

Lake Country Intergroup

Serving Eastern WA, North ID &
Southern BC Canada

I look at my general attitude about life. Do I have an attitude of gratitude and hope? I can choose whether to focus my thoughts on what is going wrong in my life or what is going right. Almost every day has some of both. Focusing on gratitude and hope gives me a sense of balance and peace and, in that state of mind, I feel much less compulsive.

Edited from *Food for Thought* in Overeaters Anonymous, Third Edition Kindle Edition

A Common Thread

Today I am still a compulsive overeater, even on the days when I am gifted with abstinence and sanity. This morning, I decided to read several of the entries in *Voices of Recovery* that spoke about compassion. I knew they would help me remember! I took my time reading each of them and quickly noticed a common thread – humility. For me, I know that I can't experience authentic kindness, generosity or compassion towards others or myself without humility. As it says on page 201 of *Voices of Recovery*, "I pray that I will always be teachable and open to the experiences of others" so that I might live a humble, gratitude-filled life – where kindness and compassion can continue to grow. *A Source of Strength* Central Arkansas Intergroup of Overeaters

Anonymous Blog Posted on June 10, 2020

As we progress through the Twelve Steps, we uncover some interesting truths. For example, that we were OK all along. That our lives have as much inherent meaning as any others. That our thoughts deceived us. In Step Seven, we ask God to change us, including and, perhaps, especially our thinking. We learn that we must accept what's given us with gratitude and place no extra meaning upon it. Our achievements do not signify our worth, but they give us much to be thankful for.

Edited from *The Importance of Cheering for Others* Seacoast OA New Hampshire and Maine IG Blog Posted on July 1, 2018

*Goals without action
equals wishful thinking!*

Compassion = Humility

"I pray that I will always be teachable and open to the experiences of others." – *Voices of Recovery*
p.201

Before I walked through the doors of OA, I felt as if I was living the life of an imposter. The disease of compulsive overeating was having its way with me. I wanted to be kind, generous and compassionate towards others, but mostly I was raging inside. I was quick to harshly judge everyone, myself included. My compulsive eating behaviors helped flame the fires of rage and judgement. I could not stop the cycles of the disease. *A Source of Strength*

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

“We realize that compulsive overeating is only a symptom of a deeper problem. We can choose to deal with the problem and reaffirm our commitment to living the Twelve Steps, or we can ignore the problem and perhaps continue to struggle with food.” OA pamphlet *Welcome Back*, p. 2

Hope.

“You never have to compulsively eat ever again.”

I recall a moment when I was first in the rooms of OA and a recovering member declared this in a meeting. It was so powerful and crashed over me like a wave. Such hope and promise! I am feeling this hope and optimism on the cusp of the turning of the calendar.

I do not have to compulsively eat ever again.
I can choose to surrender. Allow the feelings to simply be. Lift the desire up to my Higher Power. Remind myself of the Truth to quiet the lies the disease whispers in my ear.
I no longer am alone and can text an OA friend. The desire will pass. I will not die.
Use the tools of a food plan and an action plan to keep me in safety.
Maintain daily practices to stay spiritually connected.
Relax.

May your journey today be one of peace and freedom!

A Source of Strength Central Arkansas Intergroup of Overeaters Anonymous
Blog Posted on December 31, 2019



Not
Impossible,
but
I'm possible!

My Body Has Not Failed Me

...Now, I have given away over 100 pounds (45 kg)—I almost wrote “lost,” but I always know where to find them. I am still overweight, but much lighter physically, emotionally, and spiritually. I have cellulite on my thighs, stretch marks, a sagging belly, and “bat wings” under my arms. But I have never considered plastic surgery. These are my trophies—indications of how far removed I am from the 300-pound (136-kg) person I was before this program. *Anonymous*

Edited from the book *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous* (pp. 11-12). Kindle Edition.

