

Lake Country Intergroup

Serving Eastern WA, North ID &
Southern BC Canada

Delusional Thinking

The first illusion I uncovered was thinking of food as a comfort. How could I label something comforting if it made me miserable after the first pleasurable sensation? By definition, comfort should be enduring, calming, and relaxing, not something that evokes guilt, shame, and misery. The first thing I did in program was to draw up a list of things that truly give me long lasting comfort. I turn to that list when I have a craving, and I incorporate those things into my life as often as possible.

Overeaters Anonymous, Pg. 98 Third Edition Kindle Edition

By this time in all probability, we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind. To those of us who have hitherto known only excitement, depression, or anxiety—in other words, to all of us—this newfound peace is a priceless gift.

TWELVE STEPS AND TWELVE TRADITIONS, p. 74

We get to the place where we believe our lives are worth saving. This is enough to heal the shame, do the work and put our disease into remission. We don't have to believe all the time - just long enough to reach out to another OA, to go to a meeting. Fortunately, we are not all crazy at the same time!

... I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

For Today July 3 Kindle Edition.

I work the spiritual leg of the program by letting go of my doubts about what God may or may not be and praying anyway. A prayer creates space between craving and overeating, so I can make a new choice. I watch how my thoughts change afterward, and I open my heart to guidance in all the ways it might be conveyed. I take a STOP (a Spiritual Time Out Please) any time of day when I need to get more calm and centered because I am less compulsive when I am calm.

Edited from Food for Thought in Overeaters Anonymous, Third Edition Kindle

No matter how long we have been abstinent, a slip smacks us right where our pride is located. It triggers our fear of others' opinions, our fear that we aren't good enough, our fear that OA won't work for us, and our fear that all that abstinence we had is no longer valid. This last point is especially insidious. It is helpful to remember that whether we had three days, three weeks, three months, three years, or three decades, every day of abstinence is a gift from our Higher Power. Just because we slip does not mean that our abstinent time wasn't good enough or can't return. It only means that we have some action to take to resume our abstinence. God hasn't gone any where, we just need to remember how to get in touch with our Higher Power.

This month's article is reprinted, with thanks, from the Seacoast OA Intergroup in New Hampshire and Maine, www.seacoastoa.org

My sponsor is encouraging me to take a step back in my service positions and focus on my recovery in working towards a healthy body weight. Strong personal recovery is a service in itself and helps us credibly spread the message.

I often find it easier to serve others before I serve my own needs and that leads to resentment. It's unhealthy. I see it in others too – the people pleasing, the denial of self. A busy life in service to others can be a front for not being willing to love ourselves enough to do our own work for ourselves. There is an unchallenged shame in there; feeling we are not deserving of all the promises of recovery in our own right. We are. It just takes some practice with boundaries!

Jennifer S. SEA TO SKY INTERGROUP NEWSLETTER | July 2019



Tired of the weather?

Wait 5 minutes,
it'll change!



When we are actively working the steps, we are at peace with God, at peace with ourselves, peace with others, and in the business of keeping the peace. Once we finally understand that using food to find peace does not work; once we understand that we are actually forfeiting our peace with God, ourselves and others, we are less likely to want to do that.

Posted in OA Southern Arizona Jan/Feb 2014 Desert Recovery Newsletter

I am learning to let go and let God, to have a mind that is open and a heart that is willing to receive God's grace in all my affairs; in this way I can experience the peace and freedom that come as a result of surrender. It has been proven that an act of surrender, originating in desperation and defeat, can grow into an ongoing act of faith, and that faith means freedom and victory.

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

Lies are a natural and virtually automatic way of life for active addicts. Through denial and diseased thinking, addicts (often very convincingly) lie to ourselves and our loved ones to preserve our compulsions. We also lie to the world in an attempt to avoid stigmatization. We have lied about big things and small things, usually to avoid rejection or judgment (or to keep up appearances) until we've created a fantasy life that is more tolerable than our current reality.



Aug 13

A CLEAN SWEEP having cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

TWELVE STEPS AND TWELVE TRADITIONS, p. 77

As I faced the Eighth Step, everything that was required for successful completion of the previous seven Steps came together: courage, honesty, sincerity, willingness and thoroughness,

I could not muster the strength required for this task at the beginning, which is why this Step reads "Became willing. . . ." I needed to develop the courage to begin, the honesty to see where I was wrong, a sincere desire to set things right, thoroughness in making a list, and willingness to take the risks required for true humility. With the help of my Higher Power in developing these virtues, I completed this Step and continued to move forward in my quest for spiritual growth.

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

WALKING THE WALK

So many times, addicts have sought the rewards of hard work without the labour. When we first came to OA, some of us wanted everything and right away! We wanted the serenity, the normal body weight, the happy relationships, friends, closeness with our sponsor – all the things other people had gotten after months and years of working the Steps, living life on life's terms.

We learned the hard way that serenity comes only from working the Steps daily. Becoming happy, joyous and free happens in stages, as we show up every day and try to "practice these principles in all our affairs", including our relationship with ourselves and our Higher Power, our families, and in our employment. Healthy relationships come as a result of hard work, learning new skills, staying present, and a willingness to communicate. Friendship with our sponsor and fellows comes as a result of reaching out during the good times as well as the bad.

In OA, we have found the path to a better way of life. To reach our destination, however, we must do the footwork. OA REGION ONE - SEA TO SKY INTERGROUP Volume 178: June 2018

A psychic shift is an everyday event in the world of recovery. It is amazing and ordinary all at the same time. I don't pretend to understand why recovery is this way, yet three things I know for certain: Miracles happen, love is expansive, and there is a place for us. I'm just a garden variety compulsive overeater and I have a fellowship that matters. I love you guys. 'S'

Snake River Intergroup Newsletter

In 12-Step recovery, the standard isn't occasional honesty or attempted honesty, but rigorous honesty.

