

Lake Country Intergroup

Serving Spokane, Northeastern and North Central Washington
and the Northern Panhandle of Idaho.

What we try to achieve is a feeling of being relaxed and freed from the bonds of our old thinking. Many of our former habits of thought and the ideas they produced limit our freedom. They just weigh us down and are of no use—so it turns out when we look them over with a fresh eye. We don't have to hang on to them any longer unless upon examination they prove valid and still truly fruitful. Living Sober pg. 70

I certainly can't be of service to anyone or to God when I'm stuck in that tornado. This is great news really, because I know what to do with character defects! The steps teach me to become willing to have God remove them (step 6) then humbly ask God to remove my shortcomings (step 7). When I feel those body image thoughts rising, I have a job to do...I have to ask God to remove those thoughts, and turn my attention to someone I can help. Sounds easy enough! Except my diseased laden brain often forgets to do this and I sometimes sit in those thoughts for hours before I remember how to help myself. I also get some sort of satisfaction by sitting in those thoughts or I wouldn't do it. The payoff of the obsession is that it takes me out of my sometimes boring and mundane life and helps me to not feel other feelings that I might not like. So that's where the "become willing" part comes in. *Body Image and Recovery* Annapolis Area Newsletter, Summer 2021 ed.

OA ~ A Process for Change

Some of us delayed beginning Step Four simply because we didn't want to do it. We realize being *willing* to do the inventory and *wanting* to do it are two different things. The Twelve Steps are a process for change. This inventory and the rest of the Steps are the implementation of our Step Three commitment the decision we made to "turn our will and our lives over" to a Power greater than ourselves is meaningless unless it is followed by action. *Step Four The Twelve Steps and Twelve Traditions of Overeaters Anonymous* 2nd ed. Pg. 127

Upcoming Events

Nov. 19: IDEA Day Face-to-Face Workshop ~ info on pg. 5

Dec. 10: Lake Country IG Business Zoom Meeting.

Info for both on pg. 5

I finally reached the bottom of despair. I was done being miserable and would go to any lengths to be happy, even if it meant going to a meeting with my relative. I swallowed my pride and went to my first meeting. For one of the first times in my life, I was able to be open and honest about my food addiction and listen to—actually listen to, not just hear—the experience, strength, and hope of other members. At my first meeting, I saw a hope that I never could've found in a pay-and-weigh program. That was four years ago. I left that night feeling like I'd just bought a new pair of shoes, and I've been coming back to meetings ever since. Edited and reprinted from *Looking Up* newsletter, Tri-County

Intergroup, November 2014

When I can't get any purpose out of seeing negatives, it is still possible to find something for which to give thanks. I can't be grateful that my car broke down? Thank you that it happened near a service station, that they can get the parts and that I have a credit card. Impossible to say thank you that a romance ended? Thank you that I loved, and that I had so many good feelings and experiences. If there's anything for which I can shout a one-hundred percent honest thank you, it's looking back at what I was like before I came to OA eight years ago. The changes brought about by all these years of abstaining and working the program as well as I can are so astonishing that it's sometimes hard for me to believe I am the same person. Thank you that I am a compulsive overeater. All the creativity and blessings in my life come from that. Edited from

Looking Up newsletter, Tri-County Intergroup July 2019

When I quit harming myself with food ~
then I will know I am truly abstinent.

That First Compulsive Bite

...(everything) would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body. If you ask him why he started on that last bender, the chances are he will offer you any one of a hundred alibis.

Sometimes these excuses have a certain plausibility, but none of them really makes sense in the light of the havoc an alcoholic's drinking bout creates. They sound like the philosophy of the man who, having a headache, beats himself on the head with a hammer so that he can't feel the ache. Edited from Alcoholics Anonymous, 4th Edition (p. 23)

Are You Spiritual Sick?

