

# Lake Country Intergroup

Serving Eastern WA, North ID &  
Southern BC Canada

## Welcome Home

*At OA meetings, we say, "I'm Ann and I'm a compulsive overeater." It took me about a year to say, "I'm Ann and I'm bulimic." I felt a lot of shame that I purged so I wouldn't gain weight when so many people around me seemed to just accept the consequences of their eating. But I got to a point where I wanted to share that I was bulimic. I wanted to be more real. When I shared my most shameful secret, I was accepted anyway. Over time I heard a few others share their struggles with anorexia and/or bulimia. After a while, I didn't feel different anymore. And I certainly didn't feel alone.*

*Anorexics and bulimics are welcome in OA, as is anyone who struggles with food. At meetings, we listen to each other without judgment. What is said at a meeting stays at the meeting. If you have anorexia and/or bulimia and are thinking about coming to an OA meeting, take the leap! You are welcome! Ann*

MY LIFELINE Meetings are my lifeline to sanity and serenity no matter what else is going on in my life. Embraced by the fellowship and inspired by the sharing, I feel my demons loosening their grip on me. Fear of the future falls away, compulsive overeating seems manageable, and troubled relationships sort themselves out as I listen. Many of the shares and stories are familiar and I smile as I recognize them. I have heard them in the rooms before and the repetition comforts me like tribal stories told around a campfire at night. Newcomers add their trials and triumphs to the mix inspiring me with their stories of desperation and hope and I add my story. Ruth

## A Message From Region One

Hello! We are looking for help with putting together our Region 1 2022 Virtual Convention. Would you like to be a part of putting this together?

We appreciate your service and we can't do it without many hands and minds!

Laurie A  
Second Vice Chair  
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See Flyer on pg.7 for more info.

### OF ONE MIND

As part of my daily writing, I was given this statement: "The great perils of compulsive overeating makes sisters and brothers of us all in OA." I wrote the following:

Who else knows us the way other OAers do? Who understands the cravings, the lying, yes, even the stealing of food? Who else really understands why one bite is too much and a thousand is not enough? Only those who have walked a mile in our shoes.

There is always so much head nodding in affirmation and commiseration when someone in the rooms speaks, because we have all been there, done that. We are all brothers and sisters tied together, if not by blood, then by this bloody disease. The cure? Taking it one step at a time, one day at a time, and doing it all together. Janet C

I have about 3 months of abstinence. Of course I am happy about it, but it does scare me. It reminds me as a kid of just learning to ride a bicycle. A bit wobbly, but I am thinking, "I am doing it, I am doing it." That is how I feel from day to day. Will I still be abstinent the rest of today and how about tomorrow? Actually, that's probably none of my business! My job (business) is to work the program. I no longer often ask myself why or how it's working...it's just working. Ah, I must add "for today." I cannot look too far into the future as far as eating goes. Too many past hopes, past abstinences, past weight losses. As far as the food goes, I MUST stay in the present day with willingness and have a food plan as well as a plan if something unexpected happens with my food plan that day. Whatever combination of things is working this time, I am grateful and humble, for this compulsion is beyond my control. Edited from *A Step Beyond* California Central Coast Intergroup Newsletter January 2020

*HAPPINESS IS ... Knowing that my food - and life - are just one day at a time. Coming to a meeting and getting love and support. Sharing at a meeting and having everyone laugh with me. Practicing patience one day at a time. Having the promises come true one day at a time. Going on vacation with my program and returning with it stronger than ever. Being in a place where I am more alike than different.*

*HUMILITY Humility is simply a clear recognition of what and who we are. We have gotten down to our own right size. Humility is understanding we are worthwhile. It's the middle ground between the extremes of grandiosity and intense shame. We now have a sincere desire to be and to become the best we can be. It is being our true selves.*

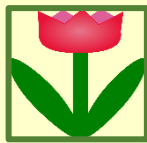
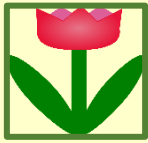
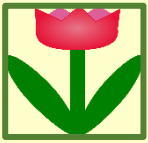
Many addicts struggle because we think our disease is all about a certain substance. But if that were true, then abstinence could be achieved just by putting down that substance. Addiction is tricky: Compulsive gamblers are not addicted to money; they're addicted to the act of gambling. I am not addicted to food; I am addicted to eating. My disease is about my relationship to food. Relationships are my real problem—not just with food, but with money and people too.

