



The Update!

Intergroup met February 20th via conference call. Please contact your representative for details . A few changes were made that you may want to know.

The new Board for 2021

Chair: Lynne
Vice Chair: Pat
Secretary: Sheri
Treasurer: Genna

The next intergroup meeting will be May 8th on Zoom. Those unable to do Zoom will still be able to call in. Info will be included in future newsletters.

The newsletter committee is excited to announce that our publication will increase in 2021 because of a new contributor! She will have her own section called ***Bethany's Bailiwick!*** You will get to know Bethany through her series on "*The Steps*", "*The Promises*" and "*The Tools of Recovery*".

Nancy K is giving service by overseeing the "Meeting List" and "Call List"! If your meeting has changed or you want to be included in the Call List please contact

Nancy K @ 208 571-1143

Meeting Challenge! It is time for all meetings to have elections and choose their representative to intergroup. Representatives are very important to the success of every one! Find out how you can do this and other service!

Snake River Intergroup March Newsletter

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Bethany's Bailiwick

Is It Odd or Is It God

Is it odd or is it God? I first heard these words when listening to Harlan G, an OA speaker. Now I see evidence of the truth of this expression in so many aspects of my life. Sometimes I just have to learn how to see what God is doing for me.

Seeing God's hand in our lives isn't always easy. Sometimes what looks like a coincidence or a terrible event is God nudging us towards his greater purpose. Page 77 of the Big Book of Alcoholics Anonymous tells us "our real purpose is to fit ourselves to be of maximum service to God and the people about us". How can we do this? We can recover. That's it. Such a simple but difficult thing to do.

In August 2019, I hit rock bottom. I was so emotionally, mentally and physically sick that I couldn't get myself to work, off the couch, or away from the TV without crushing anxiety and soul sucking depression. Was it odd or was it God that I decided to contact an all addictions rehab center in Texas for treatment?

When I got home from the treatment center in October, my home OA group had been planning the Day in OA Fall Workshop. I attended and met the woman who was to become my sponsor. In fact, as soon as I saw her I felt impressed to contact her about being my sponsor. Was it odd or was it God that we were both there that day?

Having a higher power isn't like painting a wall, where you can do it and leave it alone. It's a relationship that must be regularly cultivated and nurtured in order to grow and work. When I feel my food slipping into dangerous areas or normal challenges in my life seem more difficult, I often find my spiritual practice is lacking something crucial. Maybe I haven't prayed recently, or I've forgotten to do my OA literature reading for a few days.

The more I communicate with my higher power, the more I can see his hand in my life. God is constantly working for my good, even when life is difficult, even when I don't see it, even when I think I'm not getting help, he IS there. Recovery from addiction is so difficult, and I couldn't do it without a higher power.

The Promises of Recovery, Part 1

The Big Book of Alcoholics Anonymous has outlined several promises that occur in our lives as the result of working the 12-step program of recovery. These promises are as true for us of Overeaters Anonymous as they are for alcoholics. I've thought a lot about these promises and how I have seen them manifest in my life and how my despair and disbelief has turned into amazement.

If we are painstaking about this phase of our development, will be amazed before we are halfway through.

The Big Book is here referring to working the steps. We must be thorough and honest, rigorously honest, in our working of the steps. The word amazement means a feeling of great surprise or wonder, and I have been amazed at how hard the work is and how much easier it's made my life to live according to the precepts of this program.

We are going to know a new freedom and a new happiness.

At my highest weight and in the midst of my disease of compulsive overeating I did not know anything about freedom and scarcely anything about happiness. Although employed and married, I was merely existing, not living my life. Abstinence and a relationship with a higher power freed me from the smallness of my own life. My inability to move, breath, or choose anything outside of bare survival had made my life so tiny I couldn't even see a way out.

It was from this place that I sought help at a treatment center for my food addiction. They emphasized the 12 steps and I attended meetings daily, working the first three steps while in the facility. Once I got home I quickly found a sponsor to guide me through the remaining nine steps which has liberated me from emotional pain, shame and a heaviness that was more than weight that I had been carrying for most of my 39 years. I am finding, on a daily basis, freedom and happiness beyond what I could even conceive of 18 months ago.

We will not regret the past nor wish to shut the door on it.

Step 4 has a purpose beyond getting you through steps 8 and 9. I have heard people express the wish to burn their fourth step when they are through all the steps. I believe when we work the steps that way they are intended, and we have a spiritual awakening the past is no longer shameful. The wounds we suffer and the scars we bear are how God gets into our hearts. Once there, those same scars are how God helps us make contact with others who are seeking the transformation that comes from God through this 12-step program of recovery. My past matters because it's how I became the recovered person I am today and with it I can share my experience, strength, and hope.

These are the first three promises of what we can receive when we work the 12 steps of recovery. Check out next month's issue for Part 2 of The Promises!





Service Opportunities

We want to know what you think!

When we can meet in person what would you like

- meet in person only
- meet on Zoom only
- meet in person for home meeting and Zoom for other meetings.
- Variety of both
- Other _____

How has the Promises manifested in your life? Please write a quick response to tell of the gifts of your recovery. They will be fun to read in future newsletters! Send to Lynne nwestates@hotmail.com

All meetings need to have a business meeting and make sure all service positions are filled! We need Representatives more than ever. Things are changing and we want to know what your group wants and needs. Please have an elected representative from your group by the next Intergroup meeting. Please call or email Lynne 208 423-4531 text 208 410-1906 to let her know who your person is.

When you hear about performing service, you may think, *"Wow. Working Twelve Steps and giving service? That's a lot!"* Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. The best part? There's a magical thing that happens when you serve others; you end up giving yourself a gift too.



