

# Lake Country Intergroup

Serving Eastern WA, North ID &  
Southern BC Canada

We can't trust our feelings or our thinking because they serve the same master: food addiction, in whatever form we have it. So what can we trust? Or more accurately, *Who can we trust?* The answer is that we can trust our Higher Power to give us the intuitive thought or decision we need. When we let go and let God, then our emotions about and our analysis of a situation can be put to good use. Divorced from the drive for satisfying our compulsion, we can use our minds to examine our internal and external circumstances and draw well-reasoned conclusions. We can also use our emotions and intuition as guides to ensure that what we're considering feels right. Reprinted from [Serenity](#)

[OA](#) Recovering from compulsive eating in New Hampshire and Maine, one day at a time. Posted Nov. 2017

## Chronic Pain Connection

A woman in another Twelve Step fellowship suggested I try a phone meeting of a ninety-day program, and I did. This program suggested I abstain from products made with sugar and flour. During one of my last stints in bed, I had bought a box of chocolates to reward myself for something. I said to myself, "I'll just eat five pieces to prove I have control over my eating." But half an hour after eating the chocolates, I felt the worst pain I had ever experienced. I finally made the connection:

*Sugar was killing me.*

Overeaters Anonymous, Third Edition . Kindle Edition.

## From Program, With Love

I had my first spiritual awakening one year after the beginning of (my) last binge in 2005. My wife and I were driving to my daughter's home for Thanksgiving, 2006. My wife suddenly told me to take a shortcut rather than the direction I was headed. My first response was to shout, "Stop backseat driving." But before I could get the words out, a still, small voice in my head whispered, "Remember, you want to treat her with love, honor, dignity, and respect." So I thanked her and took the shortcut. Wow! I thought. Where did that come from?

Overeaters Anonymous, Third Edition Kindle Edition.

Willing vs Wanting: Which Really Wins? Making the distinction between being willing to do something and wanting to do it has been critical at every stage of my recovery. The OA 12&12 says it very well on page 31 in reference to the 4th Step: "Many of us delayed beginning step four simply because we didn't want to do it. We said we were not yet willing, but when it came right down to it, being willing to do the inventory and wanting to do it were two different things." And again on page 73: "We need to remember, however, that we can be willing to do something we don't want to do." I didn't want to stop eating compulsively; I didn't want to turn my will and my life (and my food) over to anyone or anything. But I took action and did it anyway, and that was the beginning of

recovery. Teresa K, Region 4 Edited from "4 Thought" Reg. 4 Newsletter, Winter 2013

### Spiritual Insurance...

***“Perhaps we didn’t believe that our compulsive eating was a spiritual problem, or we felt that God was concerned only with more important matters and expected us to control such a simple thing as our eating.”*** — The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 15

This may seem like an unusual lead-in to relapse, yet for me, this is where relapse begins. As a COE, bulimic and anorexic, relapse can certainly be seen as all about food. Yet for me, that is the *culmination* of relapse. There are many symptoms of my disease before a food relapse that reappear and or worsen. A food relapse means my symptoms have returned and my physical functioning is decreased. Sometimes symptoms can worsen, but my physical functioning is not affected; this is not considered a relapse. For me this means that I can be doing everything I know how to do in my recovery and life’s circumstances may throw me a curve. That curve may cause me to struggle. Struggle is not relapse. Ultimately struggle is a part of me getting stronger, provided I do not struggle alone. In my recovery journey from C.O.E. I am learning to pay attention to the underlying problem – i.e. spiritual – of my disease. Posted on December 6, 2020 Central Arkansas Intergroup of Overeaters Anonymous

Anonymous



The Big Book describes our thinking as “soft and mushy.” Often our thinking and emotions dance together. Either our emotions lead us to justifications that make logical sense only in the context of our diseased minds, or our “analysis” leads us to ready-to-burst emotional states. We tend not to think through problems but rather to either think ourselves into problems, or get ourselves stuck in the problem we’re thinking about. The logical capacity of our brains is misused by our disease to keep us chained to our feelings, because our feelings always win out. So we base our decisions on our fears, our immediate wants, and of what we perceive as others’ opinions.

