



Snake River Intergroup Newsletter

When I first read the Big book I assumed that the 9th step promises were flowery language not literal. They're not. All have come to pass for me and many people I know. For me they require a diligent daily effort (through step work and meetings) to maintain conscious contact with a higher power of my understanding. It's the grace and love of that power that fulfills the promises. I don't have to be "worthy". We are all loved. Dave O.

Spring Greetings!

We have a new email address for newsletter entries or questions!

NewsletterSRI@Outlook.com

Meeting announcements and newsletters will be sent out from

snakeriveroa@gmail.com

May 8th is the next Intergroup meeting via Zoom! Get your Representatives lined up. Remember the only thing a Representative has to do is bring information back to the group. It's that simple! You can also vote.

"The past and its challenges are what makes this bottom-hittin', sponsor gettin', action and food plannin', woman let go and allow God to guide my decisions!

*Nothing I could eat tastes better than abstinence feels! One day at a time,
enjoy the freedom and happiness of following God's plan, instead of my own!"
Joyciegirl from Idaho*



Bethany's Bailiwick

The Promises of Recovery, Part 2

Continuing our review of the promises of recovery as offered in the Big Book of Alcoholics Anonymous, this month we'll review serenity and peace. This is one of the ultimate goals of recovery, that we will find calmness and relief from addiction and this promise gives us hope as we progress on our journey of recovery.

We will comprehend the word serenity and we will know peace.

When I first came into program, I learned the serenity prayer through repetitions and meetings, but I didn't understand how powerful this promise could be in my life. I thought this promise meant that I would never have unpeaceful moments, that my life post-recovery would be blissful. Boy, was I in for a shock! What I understand now is that part of the serenity and peace I have received is in relation to food. I am serene with food, not chaotic or obsessive. I am peaceful when things go wrong in my life and don't have to eat over them. I don't have to obsess about the amount or type of food I'm eating either. I also learned, just a few weeks ago, that the serenity prayer is more than just the one verse we recite at the beginning of meetings.

In full it says:

**God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next. Amen.**

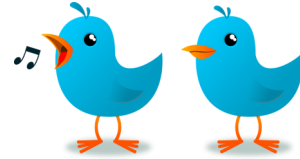
Knowing the entire version of the serenity prayer helps me understand this promise of serenity and peace more fully and it also tells me how to obtain and recognize serenity and peace in my life. It tells me my life will not be free of troubles, but that god will increase my capacity to handle them.



Bethany's Bailiwick

Tools of Recovery:

A Plan of Eating



OA literature tells us we are not a diet club, meaning we are not concerned with weights, numbers, measurements, and other devices used to categorize or compartmentalize ourselves. However, excess weight - the physical, social, and emotional consequences of it – is what brings many of us into program to begin with. I spent years telling myself I was merely interested in being healthier, that weight is just a number, what I really wanted was this nebulous thing called recovery. While all those things are true, I also wanted to lose weight and be thin and have all the perceived benefits that condition would afford to me.

So, if we're not a diet club, why do we encourage you to have a plan of eating? If food is not our problem (and it ISN'T) then why discuss meal plans at all? OA's definition of abstinence tells us we are working towards or maintaining a healthy body weight. To get to a healthy body weight, we need a meal plan that works for our bodies.

Your sponsor will probably have a meal plan that works for them, but this is no guarantee it will work for you. One way to determine what you should (and shouldn't) be eating is to work with a dietician to learn more about nutrition, how to read food labels and the different classifications of foods. If, like me, you've spent your entire adult life learning about these things in an effort to control your weight, then it will be more important to identify the foods that trigger the allergy of the body.

The Big Book of AA talks about a physical allergy in the body of the alcoholic and this is equally true for us overeaters. The saying goes, one bite is too many and ten is never enough. When a "normie" eats a cookie, they are satisfied and stop. When a compulsive overeater has a cookie, we want ten more and when we have ten more, we want twenty more. This is the phenomenon of craving that occurs as the result of the physical allergy. It's essential that we arrest this process by removing the trigger.

Make a list of foods that you have trouble saying no to or stopping once you've started. Then look for common ingredients. This will help identify the allergy. For me, it's sugar and gluten. There are about 50 different names for sugar on food labels and gluten is in more foods than you'd expect, so I make most food from scratch. I have found some prepared things that are devoid of those ingredients or have them in a low enough quantity that the allergy isn't triggered. But if I eat something I think is OK and my body has a reaction (either physical, mental or emotional) I put it immediately on my list of "I Don't Eat That".

It's important to note that a meal plan is useless without working the steps. The plan of eating is a tool to help you recover spiritually, emotionally, and physically. A plan of eating is not one of the twelve steps, so while it is helpful, just a meal plan is called a diet, not recovery.



