

# Lake Country Intergroup

Serving Eastern WA, North ID &  
Southern BC Canada

I came and lost weight, but I found that if I only lost weight and gained nothing, then OA would be for me just a successful diet club. As with the diet clubs, success would invariably be followed by failure—at least for me.

The OA program is not about losing weight, and it is not a diet club. The program is tough to maintain, but it is the way we achieve serenity and peace. These are the goals of the program, not losing weight.

Now I deal better with all the things that drove me to food. I don't hold onto resentments. I don't wallow in guilt. I don't stay angry. I move on from my mistakes. I forgive those who hurt me.

I have lost weight and kept it within or close to my target range. But my real achievement and feeling of success comes not from what I lost, but from what I gained - a far greater peace than I have ever know.

## A "DESIGN FOR LIVING"

We in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" that really works. ALCOHOLICS

ANONYMOUS, p. 28

You know, OA's tools include the telephone for a reason. When we're suffering, we tell ourselves we don't want to bother them even though we need their help and support desperately. But when we're cruising, we're on to other things and forget to think about those in OA who might benefit from a text or a call or an email. *Living in the Solution Seacoast OA5 OA Disciplines That Make Us Free* Posted on May 13, 2018

The Big Book goes to great, gentle lengths to show us why we can't do it ourselves. In a nutshell, our brain has been compromised by the disease of addiction, and we are defenseless against it. Many of us even tried using religious means to beat our compulsion without success. What we didn't know, and what the founders of AA want us desperately to know is this: We are powerless and cannot change ourselves by any act of willpower on our part. *LIVING IN THE SOLUTION SEACOAST OA Why spirituality requires a sponsor*

Posted on June 17, 2018

**Just Listen**

We express ourselves wholly, honestly, and appropriately, but not until we've listened well to the other person and truly considered, objectively, what they say. We don't start from a place of personalization anymore, we start from a place of wanting to understand. We also eschew throwing advice at others, and instead we give suggestions when asked. We stay calm, even in the face of negativity, and we let our HP work through us. We're the only Big Book someone might read. *Living in the Solution* Seacoast OA5 OA disciplines that make us free Posted on May 13, 2018

"Developed through long and sometimes painful experience, the Twelve Traditions embody spiritual Principles for living. Those who have studied them carefully have found that these Traditions can be applied effectively to all human relationships, both inside and outside OA. With this in mind, we turn our attention to the Traditions, trusting that, as we come to understand them better, we will be better able to keep OA strong and healthy and ourselves spiritually fit in the face of all challenges."

– The Twelve Steps & Twelve Traditions of Overeaters Anonymous 2017.

*SUCH IS THE PARADOX OF A.A.*

**REGENERATION:**

**STRENGTH ARISING OUT OF COMPLETE DEFEAT AND WEAKNESS. THE LOSS OF ONE'S OLD LIFE AS A CONDITION FOR FINDING A NEW ONE.**

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



See a new beginning  
in each sunrise.  
You can always  
begin again.

**Becoming a Grown-up**

***"Made a decision to turn our will and our lives over to the care of God as we understood Him."*** – Step Three: The Twelve Steps and Twelve Traditions of Overeaters Anonymous

This is a grown-up honest decision and when I first came to OA I was anything but grown-up or honest. I had been making decisions for years only to break them, most of the time on a whim. It went on for longer than is comfortable to admit out loud – Years! – before I finally truthfully surrendered and turned my life over to my Higher Power.

When finally, I came to a place where I could no longer keep pretending, I got on my knees and handed every bit of my out-of-control life over to my God. I had learned so much in OA but, unless I could honestly and in my grown-up mind make this decision, I was cheating both God and me. Pretending was not cutting it any longer, and I wanted it all. All that OA promises, and all that God promises. With my sponsor, my friends in OA, a few trusted friends and, most of all my God, I finally took this step.

I wish I could say everything clicked and I faced no more challenges or setbacks, but that is not my story. I can say that for every challenge and setback, as well as every success and triumph, my God and my fellow OA friends are there with me laughing, crying, cheering with me.

Central Arkansas Intergroup of Overeaters Anonymous Posted on February 9, 2021

### **Between Fear and Pride**

*My Eighth Step list used to drag me into a whirlpool of resentment. After four years of sobriety, I was blocked by denial connected with an ongoing abusive relationship. The argument between fear and pride eased as the words of the Step moved from my head to my heart. For the first time in years I opened my box of paints and poured out an honest rage, an explosion of reds and blacks and yellows. As I looked at the drawing, tears of joy and relief flowed down my cheeks. In my disease, I had given up my art, a self-inflicted punishment far greater than any imposed from outside. In my recovery, I learned that the pain of my defects is the very substance God uses to cleanse my character and to set me free.*

August 11 Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members . Kindle Edition.

### **Only One Aspect of Myself**

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.

Edited from *The Turning Point Came* pg. 83 of Overeaters Anonymous. Overeaters Anonymous, Third Edition. Kindle Edition.

**I knew I had to do something,  
not just about my weight,  
but about my life.**

From *Out Of Darkness*, Overeaters Anon. Ed. 3 pg. 145

### **Who is the Enemy?**

**"God, grant me the willingness to see my imperfections as a means of getting closer to others and to You." Overeaters Anonymous. *Voices of Recovery* (p. 86).**

**Why is it that it is so hard for me to admit it? My weakness is that I am a compulsive overeater, and a person who does not fully accept these imperfections of myself. I would rather cover it and hide it (or think that I am hiding it anyway). This is me. I am powerless over this enemy because this enemy is me.**

I took 'easy does it' to a compulsive extreme! As I realized *MY* low, I started working program basics again. This included admitting 'I'm having a hard time', visiting with my sponsor, reading more, rebooting my food tracking, rebooting my abstinence and most of all... re-establishing a stronger relationship with my high power.

