up.*

In step five we are learning a new way of life. From now on, we will readily acknowledge our wrongs instead of seeking to hide them from ourselves and others. A humble admission of our mistakes to God is our first step in this new direction. We willingly open our hearts so that a life-changing power can come in and heal us. We go back over our fourth-step inventory, acknowledging each truth about our past behavior, no matter how painful or embarrassing. In acknowledging these wrongs to God, we begin at last to acknowledge them to ourselves, too. We admit to ourselves who we are and what we've done. As we do this, we gain new hope. We start to feel that we can be forgiven and begin life anew with a clean slate.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Kindle Edition.

The next key factor was asking someone to sponsor me. She said she would, if I truly wanted to be well. I didn't really believe I could be abstinent, but my life was unbearable. I wanted to have all the rewards of recovery without doing anything. I was afraid of going permanently mad or meeting some unpleasant end, but I was stuck.

Dying to Live Overeaters Anonymous, Third Edition . 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.

Edited from Acceptance Was the Answer Alcoholics Anonymous, 4th Edition (p. 420) Kindle Edition.

As we take (our) inventory we also look at our fears. For many of us, fear, worry, and anxiety have played a key role in our lives, robbing us of joy and keeping us from fulfilling our dreams. It is not until we take inventory in step four that we begin to realize that we don't have to live with fear.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous 1st Edition pg. 37

If we are patient and persistent, we will learn much about ourselves and why we feel and act the way we do. We might see that some of our shortcomings are simply misapplied character traits. When applied to the right things at the right times, these same traits which have hurt us so much become great assets. For example, stubbornness is a shortcoming when it keeps us from letting go of self-destructive behaviors. When working a twelve-step program, however, stubbornness can be an asset. It may be the only thing that keeps us coming back, practicing the principles, and using the tools of the program, even when we're slow to see results. In order to "remove" a shortcoming such as stubbornness, our Higher Power might help us to understand it as perseverance and to use it correctly.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Kindle Edition.

SPONSORS

Name	Phone	Type
Carrie	509-747-3117	F/P
Carol	510-390-4555	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
Jessie W	509-953-0202 Jwaters1982@aol.com	P
John B	509-475-4718 meanspeed13@yahoo.com	P
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
Marla	509-992-3182 <i>*NEW PHONE NUMBER*</i>	F/P
Mollie R.	208-819-1828 irreverentf@gmail.com	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

It's all about connection. Connection with people in recovery brings us support and hope. We seek to identify with someone, which starts to remove the dreaded feeling of being alone. Connection to our feelings brings us understanding of how we truly feel and how they affect our addiction. Connection to our bodies tells us how we feel in the moment and even how that can affect our addiction, too. Connection to our Higher Powers bring us healing, abstinence, and a useful life. — Christina H. A grateful 31-year old compulsive overeater OA Region 5 Freedom From Bondage Fall 2019

Sponsorship:
Friends helping friends



When we write out and speak out our inventory in Steps Four and Five, we discover how we've reacted to the pressures the world puts on us. We the considerable help of our Higher Power, we discover that there's very little thought going on between "Ow!" and "Mmmm, yummy." We decipher the patterns of our thoughts and behaviors, and we discover truths about ourselves hidden deep within us, surrounded by the fat, stupor, and shame of compulsive eating. Knowing these things, about ourselves, we can use what we learned to help us when life gets a little spicier than we'd like. 5 things to remember when the world disturbs us by seacoastoa – Maine /New Hamp Posted on August 26, 2018

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

LEGEND: P Program F Food M Maintenance



*Happy,
Joyous &
Free!*

We need you!

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

“Here we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength.”

— The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 106

Allowing God to serve others through me has become the central purpose of my life. Practicing these principles in all my affairs has not always been easy. I practiced first in OA meetings, then with OA friends, and then at work. The hardest place to practice these principles has been at home, with my family. When I remember that my purpose is to allow God to serve others through me, my relationships are easier, my work life is a pleasure, and my home life is a joy. I no longer have to control people or situations. I trust God and focus on service.

Name the Tradition below:

The only requirement for OA membership is a desire to stop eating compulsively.

Overeaters Anonymous has no opinion on outside issues; hence the OA name out never be drawn into public controversy.

Each group has one primary purpose – to carry its message to the compulsive overeater who still suffers.