When I read the promises, I am usually filled with so much hope, and I recognize that so many of those words spoken have come true for me. However, I used to get stuck on this one thing: "We will not regret the past, nor wish to shut the door on it."

That line stops me in my tracks as my mind goes to those moments in time I was raising my daughters. I did still have regrets about not being present for them so much of the time because my head was swirling in myself. My weight, my food, my binge, my shame about my eating. I didn't feel that I was a very good example of what a "Strong and Confident Mother" looked like. I carried so many 'shoulds' of what I would have done different. I carried so much regret. So, I would read the promises, and come up wanting.

It's funny (not so funny) how God sneaks up on you and reveals truths when you least expect it.

I was at an OA retreat, listening to a speaker on shame, and all of a sudden the shame I carried from that season of my life came to the forefront of my mind. Why did I still carry this, "not enough-ness" about it? In the quiet of my room that evening I thought about that time, and God gave me the most magnificent gift. He gave me

TRUTH. Was I really such a horrible mother? Did I really pass onto them a negative body image that destroyed all confidence they would ever have in themselves? As exaggerated as that sounds, I realized that's what I had been doing to myself all these years. Blaming myself with big drama about who I was as a mother.

In those moments, God showed me what was real. I could almost feel Him saying, "Let's see Nadine, do you really think you were a bad mother?" It was then that I finally, **finally** really looked at that time and saw the truth of what it was. Yes, I was a good mother. Yes, I wish I had been more secure & confident in myself back then, but, that isn't all that I could say yes to. Yes, I was a loving mother. Yes, I knew how to show love. Yes, I was strong and a good example for them in so many ways. God offered me a light to look at the truth and I was set free. A burden of regrets from the past was lifted, and the promises came shining through!

Humbly and gratefully submitted,
Nadine



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

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

Nancy K. Boise, ID

The craving for sugar foods controlled my life for many years. My attempts to control my craving for sugar foods also lasted for many years, even after joining OA. I often wonder what changed. Why did it take so many years in OA before I got sober? I now believe that, although I took step 3 daily, I had not really taken steps 1 and 2. The craving for sugar foods was overwhelming. Nothing could stop me once I gave up and sought a sugar fix. This was pretty much every day. It was through years of disease progression that I came to fully accept that I was never going to be able to control my craving for sugar or the moments leading to the first bite of a binge. This was step 1 for me. It was after I read the book "Dr. Bob and the Good Old Timers" that I came to believe. Dr. Bob's addiction and recovery were so moving I was convinced only a Higher Power could have released him and let him live free. This was my step 2. After that, I gave God as I understand God, my entire life and my body and food. I learned to live in 24 hrs and that my job each day is to go to bed sober. Sober in OA is different for everyone. For me sobriety is 3 meals a day and a snack before bed and no trigger foods. My trigger foods are sugar and white flour. I pretty much eat gluten free. I don't have anything to do with food or plan it. I only have 3 recipes. I buy groceries once a

week and put them in fridge. When it is time to eat, I put something on a plate, eat it, and stop. I never know what my next meal will be, but it is always there. I weigh myself once a year at my annual physical. I no longer care how much I weigh. I gave my body to God. I developed and sustain a daily relationship with God. My relationship with God is a light switch I cannot live without. My life today is better than anything I could have planned. My body is a normal weight and the craving for sugar foods left me. I learned that when I focus my life on thinking about the needs of others, my needs are filled. Prior to sobriety, I left a trail of disrupted relationships and regrets that I cannot remove or change. I accept the damage and am grateful to be on the other side. I make up for the mistakes of yesterday through service today. I learned that regret and self-loathing are expressions of self-centeredness and off-limits for me. When I am steeped in self-loathing and regret, I cut myself off from God and from service to others. Through the years of sobriety, I have adopted many self-help techniques that are available to live happy. I live a happy life, accepting the past as the life of a person with a disease who found a way to recover and live free



Continue sending comments and short writings! Any topic, any time for all articles will be used. Currently using writings on the promises and the tools

newsletterSRI@outlook.com



Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

Upcoming Speaker Topics:

MAR 7	"The Twelve Steps, God and Forgiveness"	MAR 21	"Promises, Promises... 164 Pages of 'Em"
APR 4	"Struggling in Program"	APR 18	"Flexibility Alongside Discipline"
MAY 2	"Sponsoring Chronic Slippers"	MAY 16	"Doing the DO Being the BE "
1-4 p.m. PDT		Overeaters Anonymous Registered Meeting #88993	

Meetings held regularly on the first & third Sundays of each month
Zoom ID: 947 2125 9974 Password: 810562

