

# The Northern Lights Newsletter



AUGUST 2015

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\*\* All material included in this newsletter is selected from within the OA Fellowship, including OA publications and/or OA program-related submissions from members. Personal stories express the experience of the individual members and not of OA as a whole.

\*\*The newsletter name has changed to The Northern Lights as of the March, 2015 issue. The Newsletter Editor will distribute The Northern Lights to the AAI meetings, members, and other service bodies via the AAI email system. Each issue will also be sent via email to Lifeline.

## Note from the Editor:

Summertime ... and I remain grateful for the service of editing our newsletter, as it keeps me up to date, plus I always hear what I need with others' submissions. Topics for next month's newsletter can be found on p. 3. Thank you, all.

Our Anchorage Alaska Intergroup retreat is

on the horizon. I have attached the flyer to this email, and you can also find information in Gail's report, as well as in the News and Outreach section. Please share retreat information at your meetings.

--Nancy, Northern Lights Editor

\*\*To unsubscribe to the member list click on [http://oa-alaska.org/mailman/listinfo/member\\_list\\_oa-alaska.org](http://oa-alaska.org/mailman/listinfo/member_list_oa-alaska.org) and enter your email address in the unsubscribe box.

## August, our Eighth Month . . .

**Step Eight:** Made a list of all persons we had harmed and became willing to make amends to them all.

**Tradition Eight:** Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

## Daily Meditations –

from *A New Beginning*

"I may indeed be very busy, but I won't have a life if I don't put my program first."-- p. 14

We're not unlovable because we have this disease; love is the very thing we need in order to recover." -- p. 35

Someone told me that we are babies in OA for five years. That's a comfort and a reminder that growth will continue as long as I'm working the Steps. -- p. 51

## Our Voices

### Prompts for August:

- **Because one size does not fit all, what does recovery look like for you in program? Help us understand.**
- **Which quote from program helps you on a regular basis? How?**

I finished knitting a hat for my sponsor the other day while on the phone to a meeting – distance delivery. I call it The Dancing Ladies hat because the old Norwegian pattern has the ladies kicking up their heels as they circle the garment. They make me think of our Meeting, learning the steps and finding joy in OA unity.

It seems to me that knitting is my meditation these days. A bit every day and things get finished. I even asked for help with the cotton yarn, which I haven't worked with often. So, in this project I practiced the Tools, meditated on the process of recovery and in every stitch a prayer for my sponsor. One stitch isn't much, but it is a step. Taking one after another gets the project closer to being a garment that will serve a purpose.

Sometimes I have to backtrack, frog as it is known among knitters, because you ripit, ripit, and knit up those steps again for a different and better result. There are techniques in knitting that experienced knitters share with novices and each other. We have to keep the stitches on the needles and not drop them, lest the project completely unravel. But when that happens we can cast on and start again. There are few mistakes that are irreparably disastrous and repetition creates the fabric that is beautiful or strong or useful, or all three.

And so it is with my OA fellows. We share Tools and Steps . . . our strength, hope, and experience. Little by little we see the pattern made by steps repeated around the circle. Beauty and meaning emerge in our work together over time.

-- Anonymous in Alaska

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After 36 years in OA active recovery and 9 years without a binge, my recovery is ongoing. Another person on the outside looking in may ask, "Isn't that boring? Aren't you tired of it all?"

My answer is that without continuing to attend meetings, without keeping in touch with my two (or more) sponsors, without following my basic food plan as best I can, without sponsoring others & doing service, my life could be far worse: I could resume weight gain, I could resume feeling sick, I could resume spoiling relationships with self-seeking & self-centeredness. I could stop being physically fit.

I'm not willing to find out what would happen, however. I know that what I'm doing is working. It includes taking my regularly negative mind back through the steps, (multiple step 10's) to keep bringing me back to center. Bringing myself back to trusting HP, back to being effective, back to being happy, on a regular & as-needed basis. I WILL keep coming back.

-- Anonymous in Alaska  
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### SERENITY

S- silence opening a space for God/HP's voice  
E- earnestness in seeking our spiritual path  
R- respite from the insanity of compulsive eating  
E- eagerness in applying the 12 Steps and Traditions to daily life  
N- nearness of our Creator  
I- intuition comes as we Pause and Pray  
T- taking time to free one's mind from worry, fear and anger  
Y- yippee, recovery

The role serenity plays in my Program is a daily touchstone to remind me that I am not in control, that God/HP is, and that changes will keep coming as I reach and pray for them.