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

Alcoholics Anonymous, 4th Edition pg. 64

'First Things First' -

Here's an old saying that has special, strong meaning for us. Simply stated, it is this: Above all other concerns, we must remember that we cannot drink (Take that first compulsive bite). Not drinking (taking that first bite) is the first order of business for us, anywhere, anytime, under any circumstances. This is strictly a matter of survival for us. We have learned that alcoholism (compulsive eating) is a killer disease, leading to death in a large number of ways. We prefer not to activate that disease by risking a drink (compulsive bite).

Living Sober pg. 32

Why is it so hard for us to be entirely ready to part with our defects? For many of us, the reason is fear. We are comfortable with our old ways of thinking and acting, even though we know they are harmful. We have no idea what life would look like or how we would handle feelings without them because we've never known how to cope with life any other way.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition (p. 46).

Surrender More?

The most challenging part of my recovery presented itself when I was a year abstinent. I came in touch with a new layer of delusion that scared me at first, but my recovery was already shaking years of ingrained misconceptions and old beliefs. God was asking me to surrender more. At the beginning, I was asked to surrender the externals I was clinging to, the ones that made me feel safe. But then came the surrender of other, more sophisticated safety mechanisms, ones that were showing up in the way I had developed love and connection with others. Things like busyness started showing up as problematic and obstructive of my connection with God. Letting go of doing too much led to pockets of time where I was faced with a new feeling: boredom. Who am I if I am not doing something? Am I of true value if I'm not helping someone? When I came to the realization that God loves me whether I do something or don't, I had to surrender the fear of not having validation from others that I was good enough. A new journey started. Elena M. www.oalifeline.org Posted on July 1, 2020

My life has been transformed to a journey of self-discovery, full of meaningful relationships with people who, like me, face the challenge of remaining conscious of the need to take many small but essential self-caring actions in order to ensure that I avoid falling back into old patterns of running away from pain or running towards gratuitous pleasure.

I am very fortunate that I have attained long-term abstinence and emotional sobriety by living a life of recovery in OA a day at a time. It has not been an easy journey, but it has been the most meaningful experience of my life. So, I pass this along to you in the hope that you can review your own recovery process with an open mind and a grateful heart, knowing that whether we can see it or not, most of the time, we are getting exactly what we need. ~ Neil R.

If I want a relationship with God, I must do exactly what I do when I want relationships with people: I have to spend time with him, talk to him, listen to him. When I take quiet time only with him, and nobody disturbs us, I can be completely honest. I can share my best and my worst.

Seeking the Spiritual Path: A Collection from Lifeline Kindle Edition.

I consider God firmly in the middle of my specific choices around food: they're not too small to be worthy of his consideration.

Temptation is a challenge, an invitation from God to show him that I remember he's directing traffic, not me. When I want to cut a corner, I'm witnessing the seeds of insanity. I'd be jeopardizing everything for the mistaken belief that I might need a little extra.

It's a risk-taking behavior that no longer has a place in my very gratifying life.

Baltimore, Maryland USA Edited from *Choosing a Discipline: Lifeline: A Meeting on the Go*, Computer Edition Posted on April 1, 2020



While on vacation ... to NYC, my husband and I would leave our hotel in the morning, not returning until late in the evening. When I eat out, I order an abstinent meal and eat half of it. Works for me but what to do with the other half while on vacation? Solution: Upon leaving the restaurant, I would box it up, get a fork and napkin. When I came to the first homeless person I saw, I set it down beside them. My steps were lighter knowing the food was not weighing me

January 9 "This willingness to act on faith, then, was the key to Step Two." — The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 17

Acting on faith means standing without my defenses to protect me and assuming that my Higher Power will do the right thing for me, will give me what I need if not what I want. Acting on faith means believing my Higher Power will always listen and encourage me when I am in a situation in which I have to take risks. My Higher Power will walk with me through the scary situations and will be with me to the end when the trials are over. That's acting on faith.