Silver Linings

Several years ago, speaking at Baltimore, I ran on at a great rate about the terrible sufferings we alcoholics had endured. My talk must have had a strong flavor of self-pity and exhibitionism. I kept referring to our drinking experience as a great calamity, a terrible misfortune. After the meeting I was approached by a Catholic clergyman who genially remarked, "I heard you say you thought your drinking a great misfortune. But it seems to me that in your case it was your great good fortune. Was not this terrible experience the very thing which humbled you so completely that you were able to find God? Did not suffering open your eyes and your heart? All the opportunity you have today, all this wonderful experience you call AA, once had its beginnings in deep personal suffering. In your case that was actually no misfortune. It was your great good fortune. You AAs are a privileged people."

Wilson, Bill The Language Of The Heart - Bill W.'s Grapevine Writings . AA Grapevine, Kindle Edition.

I choose not to focus on what I didn't do perfectly in a given day. My yoga teacher said, "What we think about and talk to ourselves about all day is what we manifest more of in our lives." I ask myself every night, "What did I do right today?" If I end my day by focusing on any success, however small, abstinent or not, I am more likely to build on that success tomorrow.

Edited from Food for Thought in Overeaters Anonymous, Third Edition Kindle Edition

The Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world. Our experience tells us these universal truths work. The anarchy of the individual yields to their persuasion. He sobers up and is led, little by little, to complete agreement with our simple fundamentals.

Wilson, Bill The Language Of The Heart - Bill W.'s Grapevine Writings ... Kindle Edition.



Every body shape is perfectly unique!

Miracles Melbourne December 12, 2020

Who would have thought that being shut in the house due to a pandemic would allow me to get out of myself, around the world, and into a new way of working OA? My program had gotten “stale”. Maybe a different meeting would help?

I went to the OA.org website and looked for an English-speaking Zoom meeting at a time when I could attend, and I found a daily virtual meeting out of Melbourne Australia with 40-60 people attending from around the world*. The founders, who started meeting when Covid hit the world, are dedicated to recovery by giving almost daily service, and lovingly share that service with others. It takes over 20 people each week to keep it running. The format is very structured and follows the Twelve Step & Twelve traditions. BUT what really makes this meeting special is the “after meeting” when cross-talk is allowed and service people help newcomers and returning members. Lots and lots of recovery and sharing.

This meeting, which I call Miracles in Melbourne, has become a game changer for this COE with over 15-years in OA.

Thanks to all the people who give service from members who Zoom-up and show-up, to keeping OA.org. web site going. They make recovery possible for me and everyone in the fellowship.

— **Anon Amos** *Recovery is Alive in Region 5* Blog article www.region5oa.org/blog-post

One Tool of Recovery =
Service

In order for me to reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so *effectively enhances my recovery.*

Overeaters Anonymous. March 30 *Voices of Recovery* .
Overeaters Anonymous. Kindle Edition.

Lake Country IG Quarterly Business Zoom Meeting

Saturday, March 13, 2021

9:00 AM – 12 Noon

Several

SERVICE

positions open

Zoom numbers to follow –
Watch for flyers in your email

Zoom on in and check us out. Your service is greatly needed and your program can always use some Service to keep it fresh and you involved – so please join us!

I look at my general attitude about life. Do I have an attitude of gratitude and hope? I can choose whether to focus my thoughts on what is going wrong in my life or what is going right. Almost every day has some of both. Focusing on gratitude and hope gives me a sense of balance and peace and, in that state of mind, I feel much less compulsive.

Edited from *Food for Thought in* Overeaters Anonymous, Third Edition Kindle Edition

Some people dance in the rain...



some people just get wet

Important!

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

14 AUGUST "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.

Voices of Recovery . Overeaters Anonymous. Kindle Edition.

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* blog Fall 2019

It is human nature to cling to the illusion that we have done no wrong, and through years of compulsive eating we have become experts at rationalization. Now, with God's help, we leave rationalization behind and begin to practice integrity. We face the reality of our mistakes. We see the part we ourselves have played in creating our own misfortunes, and we realize the futility of continuing to blame others for our compulsive eating and our unmanageable lives.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous 1st ed. Kindle Edition.

My part of the Seventh Tradition means so much more than just giving money to pay for the coffee. It means being accepted for myself by belonging to a group. For the first time I can be responsible, because I have a choice. I can learn the principles of working out problems in my daily life by getting involved in the "business" of A.A. By being self-supporting, I can give back to A.A. what A.A. gave to me! Giving back to A.A. not only ensures my own sobriety, but allows me to buy insurance that A.A. will be here for my grandchildren.

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

Daily HP Check-in

Good morning HP.

So far today I am doing all right. I have not gossiped, been greedy, grumpy, selfish, unkind or bossy.

I have followed my Food Plan, the 12 Steps and 12 Traditions to very best of my ability.

I've checked my attitude for gratitude and the ground beneath my 3-legged stool for possible rocks or fissures that could be a problem.

I've even called my sponsor!

Yup, today looks like everything is going great, with your help, of course, but I do have one glaring problem...

I'm going to have to be getting out of bed pretty soon and it's then I'm really going to need your help.

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 *NEW PHONE NUMBER*	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

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

LEGEND: P Program F Food M Maintenance

Virtual Sponsors can also be found at www.aa.org

Service opportunities are a little sparse on the ground without our face to face meetings, so why not attend a business meeting, check us out and see what opportunities you find to enhance your program?

Lake Country IG
Quarterly Business
Zoom Meeting

Saturday, March 13, 2021
9:00 AM - 12 Noon

Zoom Meeting
Meeting ID: 894 7001 9768
Password: 12345

Everyone is welcome

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