

Lake Country Intergroup

Serving Eastern WA, North ID &
Southern BC Canada

Scary Detours

"I believe that I have been recovering since the day I walked into my first OA meeting. It's just that my recovery has had some frightening detours. I did not relapse because I was bad, because God turned away from me, nor because I wanted to relapse. I have talked to hundreds of members about their relapse and not one of them wanted to return to food...the bottom line is that people relapse because they revert to an old behavior - compulsive eating - to help them handle their lives."

"No Imperfect Paths," Lifeline, May 1989

The Power we find in recovery is the power we lacked on our own. It is the love we were afraid to depend on others for. It is the sense of personal direction we never had, the guidance we couldn't humble ourselves to ask for or trust others to give. It is all these things, and it is our own. Today, we are grateful to have a

Higher Power to depend on. *Narconics Anonymous*
Just for Today, Daily Meditations for recovering addicts. Kindle Edition.

MYChoice

I now choose what I focus my thoughts on: Do I spend more time thinking about what I can't eat and how much I miss it, or do I change my focus to what I can eat, maybe looking up new recipes, learning about new spices, and more? Do I "change the channel" of my thoughts as I do when a food commercial comes on TV, or do I encourage dangerous thoughts that threaten my abstinence? I make these powerful choices many times a day. If I'm aware, I can choose differently.

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

Few people will sincerely try to practice the A.A. program unless they have "hit bottom," for practicing A.A.'s Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. The average alcoholic, self-centered in the extreme, doesn't care for this prospect—unless he has to do these things in order to stay alive himself. We know that the newcomer has to "hit bottom"; otherwise, not much can happen. Because we are drunks who understand him, we can use at depth the nutcracker of the-obsession-plus-the-allergy as a tool of such power that it can shatter his ego. Only thus can he be convinced that on his own unaided resources he has little or no chance. AA TWELVE AND TWELVE, P. 24

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

In November 1981, I displaced my tibia. I was anxious about winter coming and limited opportunities for exercise. While attending non-helpful sessions with an eating-disorder counselor, I saw a notice about Overeaters Anonymous. That led me to a contact number in a local newspaper and to my first OA meeting thirty years ago. I had sought help from a priest, doctor, social worker, and eating-disorder counselor. None could help me. However, in a room full of strangers who were similarly afflicted, I learned I had a disease and that God was interested in something as trivial as my food. Serenity filled the air; prayer started and ended the meeting. Hope was restored. Guilt and shame were released. I had a solution, all in ninety minutes. Anonymous

Amazingly, despite knowing that our feelings (concerning food) are powerful and uncontrollable, we follow them blindly. Take eating, itself. Our anxious selves want soothing with food. Our minds at first say, *bad idea*. We might even step away from the fridge. But then our brain, addled by our compulsion, works on it a while. Whether it's a moment, an hour, a day, a week, a year, or a decade later, our thinking will eventually churn out a justification for eating. That justification might be “screw it,” might be “it hurts,” or might be “it won't hurt me this time,” or something far more complicated. But it'll come. Eventually, we blindly follow our feelings into oblivion.

Edited from *Seacoast OA Blog* New Hampshire and Maine IG (Posted on November 26, 2017)

The Importance of Traditions "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.

My blackouts were when I was cruising along on autopilot and experienced those strange mental blank spots where I don't remember eating all my 'stash' but the wrappers are all around me.

If we haven't yet completed the Steps, we carefully watch and listen to those who have experience with them. How do they conduct themselves? What's different between their thinking and feelings and our own? Could we try to move through the world more like they do? What would it mean if we did? Then we try out what we see in them. We practice it and find it feels more serene than we've felt in a long time.

