

# Lake Country Intergroup

Serving Spokane, North Eastern, North Central Washington  
And the Northern Panhandle of Idaho

I AM RESPONSIBLE For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine. TWELVE STEPS AND TWELVE TRADITIONS, p. 87

In recovery, and through the help of Alcoholics Anonymous, I learn that the very thing I fear is my freedom. It comes from my tendency to recoil from taking responsibility for anything: I deny, I ignore, I blame, I avoid. Then one day, I look, I admit, I accept. The freedom, the healing and the recovery I experience is in the looking, admitting and accepting. I learn to say, "Yes, I am responsible." When I can speak those words with honesty and sincerity, then I am free.

## *Lost and Found*

*I have lost that heavy, dense, black cloud in my mind. I have lost the horrible, heavy burdens from my shoulders. (I have carried them day after day, needlessly, unable to do anything with them.) I have lost the heavy feeling in my heart. I have lost the feelings of sadness, gloom, self-hate, doubt and darkness. I have lost over 7 inches (18 cm). My bra no longer leaves big, red marks. My "big" clothes fit again. My body is willing to move.*

*I've lost only 8 pounds (4 kg)? Well, I have gained a way of living that brings me closer to my Higher Power. I now have a life that gives me peace, joy, happiness, serenity, and friends. What more could God give me in only thirty short days? I thank my Higher Power, my sponsor, and my DA group. I am grateful. — Mesa, Arizona USA*

Abstinence, Second Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope (pp. 93-94). Kindle Edition.

... 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

## Lake Country Intergroup Website

Did you know that our Intergroup has it's very own website? Well we do, thanks to the creative efforts our website creator Laura. It is informative, professional and beautifully done. It has our meetings list, board members, a very helpful Zoom cheat sheet and much, much more! Check it out at

[www.lakecountryoa.com](http://www.lakecountryoa.com)

The webmistress welcomes ALL feedback, suggestions, corrections, etc. in order to improve the Intergroup website so that it can be the best of the best, please feel free to send a message to the [OALCI.webmaster@gmail.com](mailto:OALCI.webmaster@gmail.com).

Many thanks goes out to webmistress Laura, for stepping up and for all the hard work she put into this website.



### How to Write an Abstinence Definition

In order to create an abstinence definition, I suggest writing out answers to the following questions:

1. What are my binge foods?
2. What compulsive food behaviors do I need to give up?
3. What are my allergy foods and/or unhealthy for me according to my doctor?
4. What are my trigger foods?
5. What foods are gray area foods? (Foods you do not binge on but are foods you may overeat, now that you have given up your binge foods.)
6. What are my safe/healthy foods?

After answering these questions, you may be in a better place to create your own food plan and abstinence definition. You may want to specify the timing of foods and how you will measure quantities.

Pat G. Toronto, Canada

### Vacation Thoughts

Heading off on vacation this year? I'm sure you've probably planned ahead, figuring out how to work your program on the road, etc., but have you thought of seeing what groups whose area you'll be visiting will be up to? Just go online and put in the area you'll be visiting and check out their website! (ie; Iowa Overeaters Anonymous and hit search). Check out their websites see what upcoming events coincide with your vacation time table and just maybe you can attend an interesting event, seminar or class as well as hit a meeting or two!

SEPTEMBER 5 When I survey my drinking days, I recall many people whom my life touched casually, but whose days I troubled through my anger and sarcasm. These people are untraceable, and direct amends to them are not possible. The only amends I can make to those untraceable individuals, the only "changes for the better" I can offer, are indirect amends made to other people, whose paths briefly cross mine. Courtesy and kindness, regularly practiced, help me to live in emotional balance, at peace with myself.

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

I've been a grateful member of OA since I attended my first meeting on March 27, 2000. My journey of recovery hasn't been in a straight line. My rate of progress has not been steady but when I pause to look back on where I've come from, I know I am fortunate to have found the fellowship. I have come to know that the promises are real, that serenity is available, and what it means to be joyous, happy, and free. While OA issued separate statements for abstinence and recovery, I think it is no accident that they were revised and issued together. I have found that I cannot recover without abstinence, and I cannot stay abstinent without working for recovery.