Welcome to Club Weakness, Welcome Home!  
Blog from Central Arkansas OA IG  
Posted on April 17, 2021

### The Freedom Brought

#### by Step Four

There is a wonderful freedom in not needing constant approval from colleagues at work or from the people I love. I wish I had known about this Step before, because once I developed a frame of reference, I felt able to do the next right thing, knowing that the action fit the situation and that it was the correct thing to do.

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

### Evolution

My food and the way I work this program have evolved during my years in OA. Every day, I still need to take quiet time in the morning to talk to my HP and listen for guidance. I also plan my three meals and optional snacks and make sure they fit around the activities of my day. I do spot-check Tenth Steps frequently and listen for the voice of my disease. When it tells me to eat inappropriately, I look closer to see what is really bothering me so I can deal with the actual problem. When my disease speaks more subtly through repetitive negative thoughts, I consciously call on the voice of **my** recovery through prayer or picking up a Tool. If I indulge in diseased thoughts, I will inevitably betray myself again through bad behavior and eventually the food.

*Edited from The Turning Point Came pg. 83 of Overeaters Anonymous. Overeaters Anonymous, Third Edition . Kindle Edition.*

*Abstinence has not come easily for me. Many times it eluded me, and even after several years in OA, I have times of relapse. Many times I felt that sustained abstinence from compulsive overeating was impossible for me, despite the fact that I believed I had made great headway on the spiritual and emotional levels. I have received many gifts as a result of working this program; one of the greatest gifts was hope. Without hope, I could easily have given up and eaten myself into mindless oblivion. Overeaters Anonymous. Voices of Recovery . Overeaters Anonymous. Kindle Edition.*

### Are You Hungry Angry Lonely or Tired

Does this mean every day is easy? No. I still have food thoughts and occasionally get cravings. I know my disease is right there, like a shark cruising under the surface waiting for an opportunity to strike. I must protect myself from getting too hungry, angry, lonely, or tired. I must stay honest. I must make amends for any harm I've caused. I must surrender myself to God every day, throughout the day. I must always remember that, for me, OA is not optional. It is keeping me alive and is filling my life with love and understanding beyond my wildest dreams. Edited from *Out Of Darkness*, pg. 146 Overeaters Anonymous, Third

*Now, seven years later, I still do the things that got me abstinent. OA has taught me that by continually working the Steps, Tools, and Traditions, I can keep adding skills to the basics that got me abstinent. Each skill I learn helps my life work better and makes my emotions easier to manage. Each one makes me feel better about myself and makes my relationships go more smoothly. What am I really saying? These skills make me more comfortable in the world, more able to cope with the situations that life constantly throws me. The result is I feel content with myself and my life. That is an enormous change for me.*

*Food is no Longer an Option pg 161 Overeaters Anonymous, Third Edition, 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 <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
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Lenora	208-635-5165	P/F
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Robyn B.	509-280-5705	P
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Sharen	509-483-2171 509-688-5706 (cell)	F/P/M

**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

Know a Newcomer who may be feeling lost and has a few questions? Have them check out our...

### NEWCOMER ZOOM MEETING:

Saturdays at 6pm Pacific  
Meeting ID: 934 6772 5942 Passcode  
172301

And/or - see the page 32 page pamphlet on page 6.

Both can get your newcomer up and taking the steps in no time.

Next question - do they have a sponsor? Perhaps you? Think about it, a tender little Newbie that can use your Experience, Strength and Hope to get them on the road to recovery! To find the joy and freedom you have found, seen through the fresh eyes of another!

### My Fuzzy, Addled Covid Brain...

To all who received the email about our IG Zoom meeting, Yes, I now realize it is not 2020 but 2021 – I used an old template and my addled mind didn't catch it until today. I am choosing to blame it on having Covid-Head – that foggy inability to string more than one thought to another coherently at times. I intend to use this excuse as long as I can. My apologies to those out there who were concerned that I meant last year (haha).

## News and Info From World Service ~ oa.org

### A Summertime Reminder

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. 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](mailto:OALCI.treasurer@gmail.com)

### Waltzing With a What?

*What I know to be true is that the night I believed the lies that "I'm ok now, I'm at a normal body weight so it won't matter and I just want it!" was the night my food addiction came waltzing right back in. Waltzing like a gorilla, that is. It picked me up and threw me down, and you know what they say, "When you're dancing with a gorilla, you're not done until the gorilla says you're done."*

Nadine D

Region One Board Blog

Posted 4/28/21

Look for the rest of this essay *Dancing with the Gorilla* and others At Region One's Board Blog at [www.oaregion1.org/board-blog](http://www.oaregion1.org/board-blog) plus several others of encouragement, strength, hope and insight. Several topics are covered including self esteem, perseverance, relapse, and many more dating back to June 2013 and continuing on today. If you miss *Lifeline*, this may be your quick fix place to go.

### *Where Do I Start?*

**OA's new  
welcome  
pamphlet**



Greet newcomers and help them get started with OA's welcome pamphlet.

Packed with key information about OA's Twelve Step program of recovery, this 32-page pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. With *Where Do I Start?* in hand, newcomers get an introduction to OA and can find answers to frequently asked questions, such as:

What is compulsive eating? Can OA help me if I am bulimic or anorexic? Is OA a religious society? What is the Twelve Step recovery program?

Help newcomers start their journey of recovery; welcome them with *Where Do I Start?*

# Lake Country IG Quarterly Business

## Zoom Meeting

Saturday, June 12 , 2021

9:00 AM - 12 Noon

## Zoom Meeting

Meeting # 838 5400 2292

PW# 12345

*Everyone is welcome*

(only those members who are on the board  
or are meeting representatives may vote)