Edited from *Seacoast OA seacoastoa* New Hampshire and Maine IG Posted on November 26, 2017

Weight a Minute

It is the first of the month. It is my weigh day. I am always a little anxious on this day. It also puts me in touch with reality — and lets me know, is my food plan right for me? Before I get on the scale I say the serenity prayer. I thank God for my abstinence and my healthy body. I remind myself that it is just a number. I don't pray to be a certain number, that is out of my hands. I take off my glasses, I don't take off my pajamas (I see this as recovery). I am up 2 pounds. I know that I have been honestly abstinent, I know that there are natural fluctuations in weight, I still feel a stab of disappointment. I then realize that I weighed myself before I peed, Should I reweigh myself? No that is crazy. Should I take off my pj's and reweigh myself? Again, still not sane. I send thoughts of gratitude to my HP for recovery and get on with my day. Anonymous

What I care more about is the kind of person I am becoming as a result of living these steps - I can't measure that on a scale. ~ Terri

B. Baltimore

JULY 16 "A MEASURE OF HUMILITY"

In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain. Twelve and Twelve p. 75

It was painful to give up trying to control my life, even though success eluded me, and when life got too rough, I drank to escape. Accepting life on life's terms will be mastered through the humility I experience when I turn my will and my life over to the care of God, as I understand Him. With my life in God's care, fear, uncertainty, and anger are no longer my response to those portions of life that I would rather not have happen to me. The pain of living through these times will be healed by the knowledge that I have received the spiritual strength to survive.

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



The courage to attend {my first} OA meeting arose when I discovered the pamphlet Maintaining a Healthy Weight. I finally admitted I did not like my body or my weight. I realized I could not manage my weight by myself. Most importantly, I realized and admitted that not liking myself made me have nasty, weird thoughts about myself and my relationships with other people. Edited from *Newcomers*

Story: Step One Relief posted On May 28, 2017

Before You Take That First Compulsive Bite, Remember -you will have to ...

“Accept as natural that for a period of time (and it can be a long one) you may recurrently experience: (a) The conscious nagging and craving for something to eat between meals. (b) The sudden overwhelming impulse just to take one bite. (c) The craving, not for food as such, but for the soothing glow and comfort just a bite or two once gave you.”

OA Pamphlet *Before You Take That First Compulsive Bite. Remember...*

Should Have Already Mastered Everything

My Big Book sponsor tells me that "shame" can stand for "Should Have Already Mastered Everything." It is only recently that I have also understood that my need to know—to be the "master of everything," even at age 12 before I could possibly have had the time and energy to live it—is also part of my profile as a compulsive eater.

There is wisdom in knowing what I cannot do alone. In order to work the OA program of recovery, the one action I needed to take was to admit that I did not know: to admit my powerlessness—my bafflement—and that my life had become unmanageable. It was, basically, to walk up to shame, to walk past it, and say "I don't know," first allowing an OA group, then a sponsor, then the Twelve Steps themselves to teach me what I needed to

recover. Mary Rose D. Region Six Trustee Edited from *The Messenger* Region 6 Newsletter Spring 2012

Abstinent Attitude

Another damaging illusion was my attitude about abstinence. At first I associated abstinence with restriction and deprivation, like a diet. I thought of eating whatever I wanted as abundance. I had that backwards! Overeating was the source of most of the scarcity in my life: scarcity of energy, health, peace, pride, and self-esteem. Abstinence has been the root of the abundance I now have: increased energy, growing self-esteem, pride I feel when I go to bed at night, pain-free living, choices I now have at the clothing store, good health, and peace I live with now that the war is over. Abstinence, not limitless food, brought these riches.

Edited from *Food for Thought* in Overeaters Anonymous, Third Edition Kindle Edition Pg. 98-99

"Weight loss is not what the OA program is about. A normal-size body is a fringe benefit received in the course of reconstructing that which cannot be seen. Inner change is the substance of the Twelve-Step program..." For Today, December 18

Welcome to Club Weakness, Welcome Home!

At first, you're thinking, I know I am kind of a weird because I am this way, and therefore all these other people must be weird too, but as you listen and spend time with them, what you find is there are some pretty amazing people in this group from all walks of life, in all types of situations and circumstances with pretty cool stories, and one thing that they all have in common with you is that they fight that same weakness that you have fought with. Being with them then starts to feel like

Posted on April 17, 2021

Central Arkansas Intergroup of Overeaters Anonymous

Tradition Four tells us that we can run our own affairs, as long as we cause no harm to other parts of the fellowship. Groups have the freedom to do what works best for them. We are free to decide what format to follow, what to read in the meeting, to have a break or not, have coffee, etc. Decisions are made by group conscience. We also need to keep in mind our obligation to other groups and to OA as a whole. This means adhering to all OA guidelines and following the group conscience of OA. Karin H. Region Six Trustee Edited from *The Messenger*

Region 6 Newsletter Spring 2012

I also 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

When I came into program, one of my core beliefs was that the size of my body determined my value to the world. What program has taught me through my step work is that the size of my body does not reflect my worth to this world, and neither does it define the depth of my recovery. My value to the world is based on HP's will for me: to be of service to others. Program promises me freedom from food obsession, and a life of usefulness. It does not promise to make me a certain size or shape.