Reprinted from [Seacoast OA](#) Recovering from compulsive eating in New Hampshire and Maine, one day at a time  
Posted Nov. 2017

It is ironic that the people who adamantly and passionately advocate their positions and ideas in OA are often the ones who later leave the program. As other members have noted, it does concern me that meetings can get bogged down in extraneous literature, ideologies and psychobabble. The simple, unadulterated Twelve-Step program works, and it leaves a lot of room for individual differences and beliefs. We can all grow in our own ways. Let’s keep it simple.

~D.S., Manchester, NH, reprinted from Lifeline, 11/97

It took me many years to get where I am today, but I am evidence that long-term recovery after relapse is possible. I don’t believe God wants me to destroy myself with food. I pray daily that I never take that destructive path again. My life depends on it. My disease is in remission as long as I abstain and work the Steps of the program. If the miracle happened to me, it can happen to anyone who wants it.

Overeaters Anonymous, Third Edition Kindle Edition.

I couldn’t stop eating until I admitted to my innermost self that I am a compulsive overeater, and I couldn’t get help until I recognized the need for help. I needed to admit to my trigger foods and get on a plan of eating that would clear my brain, so I could be open to working the Steps with a sponsor.

Overeaters Anonymous, Third Edition Kindle Edition.

### Setting Priorities

It is a time for getting our priorities straight. I must always remember that abstinence and recovery must come first. If I don't take care of myself, I can't be there for anyone else. How do I get my priorities straight at this stressful time of year? I remind myself that I have Steps and Tools to support me through. I incorporate my recovery behaviors every day. For an additive mind like mine, the happy times can be as challenging as the difficult moments. I have to remember two important OA slogans: "Failing to plan is planning to fail," and "Expectations are preconceived resentments." When I work my program, everything else falls into place, eventually.

Anonymous Reprinted from "Stepping Stones" Nov/Dec 2012 Baltimore Area IG

**Those Who Still Suffer** The "compulsive overeater who still suffers" isn't always a newcomer to OA. He or she can also be an established member experiencing difficulties with the disease of compulsive eating or with other problems. Seeing one of our members go into relapse or face personal problems can be frightening to us, and we may react with condemnation toward the member who breaks his or her abstinence or has other kinds of difficulties. Often we're tempted to avoid the issue by avoiding the suffering person. Perhaps we use the slogan 'stick with the winners' as a rationalization not to speak to the person in relapse at OA meetings or never to call our friends who have stopped coming. When we react in these ways, we're forgetting the primary purpose of our group, which is to carry OA's message of hope to those who still suffer – including those among us who have heard the message many times before. OA 12&12" Tradition Five pg. 148-149



We give up fear and indecision,  
Knowing that if we are sincere, our  
HP will give us the knowledge of our  
best course in life. OA 12&12 pg. 24

What if we insert a certain preposition in the word Thanksgiving? *Thanks for giving.* Here we can choose to observe our Higher Power at work in our life. We aren't only grateful for something, we are grateful to Something. We can celebrate our relationship with the God of our understanding with thanks for being able to receive our blessings. What this means is that we have opened ourselves to help. We have torn down the walls between us and our Higher Power, however we may conceive of an HP. Without this turn of thought, we cannot see the abundance in front of our faces. Before program we not could truly receive from God; we thought we were providing our own blessings. In recovery our eyes are opened to the truth. Indeed, in many cases the family, friends, and circumstances that used to drive us to the fridge now delight us. Did they change? No, we changed by letting God into our lives. Reprinted from [Seacoast OA](#)

Recovering from compulsive eating in New Hampshire and Maine, one day at a time Posted Nov. 2015

The slogan “Just for today” has helped me get through some not so easy days. When it seemed like I was going backwards, it helped me to remember that all I had to manage was today. I do, however, find it helpful to look back to see how far I’ve come every so often. Especially when I am feeling tempted to look forward to see how far I have to go. It helps me to pause and see I DO have some recovery. As long as I keep coming back I’m always progressing. I don’t have to tackle the week or my life right now. So here’s to living just for today.

*Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of (my wife) and other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my “rights” try to move in, and they too can force my serenity level down. I have to discard my “rights,” as well as my expectations, by asking myself, How important is it, really? How important is it compared to my serenity, my emotional sobriety? And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level—at least for the time being.*

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

Before OA...

