

Lake Country Intergroup

Serving Eastern WA, North ID &
Southern BC Canada

I was confused early in program. Most of what I heard told me that it wasn't all about me, the world didn't revolve around me, and to get over myself. Yet, in order to be of service to those around me I needed to pay attention to my own issues, and I found that odd. In working through the steps, in being present and honest with other compulsive overeaters, I found that I had had it backwards all my life. In worrying how others saw me, I was only feeding my own ego. Now, by working on humility, I could truly be of service to the world around me and then feel like a worthy member of the human race.

4 Thought Newsletter from R4 Volume 13, Issue 4—Winter 2016

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.

Overeaters Anonymous. Overeaters Anonymous, Third Edition . Kindle Edition

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.

Voices of Recovery . Overeaters Anonymous. Kindle Edition.

We are *not* the world. We reside in this world, and we affect it and it us, but we are not the same as that which is around us. We know this because we can see that there are others out there. That there are rocks, trees, and birds. And that we are not them. We need not take on the guilt, shame, or anger that belong to other people. We needn't eat compulsively on their behalf.

At another OA phone meeting I heard the term "abstinence." My friend from the other fellowship told me she had been abstinent for over twenty-two years. I realized that abstinence was a viable long-term lifestyle choice.

Overeaters Anonymous. Overeaters Anonymous, Third Edition Kindle Edition.

COMMITMENT AND SERVICE WERE PART OF RECOVERY. I WAS TOLD THAT TO KEEP IT WE HAVE TO GIVE IT AWAY. AT FIRST I MADE THE COFFEE AND LATER VOLUNTEERED AT THE INTERGROUP OFFICE ANSWERING TELEPHONES ON THE EVENING SHIFT. I WENT ON TWELFTH STEP CALLS, SPOKE AT MEETINGS, SERVED AS GROUP OFFICER. EVER SO GRADUALLY I BEGAN TO OPEN. JUST A CRACK AT FIRST. WITH MY HAND ON THE DOOR READY TO SLAM IT SHUT IN A MOMENT OF FEAR. BUT MY FEARS SUBSIDED TOO. I FOUND THAT I COULD BE THERE. OPEN TO ALL KINDS OF PEOPLE FROM THIS SOLID BASE THAT WE SHARED. THEN I BEGAN TO GO BACK OUT INTO THE WORLD. CARRYING THAT STRENGTH WITH ME.

Alcoholics Anonymous, 4th Edition (p. 345) Kindle Edition.



I don't question how this program works. I trust in my God, stay involved in A.A. service, go to lots of meetings, work with others, and practice the principles of the Steps to the best of my willingness each day. I don't know which of these keeps me sober, and I'm not about to try to find out. It's worked for quite a few days now, so I think I'll try it again tomorrow.

Alcoholics Anonymous, 4th Edition (p. 337) Kindle Edition.

Our group then, is a collection of weak people who have come to understand that a power greater than themselves can move on their behalf and they can be set free from this weakness. We don't live on that island alone, rather we all share life together in our weakness and marvel in the power and strength that our Higher Power has. As we like to say when we invite folks to join us, "Welcome to Overeaters Anonymous, welcome home!"

Central Arkansas Intergroup of Overeaters Anonymous Blog Posted on June 10, 2020

*God grant me
the wisdom to
understand my
longings and
the willingness
to act in my
own best
interest.*

July 5 For Today Kindle Edition.

Well, it's happened again. The world has gone and spoiled our well-crafted serenity. Might be politics, might be calamity, might be the bottom dropping out of our most important relationships, might be a busted transmission, might be anything. But all that peacefulness and grace we've tried to cultivate has come to a screeching halt. Again.

The trouble for folks like us who lack the power to control our eating is that any old disruption to our serenity can trigger us to eat. That's the baffling aspect of our disease! We know it's a bad idea, but we do it anyway, even though we know our broken shoeless, our broken relationship, nor our broken leg can be mended by food.

Seacoast OA Posted on August 26, 2018 New Hampshire and Maine Blog

December 2

SERENITY Having had a spiritual awakening as the result of these steps.