Alice Region 1
Edited from *Who Decides a Healthy Body Size* R1 Board Blog posted 8/4/20

VOR - 31 MAY

"Those who have studied them carefully have found that these Traditions can be applied effectively to all human relationships, both inside and outside OA." OA 12 and 12 pg. 108

I am grateful to the Traditions that keep our groups and OA as a whole functioning in a healthy way. I am also grateful that I can apply these principles to all my relationships, whether anyone else knows about the Traditions or not. It's amazing how these simple ideas can improve my interactions with others. For example, what relationship can't be made better if I consider our common welfare and strive for unity? I can place God as the ultimate authority over all my relationships and pray to be a trusted servant, instead of a controller. I can allow others to be autonomous, unless a matter affects our relationship as a whole. Remembering to place principles before personalities helps me in all my relationships and dealings with other people. It is such a relief to simply look at the issue at hand and not get caught up in the personalities involved.

Voices of Recovery
Kindle Edition.

"We realize that compulsive overeating is only a symptom of a deeper problem. We can choose to deal with the problem and reaffirm our commitment to living the Twelve Steps, or we can ignore the problem and perhaps continue to struggle with food." Welcome Back, p. 2

Keep coming back.

For me this slogan is a gentler, subtler way of saying, "Don't let your pride kill you." My pride and ego tell me that if I go off my food plan, or if I binge, then I should stop going to meetings because I'm too ashamed. My ego likes to convince me that all the other people in OA have this down, and they will judge me if I admit my issues with food are still flaring up. Well- that is a LIE my disease tells me, and if I believe it, it could be a death sentence.

Edited from *Don't Let Your Pride Kill You*, Central Arkansas Intergroup of Overeaters Anonymous blog, Posted on February 26, 2018

News and Info From World Service ~ oa.org

Check out Montana's
OA Blog !

A New Way of Living

@

<https://www.montana-overeatersanonymous.org/blog>

Did you know that you can submit your writing/blog?

Just email your writing to biggs...@gmail.com and it will get posted. Be sure to include a title, and how you want your name to appear, no last names please.

If you have questions, please call/text

Laurie M 406-208-1208.

~ Together, we get better ❤️

Keep Our Fellowship Working!

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

Hi everyone!

My name is Monay and I have volunteered/been elected to the literature position for Lake Country Intergroup Region 1. I wanted to reach out and let you know that I am making a book order on Monday April 12 for anyone that needs a literature order.

This position was created to save on shipping and handling costs for all of us. The plan is to make a book order once a month, as close to the 1st as I can, and come to the Coeur d'Alene area once a month to deliver what was received. I live about an hour and a half away from the CDA area so if the day that I come doesn't match up with your schedule angels here on earth have volunteered to help distribute the literature ordered.

I hope I was clear with describing this process. If not, shoot your questions my way and I'll do my best to answer them. As for the literature order, sorry for the short notice. If this Monday is too soon for you, there will always be next month.

Much love and recovery to you!!

Monay 208-627-2035 (I also text at this number) Cmcoonfam4@yahoo.com

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

I have found that my whole day goes better if I have a plan of action. Of course, I have calendars and electronic reminders, but if I go over with my sponsor what I plan to do for that day, it's a thousand times more likely that it will happen. This is true not only for my food, but also for my primary relationship, for my job, for my other relationships. In other words, my program, which guides my whole life, works more smoothly and effectively when I use this recovery tool. Thanks so much to the delegates of the WSBC for giving me just what I needed. -Beth B.



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

LEGEND: P Program F Food M Maintenance