The benefits of serenity include a peaceful stance in my world, less anger, less hatred, less conflict, less harm, less weight, as well as

more JOY, more LOVE, more compassion, more health, and more service to God and others.

The Serenity Prayer helps me MOST when I do use it. The disease pops up quicker than the Prayer. One habit I am cultivating is to always say a Serenity Prayer when I make an OA outreach call with the person I have called so that we end the call on the common ground of our OA solution.

-- Anonymous in Alaska

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Character Defect

My most annoying CD is self-sufficiency instead of reliance on HP/God. Going this alone is futile. Rejecting the help of others and God/HP is a harm-filled way to continue living. Thinking, "I've got this," instead of "WE do recover" usually leads me back to the disease and away from HP. It takes away from my HP. It takes a level of humility, as well as lots of courage to reach out and take another COE's hand and embark on our recovery path. Praying to have HP/God remove this character defect is a huge step in the right direction. Acting as if I have total reliance on HP/God is another good beginning point. Surrendering to HP/God and trusting in that reliance on HP/God is a good way to respond.

-- Anonymous in Alaska

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Service

I was taught early in my recovery that OA is a business as well as a recovery program. Those who serve are a part of the business side of OA. My service in OA is a part of my recovery. If I serve not only help or further my own recovery, but it also helps make recovery a possibility for others. For example, if I am a group secretary, by arriving to the meeting 15 or so minutes before the meeting begins, to unlock the door, set-up, make coffee, and put out the literature I provide an opportunity for others to share their recovery. If I am a group treasurer by paying the rent and other bills, and I split our 7<sup>th</sup> Tradition 60%/30%/10% (60% to our intergroup, 30% to WSO, and 10% to our region) so we can have a meeting

location and other service bodies can help spread the message and make recovery possible for me and others. And by serving others, I get something from the experience. If I am asked to serve, I always accept.

However, I do not accept a service position lightly. I am not accepting a title or a position of power; instead, I accept the duties and responsibilities. I become a servant. It is a position of trust. Members have deemed me responsible to executive their needs for the meeting. Members depend upon those who serve to carry out the business side of OA. If the duties and responsibilities are not being accomplished the members, group, intergroup, region, and WSO suffers. I never accept a position just for a "title", "prestige", or for "power" (our "leader" is God working through us, according to Tradition 2). I want to serve, to give back to OA, because of my recovery.

Sure, it is volunteer work. We are not paid for our service (unless according to Tradition 8 it is a special service; auditor, webmaster, office manager, etc.). However, if I accept the position, then I have always felt I should perform the duties and responsibilities correctly and as outlined by the group, intergroup, or region. I do not do it when I "have the time." If my life has become too busy or I cannot keep my commitment to do the service then I need to step down. Again, OA is a business as well as a recovery program.

I do my best to complete the duties and responsibilities of the position so OA can function. If bills are paid, mail picked up and distributed, monthly newsletter published and distributed, current group information acquired, group steering meetings or intergroup chaired, committee responsibilities met, or the simple unlocking the meeting door then the recovery of others and me suffers. OA is a business as well as a recovery program.

I learned how to be responsible in OA. At first, members trusted me with small tasks like setting up chairs, putting out literature, etc.

Eventually, members elected me as the group secretary. As I demonstrated responsible behavior, they continued to trust me with other service positions. Never did a sponsor push me or force me into doing service. It is a program of attraction, not promotion; I have to be attracted to serve because of my recovery. I have to be willing to give back to the program and members have to trust me enough to elect me into a position of trust. Again, OA is a business as well as a recovery program. In the program, there are no musts. I can use the program or not. No one tells me how quickly I must recover, how many meetings I must attend, what step I should be on; I just need a desire to stop eating compulsively, that is the only requirement for membership. However, if I serve (in any capacity) then, because it is a business, there are musts. A group secretary must unlock the meeting location door so a meeting can take place. A group treasurer must pay the bills so a meeting has a location to meet.

If I accept a service position then I must perform the duties spelled out in the group conscience at a steering meeting, intergroup, region, or WSBC. I am a servant, not a leader. I do not decide how I serve, or the duties I perform, the group conscience decides. I am grateful for the 12 Traditions. I try to apply them both inside and outside OA. I am grateful for the OA Group Handbook and the other literature that explains the business aspect of OA. I am grateful for our bylaws, policies and procedures explaining the service positions and all the hard work that went into creating these documents.