Grateful for the Future

I am so thankful to Bill W., Rosanne, AA, OA, and everyone in between for their legacy. Something built before I, and even my parents, existed, is here to help me, heal me, connect me to a Higher Power, and make my life more fulfilling and happier than I could ever imagine. And for that, I am grateful. So grateful. And for that, I want to do my part. I want to do what I can so that, when my children are teenagers, they will know there is a way to deal with addiction. One day, I want to share my story with them, so they have someone to identify with, should they ever need it. My hope is that one day OA can reach more and more young people to help them battle their addiction at a younger age, at an age where the damaged may still be minimal or even reversible. I hope to be a part of that, HP willing.

— Christina H. A grateful 31-year old compulsive overeater Region 5

Honesty, Just Another Word?

Have I ever stopped to think that, without honesty, the Serenity Prayer is just words? How can I accept the things I cannot change, without being willing to find out what they are? If I don't identify the things I can change, how can I even be willing to change them?

All of this takes self-honesty, because it is I who will write my inventory, give away a Fifth Step and take the Steps that follow.

God grants me the blessings I ask for according to my willingness to be completely honest with myself. For today: what are the defects and burdens I want God to relieve me of? Digging them out is not nearly as painful as letting them fester. For Today, May 31.

"I don't compare me with anybody else. I only compare me with the me that I was."

The first time I ate abstinently after joining Overeaters Anonymous, I felt a new hope that I actually could get through a day without overeating. I felt a strange, new feeling of freedom. While I thought it felt and tasted "good" to eat what I wanted whenever I wanted, managing the aftermath of overeating was

Traditions Two & Three

When a newcomer walks into our rooms, are they greeted with chaos, infighting, authoritative leadership? I surely hope not. Tradition Two states "We are trusted servants; we do not govern". I am so grateful for this tradition. 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. Today when I talk to a newcomer, I remind them that easy does it. First things first. I do not like to get ahead of myself and I do not like to see a newcomer get so overwhelmed with thinking they need to "get this" right away. I see no victory in 90-day wonders. I truly believe that slow and steady wins the race.

OA Region 5 *Freedom From Bondage* Spring 2019



Have you called an old friend lately? Don't let them get left behind!

draining... enduring gastric upset, self-hate, and ever-tightening clothes. For one day, I felt freedom from pain and the hope that I could lose weight and become healthy. Mike B. Baltimore

When I entered the rooms of OA, I was a young mother with the emotional maturity of a 14-year-old, and I felt (physically) like an old lady. Today I know that this is a spiritual program with physical results based on emotional maturity. The expression "thin is not well" was fairly common back in my early days - but yet, wasn't that the goal? To be thin? Am I attracted to a thin person who is hostile, angry, resentful, blaming? No. That is not what I want. Anonymous

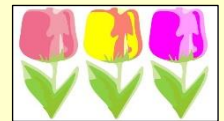
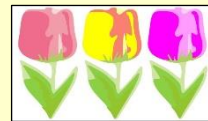
“As newcomers, many of us apply rigid discipline to food planning in the belief that discipline is the answer. Once we extract ourselves from the ravages of self-indulgence and begin working the Steps, we find self-worth and we allow flexibility into our lives. We learn that things are not all black and white. There is gray.”

Welcome Back, (OA Pamphlet) p. 2

Peace - It does not mean to be in a place where there is no trouble, no noise, or hard work. It means to be in the midst of all these things and still be calm in your heart.

The Brick Wall of Self-Sufficiency

Helmet Required



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

We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings -- that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose.

As Bill Sees It #4

The Big Book uses a couple words or phrases around resentment: *anger, burned up, sore, grouch, and grudge*. It's pretty clear that resentment begins with anger. But it's equally clear that the anger remains potent and active over time. In fact, looking at the word *resentment*, we see the same thing. *Re-* is again. *Sent-* is related to sensing or feeling. *Meant-* denotes a state of mind or being. Put it all together, and we are in a state of feeling something again and again. Or as the dictionary might put it: “A persistent feeling of ill will.”

Edited from *Resentments: People, Institutions, and Principles* Seacoast OA New Hampshire and Maine IG Blog posted 8/12/2018



It Takes Another Addict...