While the circumstances of the first celebration of Thanksgiving Day in America are a matter of historical debate, we do know that the holiday has its roots in England and Europe as a day of prayer and celebration for an abundant harvest. An annual feast that shared the bounty of the year’s labor in a degree and manner that was otherwise special in the hardscrabble colonial world. Today, we can have a Thanksgiving dinner whenever we want, and as food addicts, we often do...or did.

Reprinted from [Seacoast OA](#) Recovering from compulsive eating in New Hampshire and Maine, one day at a time Posted Nov. 2015

With the holidays and COVID there is ample opportunity for me to unconsciously slip back into relapse. There is also the opportunity for me to use the tools of recovery. Am I willing to go to any length? Today I am.

### Mental relapse

- Thinking about people, places, and behaviors I engaged in before abstinence
- Glamorizing my past eating behaviors
- Lying—not limited to, yet especially about, food and food behaviors
- Hanging out with old “using” friends. For me this usually involves impromptu eating out or cooking foods I have experienced as being difficult for me.
- Fantasizing about food
- Thinking about relapsing
- Planning my eating relapse [bingeing, purging, restricting, bizarre eating rituals or diets] around other people’s schedules

## An Important Message!

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)

### A New Plan of Eating Pamphlet Now Available

OA's newest pamphlet, A New Plan of Eating (#144), helpfully combines the structured food plans of Dignity of Choice (#140) with the inspiration and compassion found in A Plan of Eating (#145) and replaces both of these pamphlets as Conference-approved literature.

A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what "trigger" or "binge" foods are to accepting the many imperfections that come with active recovery. The sample plans of eating that are included in this pamphlet were reviewed by a registered dietitian and can help compulsive eaters define, structure, and review a new eating plan with clarity and confidence. A New Plan of Eating's guidelines also include insightful and constructive tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements.

New Plan of Eating is now available in the OA bookstore for US\$2.00. The pamphlet is also available in e-book format on Amazon Kindle, Apple Books, and Barnes and Noble Nook platforms.

Calling All Sponsors! We Need Your Experience, Strength, and Hope! OA is updating and reforming our current sponsorship publications. The new publication will provide guidance to sponsors, both new and veteran, who are being challenged to meet the needs of our increasingly diverse Fellowship. We are asking all sponsors to share their experience, strength, and hope. Write about the ways you provide support and guidance to your sponsees, while keeping the focus on their recovery through the Twelve Steps and Twelve Traditions. As you respond, please focus on one or more of the prompts below, answer one prompt at a time, and be specific.

We are looking for targeted and concise submissions of 250 to 300 words in a story format. It is our intention that your responses will be the framework for this new publication.

See rules and suggested format on pg. 6 at [A Step Ahead, Fourth Quarter 2021 issue \(oa.org\)](http://oa.org)

Submissions must be in by  
Nov. 30, 2021

# SPONSORS

Name	Phone	Type
Carrie	509-747-3117	F/P
Carol	510-390-4555	P
Colleen R	208-59-5728	P/F
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Donna	509-999-5326	F
Elizabeth C.	509-216-2894	P
Gary	208-298-9044	P
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Jacqui	509-844-4780	P
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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.aa@gmail.com](mailto:Katyblue.aa@gmail.com)  
or 509-270-1965

**LEGEND:** P Program F Food M Maintenance

*Not a sponsor yet? Please consider becoming one, if your sponsor feels you're ready. You don't have to sign up on a list and take all comers if you don't feel ready, but please consider sponsoring at least one person to get started. Most of us do lead busy lives and have so many commitments that we can sometimes feel overwhelmed, but if it doesn't jeopardize your own recovery, sponsoring has been known to help it. Look at it as time away from all those other commitments to be with someone who understands and talks our 'language'. It's time you get to focus on someone else and on your own program; a win-win situation.*

One summer with people who enjoyed life sober was all it took for me to want sobriety more than I wanted a drink. I will not tell you I did everything I was told, when I was told, how I was told, because I didn't. Like most people new to the program, I set out to find an easier, softer way. As the Big Book suggests, I could not. When I couldn't find an easier, softer way, I looked for the person with the magic wand, the one person in A.A. who could make me all better, right now. This was a frustrating task, and I finally realized that if I wanted this life, I was going to have to do what the others had done. No one made me drink, and no one was going to make me stay sober. This program is for people who want it, not people who need it.