Overeaters Anonymous. Voices of Recovery Pg. 9



Most certainly I was powerless over alcohol, and for me, my life had become unmanageable. It wasn't how far I had gone, but where I was headed. It was important to me to see what alcohol had done to me and would continue to do if I didn't have help.

Alcoholics Anonymous, 4th Edition (p. 354) Kindle Edition.

Living with Gratitude

I am sitting here in awe and gratitude. In 2 weeks I will have 45 years in program. How do I retain my enthusiasm after all these years? I remember my very first sponsor saying "you can't afford to be bored with this program".

The person I was at 25 years old does not resemble the person I am today at 70. In 10 years I will say the person I was at 70 doesn't resemble.... Of course there are physical changes who is that lady in the mirror? I'm talking about the changes that can't be seen. The belief in a Power greater than myself. The trust in a power greater than myself. The true knowing that the trauma and painful experiences that shaped my younger self have created a resilient, strong woman. I have had some very painful experiences over the past 4 decades. I have also had joy and healing.

I recently heard this at a meeting and loved it, "don't leave after the miracle happens, there are many more to come". Everyday I wake up abstinent and committed to the principles of this program is a miracle. I will never take that for granted. ~Terri B.

Edited from *The OA Steppingstone* Baltimore Area IG Summer 2022



IDEA Day Workshop

International Day of Experiencing Abstinence

*Recovery is a journey
dependent upon
Patience, Perseverance
and Commitment*

NOVEMBER 19, 2022

10 am ~ 2 pm
(Bring a Lunch)

*Enjoy Fun, Fellowship,
Speakers and Sharing*

Christ the King Lutheran Church
1700 Pennsylvania Ave.
Coeur d'Alene ID 83814

Contact numbers
Amy: 208-771-0543 Shannon G: 503-753-5982

Carpooling means more fellowship time!

September 12

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. AA Twelve and Twelve, 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. *Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members.*

Lake Country IG Quarterly Business Meeting

Saturday, December 10, 2022

9:00 AM - 12 Noon

Zoom Meeting

Zoom # 859 6691 4388

Password # 397686

Everyone is welcome

Did you know that 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 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 olaci.treasurer@gmail.com

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 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
John B	509-475-4718 meanspeed13@yahoo.com	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 irreverentf@gmail.com	P
Nancy T	509-780-8495	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
Sharon W.	208-691-3702	P/F
Trina	509-619-2156	P/F

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

LEGEND: P Program F Food M Maintenance

Consequences follow Actions

And the Journey Continues

The most challenging part of my recovery presented itself when I was a year abstinent. I came in touch with a new layer of delusion that scared me at first, but my recovery was already shaking years of ingrained misconceptions and old beliefs. God was asking me to surrender more. At the beginning, I was asked to surrender the externals I was clinging to, the ones that made me feel safe. But then came the surrender of other, more sophisticated safety mechanisms, ones that were showing up in the way I had developed love and connection with others. Things like busyness started showing up as problematic and obstructive of my connection with God. Letting go of doing too much led to pockets of time where I was faced with a new feeling: boredom. Who am I if I am not doing something? Am I of true value if I'm not helping someone? When I came to the realization that God loves me whether I do something or don't, I had to surrender the fear of not having validation from others that I was good enough. A new journey started. Elena M.

www.oalifeline.org Posted on July 1, 2020

The book said that my sole purpose for living is to do God's will in my life and help my fellow man. That was as clear to me as mud. I discovered that it didn't matter to God where I worked, as long as it was something I could do well and it kept me out of jail. He wanted me to be happy in my work and to give an honest day's work for an honest day's pay. I cannot expect to receive first-class wages for second- or third-class production; that wouldn't be honest. And dishonesty is not God's will for any of us. *Seeking the Spiritual Path: A Collection from Lifeline* Kindle Edition.

MEETINGS

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 th 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

Please double check the information and the contact people listed above and let me know if the names are still current.
Thank you. Katyblue.oa@gmail.com