We don't listen to anyone but our disease when we are in the throes of addiction. Oh, we might take the advice for a week or three, but inevitably, we're back into our stinking thinking and our unhealthy food behaviors. We certainly weren't going to listen to someone we couldn't relate to. Or who we thought was probably dispensing the same advice to us terminally unique addicts as they did to everyone else.

When I came into program, one of my core beliefs was that the size of my body determined my value to the world. What program has taught me through my step work is that the size of my body does not reflect my worth to this world, and neither does it define the depth of my recovery. My value to the world is based on HP's will for me: to be of service to others. Program promises me freedom from food obsession, and a life of usefulness. It does not promise to make me a certain size or shape. *Anonymous*

(Anonymous) describes her eating disorder as a charming but abusive, Irish mafia bad boyfriend. Initially soothing and a source of comfort, this "boyfriend" becomes isolating, controlling and dangerous over time. Like an abusive partner, an eating disorder tells us that we are "less than" yet again. Where we once took comfort in food and felt safer, we no longer feel safe in our addiction. It just feels painful.

At some point, we decided we needed to disconnect from all those hard, shameful feelings that create self-destructive impulses in our minds. We wanted to be perfect – because, we reasoned, then I will be safe, no one can criticize me if I'm perfect (I can't tolerate that), so I will work my butt off to control your response to me. We don't just feel shame; we believe, deep down, that we are defective. We turn to food for hollow comfort. In this way, (Anonymous) shared how recovery is pain for pain. We can have the pain of food addiction or the painful work of recovery. Once we acknowledge our powerlessness over our illness, our addiction (Step 1), we can start to heal. But Nicole was honest: our disease is chronic. Our healing is a reprieve, not a cure.

Jennifer S
SEA TO SKY INTERGROUP NEWSLETTER | June 2011

An Illusive Pipe-Dream

*"...it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. ... The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. ... The delusion that we are like other people, or presently may be, must be smashed." *Alcoholics Anonymous* [p.30].*

New Abstinence Pamphlet

Available in Print and as E-Book A Lifetime of Abstinence: One Day at a Time (#155) dives into the details of what abstinence looks like on a daily basis. This pamphlet combines the best of the three newly discontinued pamphlets it replaces: A Commitment to Abstinence, Before You Take That First Compulsive Bite, Remember . . . , and Maintaining a Healthy Body Weight. A Lifetime of Abstinence gives newcomers and members practical suggestions to build and develop a recovery program, as well as a compassionate perspective on the multifaceted disease that is compulsive eating. Find it in print in the OA bookstore and as an e-book on Amazon, Barnes & Noble, and Apple platforms for US\$1.00.

An Important Message!

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

Need a **workshop?**

An OA retreat?

A special OA Event

Or even all of them to jump start your program?

Well for goodness sake, check out Region One's Event Page! You won't believe what they have posted for the next many months from all over the country! They have taken the time to pull events from all over and brought them all to you in one site, so click onto

[Events - REGION ONE OVEREATERS ANONYMOUS](http://oaregion1.org)
[\(oaregion1.org\)](http://oaregion1.org)

And *Spring* into Action!



I believe it is necessary for us, as a Fellowship, to make plans for our future, but today is the day that we must live in. Abstinence is part of today – encompassing each moment of today. I must be present in the present and seek my Higher Power for guidance in all things. Anything that I can do to help another compulsive overeater is a task for the present. Let us do today what we can do today and continue to work toward creating a bright future for our groups, Intergroups, Regions, and our World. There are so many still suffering compulsive eaters to reach and I hope that we all will reach out to someone today and invite them to a meeting or plant a seed of recovery in their mind. Each One Reach One Everyday is a great goal! – CJ M. Region 5 Chair



“So long as we think of ourselves as failures, we will fail. Because we have given in to the food compulsion does not mean we have failed. It means we have a disease and we are human.”

Welcome Back (pamphlet), p. 1

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

LEGEND: P Program F Food M Maintenance

*My abstinence is how I eat,
my food plan is what I eat*