

# Lake Country Intergroup

Serving Eastern WA, North ID &  
Southern BC Canada

I believe that people can be addicted to food, and it's important for them to identify and remove from their lives the foods and food elements to which they are sensitive. These are called trigger or binge foods: they give people cravings, obsessions, or the inability to stop. Any food can be appropriate in an abstinent food plan, but if a food causes problems for the person, it needs to be removed. Then the food addict is free to use the Twelve Steps to create the life he or she really wants to live.

Overeaters Anonymous, Third Edition Kindle Edition.

DECEMBER 26

*"The powerful force that brought me to OA is ready to lead me to the promises of this program."* For Today, p. 335

*No human power can relieve me when I feel empty.*

*God can and will give me peace! All I need to do is read, write, pray, stay close to my Higher Power and*

*OA, and work the Steps. The solution is so much*

*more kind to me than the disease ever was.*

Overeaters Anonymous. Voices of Recovery . Kindle Edition.

While losing excess weight was my dream, the desire to stop eating compulsively is what kept me coming back. I did not want to be a skinny crazy lady. I wanted serenity. I wanted peace. I wanted the chatter in my mind to stop. I was that whirling dervish we've read about. And what I got was hope, that, one day-at-a-time, I would get what I wanted. That was promised. OA Region 5

Freedom From Bondage SPRING 2019

The essence of my spirituality, and my sobriety, rests on a round-the-clock faith in a Higher Power. I need to remember and rely on the God of my understanding as I pursue all of my daily activities. How comforting for me is the concept that God works in and through people. As I pause in my day, do I recall specific concrete examples of God's presence? Am I amazed and uplifted by the number of times this power is evident? I am overwhelmed with gratitude for my God's presence in my life of recovery. Without this omnipotent force in my every activity, I would again fall into the depths of my disease—and death.

Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members . A.A. World Services, Inc.. Kindle Edition.



*Before abstinence, I went out with just about anyone who asked me. In recovery, I was more discerning and more interesting, attractive men began to ask me out. I think that's because people in recovery have an inner attractiveness, as well as an outer one. Because I was working my program and staying abstinent, I was sanely guided through the dating world, including navigating getting dumped and suffering other heartaches. One night, I slept with someone when I knew it was wrong. The next morning, during my Step Eleven meditation, I got the gentle message, "That was harmful to you and him; I will give you the strength not to do that again."*

Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous (p. 60) Kindle Edition.

*I began using the Tools of Recovery before I even knew they were the Tools...*

It started with the Tool of meetings: I attended my first one, then my second. As I listened to others' shares, I kept hearing, "Find a sponsor." When I made the decision to jump in, I found a sponsor (a second Tool) who had what I wanted: peace, joy, and program experience. My sponsor asked me to telephone her (another Tool), and from there, we established a plan of eating (yet another Tool) that I could live with while I made changes in my choices. Once I became comfortable with my plan of eating, my sponsor introduced me to an agreeable action plan, another Tool I could use along with my plan of eating.

— Liz B., Chicago Lifeline on Line Nov. 29, 2021

Nov 14  
INTUITION AND INSPIRATION . . . we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. ALCOHOLICS ANONYMOUS, p. 86

*I invest my time in what I truly love. Step Eleven is a discipline that allows me and my Higher Power to be together, reminding me that, with God's help, intuition and inspiration are possible. Practice of the Step brings on self-love. In a consistent attempt to improve my conscious contact with a Higher Power, I am subtly reminded of my unhealthy past, with its patterns of grandiose thinking and false feelings of omnipotence. When I ask for the power to carry out God's will for me, I am made aware of my powerlessness. Humility and a healthy self-love are compatible, a direct result of working Step Eleven.*

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

*While times,  
technology, nutrition  
knowledge, and fads  
change, our core  
addiction is the same.*





### Despite Covid...

I continue to grow my spiritual program by taking the time to be still and let God heal my anxiety, fear, and grief. I am in complete surrender (most days) and let God guide my daily actions. I have found peace in the quiet spaces in between the chaos that my disease creates in my mind. Joy sprouts from this inner peace in surprisingly simple ways: the pleasure in a cup of tea sipped slowly as I watch a squirrel in my backyard, wondering how his day is going. Something I never would have taken time for pre-Covid. I was always too busy.

My hope for you is that you can savor the blessings of this time. Stay present in the day and look for the moments of joy that every day has to offer. They are there for us to behold, if we take the time to look for them. *Alice R1*

Each holiday season I am abstinent is sacred for me. When I used to focus on the food, Food, FOOD, I never had time to really connect with my family and friends. Since OA and an abstinent way of life, I have much more time to devote to making connections that enrich my life in a deeper way. Even family who may like to "talk about others" gives me a chance to let them know how much I appreciate them and move conversation into a healthier topic. Lessons I've learned in program about listening instead of being so ready to give advice (or my opinion) have supported my effort to have deeper friendships...even within my family. *Sue B Region 1*

### GREAT DAYS In OA;

*there are two kinds of days ~ good days and great days. Good days are when everything is going right and I don't compulsively overeat. Great days are when everything is going wrong and I don't compulsively overeat.* LD

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.

*The desire to stop eating compulsively" is the only OA requirement, everything else is suggested. I heard enough times that if your concept of a Higher Power is not working, CHANGE it! It was suggested that I list all the requirements I wanted in an ideal friend, which is someone who listened, was always gently available, and would help me to do best in life. It took a while, but today I pray to this very approachable Higher Power, that I call God.*

*Darlene D. R5*



Le-Chiam! (To Life!)