Lastly, I am grateful to my sponsors, Bill W., Rozanne S., and all the long-timers in my life who taught me how to serve. My first sponsor would tell me repeatedly, the most selfish thing I could do is come to OA, recover from compulsive overeating, and never give back to the program, to serve. However, I would add that it is just as selfish and irresponsible to accept a service

position, but never or rarely perform the duties and responsibilities, or accepting a service position, but defiantly rejecting the group conscience, bylaws, policies and procedures, and Traditions. Again, OA is a business as well as a recovery program, and my as well as everyone's service provides an opportunity for others and myself to recover. Together we get better!

--Anonymous in Alaska  
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## Topics for our Next Northern Lights

### **For September . . . Working the Steps and Traditions**

#### **Using the Tools**

- **How do you work the Steps and Traditions on a regular basis?**
- **Which Tools do you use to help you in your program?**
- **Are there any Steps or Traditions with which you have particularly struggled? How? What have you learned?**
- **Also, of course . . . you may write and submit about any topic important to your recovery. In addition to writing, we welcome sketches, drawings, cartoons, graphic art, and photos!**

Submit to Nancy at [oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org).

Lifeline is always looking for submissions and accepts letters/articles, artwork and photos (no faces, please) for publication. More information and monthly topics are online at <http://www.oa.org/lifeline-magazine/monthly-topics/>

**Check out these OA sites on the world wide web – from near to far-reaching!  
You might be amazed at all you discover!**

- OA and WSO/World Service Office  
<http://www.oa.org>
- Region 1/(AK, Alberta, NW Territories, Saskatchewan, Yukon, British Columbia, OR, ID, WA, MT, WY) [www.oaregion1.org/](http://www.oaregion1.org/)
- AAI/Anchorage Alaska Intergroup  
<http://oa-alaska.org>

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## Ask-It-Basket

~from Ask It Basket and Archive, oa.org

**Q:** I would like to start a meditation meeting. Can you tell me where to find a suggested meditation meeting format?

**A:** The lack of a meditation meeting format on oa.org means there is no OA-approved version.

According to Tradition Four, your group is autonomous and may decide in a group conscience meeting to create a new meditation meeting format, possibly by adapting one of the suggested formats available on the OA website in [Group Support](#).

Another suggestion is to adapt the format that was used during the meditation workshop held at the Region Seven Convention a few years ago. The leader opened with the Serenity Prayer, gave a brief introduction to meditation, and then led us through her own guided meditation. The meditation lasted ten or fifteen minutes. I recall there was time to share experiences afterward.

You could also read from Step Eleven in the Twelve and Twelve books from either AA or OA. Both books are OA-approved.

— Members of the Board of Trustees provide answers to Ask-It Basket questions



-- original photography by Anonymous in Alaska

**AAI and Region 1****AAI Officers**

(\*\*\*) a complete list of all all AAI email addresses, including group rep's can be found at <http://oa-alaska.org>)

**Executive Board**

[oachair@oa-alaska.org](mailto:oachair@oa-alaska.org) Randy  
[oavicechair@oa-alaska.org](mailto:oavicechair@oa-alaska.org) Crystal  
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**Board**

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**Standing Committee Chairs**

[oa retreat@oa-alaska.org](mailto:oa retreat@oa-alaska.org) Open  
[oa\\_special\\_events@oa-alaska.org](mailto:oa_special_events@oa-alaska.org) Open  
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[oa\\_librarian@oa-alaska.org](mailto:oa_librarian@oa-alaska.org) Open

\*\*\* Several positions in our intergroup remain open, including meeting representatives. (A conference phone is now available for call-ins.) Downloads for intergroup reps, our bylaws/policies/procedures, and other important information are available on our AAI site, <http://oa-alaska.org/> under the Anchorage Alaska Intergroup tab.

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**AAI Summary Reports (in full)****Chair's Report**

August 1, 2015

We have had difficulties with our web host. I have tried contacting the owners, but I haven't received very much help. They have updated their software and one of the owners has left the business. However, the real problem is that we were using 16 g of disk space, but we are allotted 2.5 g. I reduced it down to 4.5 g. In the past, the owner of the web hosting business (the one who left) would increase our allotment when we needed additional space, and he would do it within minutes. We send huge files, which takes disk space.

