



How is your meeting listed?

Groups may need to update their meeting info on OA.org If your group changed to a phone or Zoom meeting.

- Go to Find A Meeting. Face to face - Scroll down past the red lettering to the arrow - Need to Manage a Meeting [Add, Edit or Cancel](#).
- Cancel your current meeting. If your group goes back to face to face World Service will re-instate the meeting using the old meeting number.
- Go back to [Find a Meeting](#) and choose phone or Zoom meeting and start a new meeting. It will take a week to be listed and a new number will be issued.

Representatives Please check to see if your meeting is properly listed for the new year!

Elections for all positions will take place at the February 20th Intergroup Meeting!

Consider becoming a meeting Representative to help make decisions and carry the message.

Snake River Intergroup January Newsletter

Are we Listed?

Elections

Self Care

SELF CARE vs SELFISHNESS

Resentments. Restlessness. Irritability. Discontentment. These push us back into the food. And what drives these feelings? Selfishness and self-centeredness. The root of our trouble, it seems, is self. I have learned a hard truth about myself in the past 15 months in recovery: when I do not get my way, I get mad. I am working on this character defect with my higher power, but it's so deeply rooted, and I can't remember a time when I didn't react this way. Being new in recovery, I am often bewildered by my feelings, which arise in intense, unexpected ways. I have been numb for so long from excess food and compulsive behaviors that I do not always recognize that I'm having a feeling until it bursts from me in a torrent of tears and angry utterances (I confess to a fair degree of swearing). I am working with my sponsor, my therapist, and my husband to try to slow this process down.

About six months into recovery, I had a singular experience. I got angry at my husband during my lunch break from work. I had the thought, 'Before recovery, I would have gone to Jacksons and bought excess food to take back to work'. It was like I was able to watch my own thoughts instead of acting on them. I'm trying to get to that same place with my anger and other feelings – being able to recognize how I feel and how I used to react and choose something different. There are several techniques I'm trying to help with this:

Program work. Reading the literature, going to meetings, working with sponsees, etc.

Meditation. This really calms my mind even when I am not doing it. There are many types of meditative practices. The easiest one for me is counting breaths. I set an alarm on my phone (so I'll remember to do it). I set a timer for 5-10 minutes, depending on how much time I have. Then I count my breaths, in and out is one. I breathe as deeply as I can, allowing my lungs to completely fill and completely empty on each breath.

Therapy. The OA fellowship is invaluable, and I agree with what the Big Book says about working with another person with your same affliction. However, for some issues, expert help is required. As adults in recovery, it is our responsibility to manage our mental, emotional, spiritual, and physical health. Sometimes we need help from professionals to do this.

Physical expression. A year and a half ago I was so physically, mentally, and spiritually sick the idea of doing anything physical (taking a walk, doing yoga, painting my garage, cleaning my house) were outside the realm of possibility for me. Everything hurt, even when I did not move around. Now, physical activities remind me how far I have come. Even though my abilities are still limited, I feel alive and happy when I use my body for something good.

Seeking Knowledge. There are so many amazing resources available to us online! It connects us to an infinite supply of books, podcasts, articles, and inspiration. Some of my favorites include:

www.avision4you.info This is an OA organization that posts podcasts about recovery topics, specifically working the twelve steps using the Big Book of AA. My favorite speaker is Harlan G; he has a straightforward, honest way of speaking that really resonates with me.

These techniques function as self-care for me. I cannot pour from an empty jug. My higher power has made all these things possible. My capacity increases the longer I'm in recovery and I know it's not my own will power or strength; it's god's. HP is healing me and my job is just to follow where he leads me.

Bethany B – Mountain Home

Phone Meetings and Zoom!

Does your meeting seem to be boring or lacking in attendance since the pandemic? If so, have you re-registered the meeting on the oa.org website?

I would like to share with you a little about the Twin Falls meetings. We recently registered our meetings as telephone meetings and immediately started getting calls from Portland, Vancouver, Boise, Baker Oregon, Mississippi, Rhode Island, Tennessee, Louisiana Indiana and Los Angeles.

It is so good to hear other recovering compulsive overeaters from far away, I attended a phone meeting in the Eastern Standard Time zone and there were 21 in attendance. Some were calling from Chicago, New York, Tennessee, New Mexico, Alberta Canada and California . There were probably more, but not everyone had time to share.

Just go to oa.org, find a meeting, click on telephone, scroll down to the time zone you want and then sort by. You can choose day, time, language, etc.

Follow Lynne's instructions on registering your meeting on line.

Pat H.



Wanted

Co administrators for the facebook group

“Overeaters Anonymous of Idaho”.

If you have a few minutes a week to post inspiring messages and answer possible requests for information please apply! Let your Representative know or email nwestates@hotmail.com

This could be very effective and rewarding!

We thought “conditions” drove us to drink, and when we tried to correct these conditions and found that we couldn’t do so to our entire satisfaction our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions , whatever they were.

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OVEREATERS ANONYMOUS
KEYS OF THE KINGDOM
2021
OA BIRTHDAY PARTY
JANUARY 16 - 17, 2021

Meet fellows from all over the globe via Zoom workshops, panels and marathon meetings.

Registration details coming soon. Check the website.

WWW.OA1212.ORG/OA-BIRTHDAY-PARTY/



SAVE THE DATE



I saw in these people a quality of peace and serenity that I knew I must have for myself. Not only were they at peace "with themselves, but they were getting a kick out of life such as one seldom encounters, except in the very young. They seemed to have all the ingredients for successful living. Philosophy, faith, a sense of humor (they could laugh at themselves), clear-cut objectives, appreciation—and most especially appreciation and sympathetic understanding for their fellow man." (Pg. 274-1 Big Book of Alcoholics Anonymous)

Accepting short articles for future newsletters at

nwestates@hotmail.com