*I believe God wants what is best for me today, and today, miracle of miracles, I too want only what's best for me. And if I want what's best for me, I want what's best for you. And today, using the Twelve (12) Step Program of OA and all the tools, the best can become a reality, one day at a Time.*

*The flip side to all this, for me, will be to remember the fact that my disease of compulsive overeating is potentially fatal. That I am always "one drink away" no matter how long I've been in the program and for me "to drink is to die". And today, thanks to the life OA has given me, I choose life!!* Carey B

As addicts, we tend to have problems with our thinking. My best ideas, plans and intentions got me to morbid obesity and diabetes. My sponsor helps me see the problems and inconsistencies in my own "stinking thinking" and shows me alternatives. Sometimes I take her counsel, and sometimes I don't, but no matter what, it's always good to have that different perspective. Sandy D



*"Clearly a power greater than ourselves had to be found if we were to be restored to sanity."* OA 12&12 Pg. 12

When tempted with holiday treats I can remember **"nothing tastes as good as abstinence feels."** I can ask myself questions about what the consequences might be for eating a certain item. For example, how would I feel physically if I ate it? Perhaps the answer would be sluggish or stuffed. How would I feel emotionally? Perhaps guilty, shameful or defeated. How would I feel spiritually? Perhaps disconnected from my Higher Power as I had committed not to do this. Jan E.

- Oregon Intergroup

Why I Keep Coming Back –

For the happiness I feel when descending the stairs to my home group meeting and seeing the faces of "my people". - For the compassion I feel when seeing the faces of friends who know the loneliness, fear, and shame of compulsive eating. - For the love I experience when looking at those same faces who now know the joy that freedom from compulsive food behavior brings. - For the relief of having no secrets around my food. - For accountability. - For the chance to stand on the holy ground of recovery. - For the help I receive from following a plan of eating that I did not create for myself. - For the opportunity to let the lonely, frightened newcomer know there is hope and a solution to this brutal disease. — Belinda G. R5



## 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 <a href="mailto:Lionlady1956@gmail.com">Lionlady1956@gmail.com</a>	P
Donna	509-999-5326	F
Elizabeth C.	509-216-2894	P
Gary	208-298-9044	P
Jackie M	509-570-8292 <a href="mailto:jackiemcwilliams@comcast.net">jackiemcwilliams@comcast.net</a>	Bariatric Surgery
Jacqui	509-844-4780	P
Janelle	509-483-6937	F/P/M
Jean	509-939-4333	P
Jessie W	509-953-0202 <a href="mailto:Jwaters1982@aol.com">Jwaters1982@aol.com</a>	P
John B	509-475-4718 <a href="mailto:meanspeed13@yahoo.com">meanspeed13@yahoo.com</a>	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 <a href="mailto:irreverentf@gmail.com">irreverentf@gmail.com</a>	P
Nicole	509-413-2961	P
Paula	208-618-9297 <a href="mailto:GNNDNIT@aol.com">GNNDNIT@aol.com</a>	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](mailto:Katyblue.oa@gmail.com)  
or 509-270-1965

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

*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

In OA, as a result of doing the Twelve Steps, my life is no longer unmanageable. I have learned directing and controlling is my Higher Power's job, not mine. My job is attending to what He puts in front of me by seeking out and doing His will. As a result of doing the Twelve Steps, I have a wonderful, close relationship with my Higher Power, God as I understand Him, and each day I gratefully seek out and do His will to the best of my ability. Alice B.



## An Important Message!

Please make a note of the changes in group or individual member contributions. Our seventh tradition is an important part of keeping our local and national organization going. No matter how small, your contribution counts!

We no longer have a PayPal link for Lake Country Intergroup donations. Please send your contributions directly to our new treasurer, Nancy Towler, at the address listed below. For group contributions, it is important to make sure your group number is listed on your check in order for the donation to get credited to the correct group.

Make checks payable to: *Lake Country Intergroup* and mail to:

Nancy Towler  
927B Hawthorne Street  
Lewiston, ID 83501

Questions: Email [oalci.treasurer@gmail.com](mailto:oalci.treasurer@gmail.com)

## Don't forget the Quarterly IG meeting

Saturday 12/11  
9am - 12

Zoom #  
859 6691 4388

PW 397 686



My personality changed. My attitude changed. I could see more positive directions than I'd ever seen before.

This is what I thought was my fourth miracle: I no longer whined at every turn about how life had wronged me.

The wrongs had become opportunities for me to try something new and better. Life was teaching me. My

Higher Power was teaching me. Liz B.  
Chicago

## Hope, The Elixir of Life

I have learned that I must do my part daily, to the best of my ability, with the help of my Higher Power. I know recovery is one day at a time (sometimes it has seemed even shorter!), and I have learned to start over immediately when I slip. I cling to faith in my OA program, which gives me hope for today. Hope is the silent engine that powers my recovery so long as I do my part and strive to live in the "sunlight of the Spirit" (*Alcoholics Anonymous*, 4th ed., p. 66). Hope is a close sister to love (it was in the love of the group that I found hope) and a vital companion for life. We will face challenges, heartaches, all kinds of misfortunes—that is life—but we are supported by a God who loves us and fills us with hope. We can do better. We can be better. We can help others, and we can help our world, so lacking in hope, by our own experience and conviction that life is a gift to be treasured, valued, and shared. Service is a gift of our belief. We help each other, and we all grow. — Anne M., Henrico,

Virginia *The Silent Engine*; *Lifeline*, A Meeting on the Go Magazine, on line