AA TWELVE STEPS AND TWELVE TRADITIONS, p. 106

As I continued to go to meetings and work the Steps, something began to happen to me. I felt confused because I wasn't sure what it was that I was feeling, and then I realized I was experiencing serenity. It was a good feeling, but where had it come from? Then I realized it had come "... as the result of these steps." The program may not always be easy to practice, but I had to acknowledge that my serenity had come to me after working the Steps. As I work the Steps in everything I do, practicing these principles in all my affairs, now I find that I am awake to God, to others, and to myself. The spiritual awakening I have enjoyed as the result of working the Steps is the awareness that I am no longer alone.

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

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.D.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 Blog

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 home!

Posted on April 17, 2021
Central Arkansas Intergroup of Overeaters Anonymous Blog

A wise fellow once said that two are always better than one and that a three-cord strand can't easily be broken. That's the beauty of this thing, we don't face it alone. Can a ragtag group of people who are flawed and defective, really fight against something this big that you have lost to most everyday of your life? Can they really help you overcome it? You bet that they can!



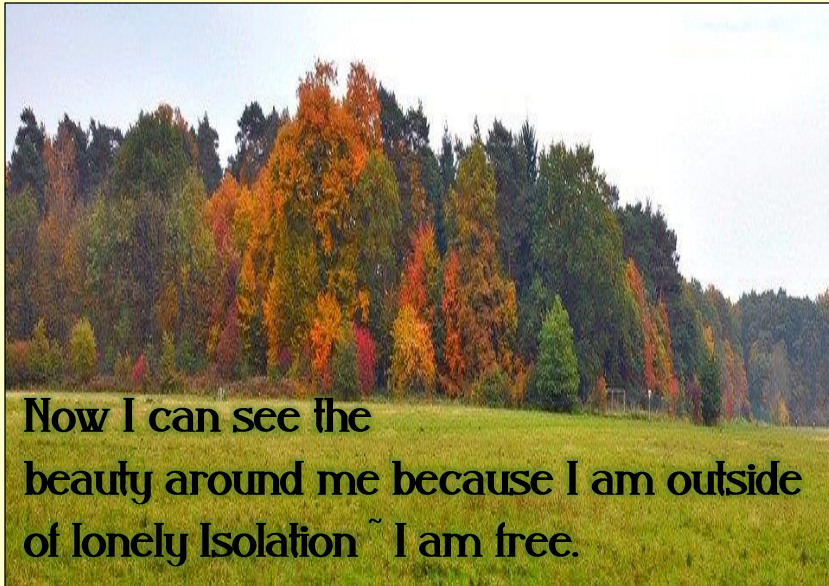
Confessions of a compulsive eater: I can tell myself 1 million times that food is not the answer. But somehow that doesn't stop me from overeating when I'm stressed, lonely, bored, angry, afraid or sad. And there are those times of joy that my diseased brain tells me I should be able to celebrate! If this life is a journey, or perhaps a kind of a school, what is it I'm supposed to learn from this incredibly powerful disease of compulsive eating? Perhaps I need to learn that I cannot do all things alone. Perhaps I need to learn to depend on a power greater than myself. Perhaps I need to learn to be with others who suffered the same disease. Perhaps I need to learn to serve.

We want to be free of resentments, guilt, and shame rooted in the past, and we realize that sharing the details of our past with another human being is an important step toward freedom. Once we have taken this step, we will no longer have anything to hide. This is the beginning of the end of our isolation.

There comes a time when you don't want to live and are afraid to die. Some crisis brings you to a point of deciding to do something about your drinking problem—to try anything. Help you once continually rejected, suggestions once turned aside are finally accepted in desperation.

Alcoholics Anonymous, 4th Edition (pp. 352-353) Kindle Edition.

After being abstinent for a few years and keeping off 75 pounds (34 kg), I have a special Eighth Step amends to make— an amends to my body. I owe you amends for more than thirty-five years of stuffing and starving you; shaming and scolding you; shutting you up; shutting you down; disregarding your cries; and trying to cut myself off from having to deal with you, believing the physical didn't matter. I was taught to avoid sins of the flesh, to avoid you. I was teased and humiliated about your size and shape. I took better care of my car than of you. I rejected you. I didn't even want a body. Nothing felt right about you. And yet, you never left me. You took the blows. You stayed. You tried to talk to me, warn me, and yell to me before you started to break down, but I didn't listen. My relationship with you mirrored my relationships with my mother, men, church, and society. You were denied and disregarded and found somehow to be unacceptable. It's funny that I, someone so afraid of abandonment, never considered how you had stayed, all the while trying to talk to me, trying to point the way, trying to connect with me. I am forever sorry and forever grateful for your loyalty. You are the vehicle my soul will be driven around in for awhile. You like to be cuddled and carried and stretched and comforted. You like warm sand, lavender lotions, gentle winds, and soft cat fur— what else do you like? I am sorry for not listening to you all these years. Today, I am listening. You are worth listening to. Every body needs a good listening to. Courtney B., Palo Alto, California USA



Now I can see the beauty around me because I am outside of lonely Isolation ~ I am free.