Each of us has a personal understanding of abstinence. For me, abstinence at its roots is a set of boundaries that define for me which foods and eating behaviors are compulsive and which are not. That may seem obvious but it has taken me two decades in the program to gain this bit of wisdom. My food plan is the start. Mark V.





“The only requirement for OA membership is a desire to stop eating compulsively.”—Tradition Three

*It's merciful that no one needs to be in perfect health in order to join Overeaters Anonymous. It's good to know that there exists a program with a path to recovery that is there for us when we are ready. We become members by the simple desire to stop compulsive eating behaviors. If we truly want what recovery has to offer, we can simply make a beginning. We don't have to accomplish full mastery of the concepts in order to begin! This is the principle behind our Third Tradition. This keeps the doors open for all: newcomers, members, and those returning after a relapse. Nothing can shut us out from the opportunity of joining OA. Overeaters Anonymous is here to assist, support and comfort all who identify with life-altering food issues. We don't need to come already equipped with a complete understanding of the problem.*

—Tony B. Centra Florida Intergroup 3/2019

We are there to sweep off our side of the street, realizing that nothing worthwhile can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to

**OUR OWN.** ALCOHOLICS ANONYMOUS, pp. 77-78

*I am powerless, so where would this power come from? It had to come from the God of my understanding. The way I prayed had to be different too. I realized God was not going to do for me what I could do for myself. So my biggest prayer became: “God, give me the willingness to abstain, be teachable and work the Steps. God, give me the willingness to forgive and to ask for forgiveness. Give me the willingness to accept myself as I am—as I hope to be.” I prayed that God's will would be done in my life.*

Abstinence, Second Edition: Members of Overeaters Anonymous Share Their Experience, Strength and Hope (p. 91). Overeaters Anonymous. Kindle Edition.

After twenty-eight years in OA, even I am amazed at the difference in me. Gone are the 60 pounds (27 kg) of excess weight, never to return. Gone is the cynicism. Life is life. Gone are vengefulness and sarcasm. Things just don't make me mad now. Gone are grudges and resentments. They are in the past, and I played a part too. Gone is the urge to commit suicide while driving; now I'm careful. What remains is the smile, because now I allow myself to be happy. Added is an occasional frown because I allow myself to feel pain; it is no longer stuffed down with food.

*Anonymous, Overeaters. Abstinence, Second Edition: Members of Overeaters Anonymous Share Their Experience, Strength and*



When I first discovered I had shame, I was in such denial I did not know exactly what shame was. As I continue to study the 12 Steps I have learned to identify the shame, do 4th step inventories, and a Big Book Step Study. I have come to accept my humanness and know that progress not perfection is the answer. When I do something shameful or remember something shameful from the past I write about it, forgive myself and work on amending my life so I don't continue or go back to whatever the behavior was. Through it all I ask God for help and discuss it with my sponsor. ~Anonymous

Nothing in nature grows at the speed human anxiety would wish it to grow. It takes time to halt a retreat, more time again to overcome inertia and begin to take a new direction. I cannot expect the difficulties in my life to be erased because I wish it. I am learning to walk one step at a time, and I look forward to dancing.

*For Today Oct. 4 Kindle Edition.*

It's through gratitude and the 12 steps that I have found much healing. I had a rough body image day today but tomorrow is a new day! Nine years ago, every day was a rough body image day. Now God has blessed me with tools to help myself and he's blessed me with all of you so we can do this thing together. Sarah

*One of our favorite sayings is "OA is simple, but it isn't easy." As an independent person, I had to learn to trust, listen to, and lean on a sponsor. The least I can do is go to meetings. Abstinence is number one, and I can't stay abstinent without the help of my Higher Power, sponsor and fellow OAers. Making a plan of eating and action plan and sticking to them with the help of God, my sponsor, and fellow OAers have brought me the miracle. Don't leave until you have it. Then stay for the fun of it.* — Fayetteville, Tennessee

**PLAN FOR RECOVERY** "AA is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot, outgrow this plan. As arrested alcoholics, we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment." Big Book ~ page 275