—Karin H., Volcano, California

What a gift the program has been in my life. I have known God since early childhood, but this blessing of Spirituality has taken my closeness to God to a whole new level. Learning to Let Go and Let God in ALL things has been life-changing. I know now that bitterness, resentment and anger keep me from feeling close to God and they do nothing to harm the people who are the cause of my bitterness, resentment or anger. The best thing I do for myself each day is let go of all of the negative feelings and hold onto the positive power of the Spirit of God. -C.J. M Freedom From Bondage December 2015 R5

*So what does it feel like to have seven days of abstinence? It feels calm, miraculous, curious, measured, interesting, amazing, and different. This week has been a revelation and a tremendous release and relief for me. It's remarkable to watch thoughts and desires appear in my mind and not feel compelled by them. Observing them with interest and curiosity, I recognize them with detachment. "Yes." I might acknowledge. "I'm hungry. It's not time to eat yet. It's ok to have that feeling, note it, and wait until I have the opportunity to eat the right food." Interestingly enough, the acute urge passes. I see it now as an impulse; I am no longer catapulted into action. This is completely different for me, and very liberating.* Edited from Discover OA

WEST JERSEY IG Spring, 2014



Food played a major role in my survival, despite its progressive abusiveness. It deformed my body and imprisoned my spirit, but it helped me hold on until recovery found me. I did not know how to live without food or how to live a sane life with it. That admission of defeat was the pathway to salvation. I wanted to live; I just did not know how.

OA's simple structure gave me a blueprint on how to live. My belief in my food plan and the support of the Fellowship made the frightening prospect of living without excess food manageable. The stories, transformed bodies and tangible new lives of recovering OA members proved it worked. I just had to do what they did. At last—a Higher Power I could understand! My belief in believing changed my life and my relationships with the world and myself. Following Good Orderly Direction was a relief from my constant thrashing to find my way. Ellen

### THE JOY OF LIVING

The most important thing to me today is:

1. Physically staying abstinent.
2. Emotionally dealing with whatever is going on.
3. Spiritually turning it over to a power greater than myself, to take care of that which needs to be taken care of.

*If I do these three simple things, I will truly experience the joy of living.* Anonymous

*Very early in program, my sponsor indicated I could not get well on her coattails. Initially, I was annoyed at the implication. What I ultimately discovered was she was only suggesting that I would be required to do my own work. So after I got past the poor me's and accepted my responsibilities, I was able to begin my journey. A certain dignity came with that acceptance. I became able to be teachable.*

Edited from Discover OA WEST JERSEY

IG Spring, 2009

### ACCEPTANCE

*Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my compulsive overeating, I could not stay abstinent; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.*

Big Book ~ page 417

### EVERYTHING IS ALL RIGHT

*Before AA, it didn't matter how good things got– I always had a feeling something was wrong. Since AA, it doesn't matter how bad things get– I always have a feeling that everything is going to be all right.*

Big Book ~ page 381

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 1<sup>st</sup> ed. Kindle Edition.