Most certainly I was powerless over alcohol, (food) 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 (compulsive eating) had done to me and would continue to do if I didn't have help.

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

Restoration

An older vehicle that has been in accident is often called a rolling total. The wheels move and the car starts, but the body damage is more than the value of the vehicle. I was a rolling total, with a mind and limbs that worked but a damaged soul and body. My merciful higher power is restoring me, so that I can be of value to him and others. Step one is recognizing where I am – nothing more. Tori

Edited from Annapolis Area OA News Summer 2021

The tenth step begins with the word “continued,” our first clue that perseverance is about to become a key aspect of our recovery program. In the past, we may have clung stubbornly to self-destructive eating and other harmful behaviors. Now we will need to be stubborn about working our program, even during those times when we feel as though it isn't working or we aren't recovering quickly enough. Stubbornness turned to such good use becomes perseverance as we continue—day after day—to apply to our lives the same concepts we learned in steps four through nine.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Kindle Edition.

Thoughts on Step 8.. The purpose of doing step 8 is not to judge others but to learn attitudes of mercy and forgiveness - which includes me. I believe the most surprising thing when I did step 8 was finding out I always had a part in whatever happened in life from a baby onward. I mean that I agreed to this particular physical life experience - all that it was to encompass - every person I meet - every experience - every second of a day - throughout my life. Which to me says I am never a victim. Once I removed the stigma of victimhood, forgiveness came for much of my past. It doesn't mean I don't revisit those experiences and flinch or even get teary but I get to sit with those feelings and let them pass through the lens of that spiritual philosophy - it brings me back to peace. I can see it clearly with my life but keeping that faith when I view family or the world - it is tested every day. I don't try to understand it all other than to say that life is always working towards good and God never makes a mistake or is ever wrong. Anonymous

What is Service?

When you chose to attend the meeting instead of isolating, you helped me.

When you made that outreach call, you helped me. When you planned that OA event, you furthered my recovery. When you shared your heart and your truth, you helped me open my heart and speak my truth. When you showed me your imperfections, you gave me the courage to share mine and know that I am still loved. ~ Alice W. Region 1

To share your own Experience, Strength and Hope story, go to

[REGION ONE OVEREATERS ANONYMOUS](https://www.oa.org/region1)
- [Region One Board Blog](https://www.oa.org/region1)
([oaregion1.org](https://www.oa.org/region1))

Keeping Us Going

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

The article to the right is edited from Region One's Blog Page. There are so many topics covered, you are sure to find something you need to hear, or if you have something you can share, perhaps you would like to write your own experience. Check it out!

[REGION ONE OVEREATERS ANONYMOUS - Region One Board Blog](https://www.oa.org/region1) ([oaregion1.org](https://www.oa.org/region1))



Oa.org can be a lifesaver

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](https://www.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](https://www.oa.org) web site going. They make recovery possible for me and everyone in the fellowship.

— Anon Amos

*[Times are 6.30am – 7.15am Mon – Fri; 7.30am – 8.15am Sat Sun. IN MELBOURNE AUSTRALIA.

Check on [OA.org](https://www.oa.org) for the times in your time zone. Zoom MEETING ID 200 540 624;]

Reprinted from article [Miracles Melbourne](#), By [R5 Media Committee Chair](#) / December 12, 2020



Once I'd gotten a sponsor and started working the Steps, I began to experience some relief. I began to remember more often that there was no way I could possibly manage my disease or stop being an imposter. In the middle of working Steps 4 – 7, I found myself on the receiving end of unconditional love. It was being offered to me by my HP, and by my sponsor. Miraculously, as I continued with Steps 8 and 9, I also discovered that I did feel kindness and compassion towards others – very much so. A Source of

Strength Central Arkansas Intergroup of Overeaters Anonymous Blog Posted on June 10, 2020

A Purpose for my Being

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.

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 <i>*NEW PHONE NUMBER*</i>	F/P
Mollie R.	208-819-1828 jrreverentf@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