My first day in OA, I was desperate and helpless. I had reached bottom and thought I could not recover. After that first meeting a kind man gave me a Big Book and a Lifeline to take home and to read. He told me there was hope and to keep coming back. With tears in my eyes, I left the meeting believing just that. My first meeting was five years ago and I have been coming back ever since. Now I get service and cherish my new found friends. I love doing out reach service. I will be forever grateful for the loving support I have had on my path to recovery. I pay it forward every chance I get. Christine D. Chula Bista California Lifeline magazine



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)

## RETREAT!

Remember those lovely walks through the woods along the shores of Lake Coeur d Alene? The excitement of the workshops provided by a nationally known speaker full of new insights and experiences? The fellowship of early morning meditation groups and meetings that centered your day? If you do, then you remember how great our annual retreat was and know how important it is to get them up and moving again. That said, we are in need of a retreat chairperson to work towards a new retreat in 2023. We should start planning now to assemble a committee dedicated to making the year 2023 the return of our annual retreats. Please consider stepping up and forward to be that person.

Does your meeting have a representative? A secretary or a treasurer? Now that we are getting back in the groove of post-Covid meetings, perhaps it's time to get those positions up and running as well. As we are assured by our Twelfth Step, service is an important aspect to our Program, one of the 9 Tools of Recovery.

And while we are looking at our Twelfth Step, I really would urge everyone to consider volunteering for our Intergroup (IG) board or to become a committee chair/co-chair or member. If being a Committee Chair looks a little scary at first, see if another member will co-chair with you, it's a great way to deepen your program with another person.

The twelfth Step really is a great way to enhance your program. You get closer to others who understand what you're going through and know how to support you. You network and make friends from other meetings (which enlarges your possible sponsor pool).

We are a group of fellowship and unity, helping each other succeed while helping ourselves. If you are new to the program, service is one of the best ways to slowly step out of your isolation and begin the Steps necessary for a healthier you.

To see what IG positions are currently available, please see page 8

Two things in your life that  
you are totally control of are:

Your Attitude  
and  
Your Effort



# 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 <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

**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

## Lake Country Intergroup Meeting List

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 <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/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

**Attention all meetings** ~ Please ask everyone at your meetings to identify the sponsors and please get their info to me. In this way, we can update the Sponsor list. If you see any other changes, please let me know at [www.katyblue.aa@gmail.com](mailto:www.katyblue.aa@gmail.com). Thanks!



## Lake Country Intergroup OA Group #09107



Chairperson = **Open**

Co-Chairperson = Position **Open**

Secretary = Vicki S. <[OALCI.secretary@gmail.com](mailto:OALCI.secretary@gmail.com)>

Treasurer = Nancy T. <[OALCI.treasurer@gmail.com](mailto:OALCI.treasurer@gmail.com)>

WSB Conference Delegate(s) = Mollie <[OALCI.delegate@gmail.com](mailto:OALCI.delegate@gmail.com)>

Region 1 Representative(s) = Deb <[OALCI.R1representative1@gmail.com](mailto:OALCI.R1representative1@gmail.com)>

Kim <[OALCI.R1representative2@gmail.com](mailto:OALCI.R1representative2@gmail.com)>

Member-at-Large = Amy D. <[OALCI.memberatlarge@gmail.com](mailto:OALCI.memberatlarge@gmail.com)>

Committee Chairs =

- Newsletter – Katy [katyblue.ia@gmail.com](mailto:katyblue.ia@gmail.com)
- Special Events – **Open**
- Literature - Monay <[OALCI.literature@gmail.com](mailto:OALCI.literature@gmail.com)>
- Retreat – **Open** <[OALCI.retreat@gmail.com](mailto:OALCI.retreat@gmail.com)>
- Bylaws – **Open** <>
- Phone – Judy <> 509-624-8091
- Audio Library Kim <> 208-660-9208
- Public Information & Professional Outreach – **Open**
- Twelve Step – Trina <[OALCI.12thstep@gmail.com](mailto:OALCI.12thstep@gmail.com)>
- Website - Laura A <[OALCI.webmaster@gmail.com](mailto:OALCI.webmaster@gmail.com)>

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