**“I came for my body, I stayed for my head,  
I found my heart.”**

*Many years ago, I spoke with a woman briefly after a meeting. She had been struggling with emotional and spiritual recovery, if not with the food. I have no idea what she said to me or what I said to her, but I am sure it was my Higher Power who spoke to her through me! Several weeks later she came up to me and let me know what a big difference I had made in her life. It was very humbling since I had no idea what a big impact HP and I had had. It could have been as simple as listening to her while she spoke and not judging her; perhaps hugging her and letting her know that she was not alone.*

Anonymous Messenger THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS

# SPONSORS

Name	Phone	Type
Carrie	509-747-3117	F/P
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Gary	208-298-9044	P
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Marcia Kay	509-879-8233	F/P
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Robyn B.	509-280-5705	P
Sharen	509-483-2171 509-688-5706 (cell)	F/P/M
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**ANY CHANGES** - please contact: Katy B. [Katyblue.oa@gmail.com](mailto:Katyblue.oa@gmail.com) or 509-270-1965

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

## PLEASE!

Look over the Sponsor List to the left of this message and send any changes you know of to [www.katyblue.oa@gmail.org](mailto:www.katyblue.oa@gmail.org) ! This list is woefully out of date and yet it remains here month after month because I don't have a clue who is still sponsoring, who isn't and who would like to be added to the list.

## Thank You!

Page 101 of the OA 12x12 says: "For years we looked for gratification in unbridled eating; in material possessions; in careers; in our many attempts to have perfect bodies; and in money, sex, and social status." All those things can really get in the way of helping others in this program and my being of service to you, my fellows. Every day I still look to HP to help me handle those pressures that I have daily reprieve from. After over 2 years of abstinence, my career pressures haven't changed. I'm adjusting to taking the word "fat" out of my vocabulary. I'm seeking other steps to work on my spending addiction, and I have more crap around the house than I need. None of these things prevent me from helping others, giving service, helping someone else through the steps, or mean that I'm not living by the principles. Rather I use the principles, seek God, have humility, love others, and get through my days as joyfully and serenely as possible.

Edited from *A Step Beyond* California Central Coast Intergroup Newsletter March 2017



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.

If the contribution is coming from a group meeting, please remember 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 [oolci.treasurer@gmail.com](mailto:oolci.treasurer@gmail.com)

**IN PARTNERSHIP** "The unity, the effectiveness, and even the survival of AA will always depend upon our continued willingness to give up some of our personal ambitions and desires for the common safety and welfare. Just as sacrifice means survival for the individual alcoholic, so does sacrifice mean unity and survival for the group and for AA's entire Fellowship." As Bill

Sees It ~ page 220

*Service has been such a blessing in my life. My service in my early days in program kept me coming back week after week. My areas of service increased as I thought I was beginning to understand more, but I still feel like I don't know that much some days. Fortunately, I am never alone when I take on a new and challenging service position. There are always others who have gone before me who are more than willing to help. Service is critical at every level of our fellowship. We can be of service in so many ways, beginning with being abstinent and helping others to see that recovery is possible with God's help.* -C.J. M

### Are You Anybody?

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that everybody blamed Somebody when Nobody did what Anybody could have done!!

Just as poison ivy can turn up in a garden, negative character traits can sneak up on us if we are not alertly tending to our lives, and frequently, even if we are. The difference is, when we are working our programs diligently, the poison ivy will still sneak in, but we can be aware of it more quickly and take steps (or the 12 Steps) to eliminate it from our lives.

Can you help?

Our first 2022 Virtual Region One Convention Team meeting will be March 27 from 6-7pm Pacific. We hope at least two people from each intergroup will join us!

Areas where help is needed are:

Convention Help Desk

Creating a Logo

Newcomer Welcome Room

Getting the Word Out

Keynote Speaker Selection

Registration

Theme Ideas

Workshop Schedule and Topics

Finding Workshop Speakers

Zoom Room Hosts/Moderators

Zoom Tech Help

And More!

Email Laurie at [secondvicechair@oaregion1.org](mailto:secondvicechair@oaregion1.org) to be added to the Convention Team email group, or just show up at the planning meeting on Zoom. Thanks very much for your service!

March 27, 2022 - 6-7pm Pacific

Zoom Link

Meeting ID: 852 0725 5275 PC: 133245