According to an AAI policy and procedure, in an emergency the AAI Chair can make a decision to resolve a situation. Even though I do not like acting without the decision of AAI, I decided to migrate our site to a new web host. I researched the possible web hosts, became informed of the top 10 rated web hosts, made a comparison of them, and decided upon one that has more services and options, costs less, offers unlimited disk space and email accounts, and is rated highly for their customer service. Again, I truly believe in our 12 Traditions, especially Traditions 2, 9, and 12, but we now rely heavily on our domain, and I felt we faced an emergency. I did contact the executive officers for their feedback and feelings about migrating to a new host.

I want to commend Gail F and all the members of the retreat committee. As per your decision to give the committee authority to determine the theme, speaker, and location of this year retreat, the committee has stepped up to the responsibility. The committee will be proposing a flyer, cost, and layout of the room. The committee will also be proposing other factors of the retreat. I know they are also beginning the work for next year retreat(s).

As per our policies and procedures, I have asked David, our Technology Committee

Chair, to reapply with Overeaters Anonymous for the use of the OA logo for our logo. If we are reapproved this year, then we will not reapply until 2017. Thank you, David! By the way, the technology committee needs two members for it to be a committee. The webmaster is on the committee, but he is a non-voting member.

I have tried to contact officers who have resigned or I believe have resigned to obtain manuals AAI purchased for their position and keys, but I haven't heard back with them. AAI has experienced this situation in the past. Jody J will propose a policy and procedure to address this problem. AAI has decided to purchase jump drives and other items for officers to use in the performing their position.

However, if someone resigns or at the end of his or her term does not turn in the items (checkbook, checks, jump drive, keys, etc) then AAI cannot function well. AAI is a business. As a business, certain duties and responsibilities need to be done so we can carry the message of the 12 Steps and 12 Traditions of OA, or at least make carrying the message of the 12 Steps and 12 Traditions of OA possible.

In the program, in our recovery, no one can determine our course. No one places expectations on us as far as our recovery. However, can the same be said of us who serve? Again, AAI is a business, the business side of OA, as is a steering meeting at a group, region, and WSO. It is a business with only one leader: our Higher Power working through us. As servants, which we are, we serve others, those who have elected us. We are elected to positions of trust, positions with duties and responsibilities determined not by the one elected, but by those who elected us. Traditions 2, 9, and 12 remind us that we serve, we don't lead. Part of being a servant is to be responsible; to perform the duties determined by a group conscience, in a group, intergroup, region, or WSO. We are elected to positions of trust, not so that we have a title or a position, but instead, to perform the duties and responsibilities bestowed upon us. I hope I have served you well; performing the duties and responsibilities, which you determined, of the

AAI Chair.

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I am grateful to serve you.  
Humbly submitted by  
Randy S, Chair

### **Region One**

August 1, 2015

I attended the Region 1 delegate phone mtg. this AM.

Online version of Lifeline is available at [www.oa.org](http://www.oa.org). With this, a subscriber receives frequent short articles of recovery for \$15 per year. It can be printed.

New Literature can also be found at [www.oa.org](http://www.oa.org). Recent new publications are: a new Handbook for Service Bodies, a small book called A Taste Of Lifeline, & a pamphlet called "12 Stepping a Problem." Every 2nd Sunday is a Trustee-led workshop on the step of the month at 1 PM Pacific Time. Subsequently, each workshop is available as a podcast. On Sunday Aug 8, Step 8 will be presented. These can be used at meetings if someone has a laptop or phone to bring.

Lifeline needs stories, "How OA changed my Life" by Sept. 15.

You can sign up for A Step Ahead from WSO for free. We also received ideas for exhibits & other helps.

Other OA news:

Merry, Region 1 chair, is hosting informational phone mtgs for delegates prior to the Assembly, which will be Sept 16, 17 in Bend, OR ... Getting us ready. There will be some proposals for budget & bylaws changes, which I will need to bring to AAI next time.

A BC member won the convention pkg.

Next year WSBC will be held in New Mexico May 2-7, 2016.

In service,  
Alice  
Region 1 Delegate

### **Outreach Committee Chair Report**

#### **Policies and Procedures Report**

#### **AAI Literature Report**

#### **Retreat Committee Chair Report**

August 1, 2015

The retreat committee met on July 15 to discuss the October 2015 retreat. We discussed the Flier for the retreat, which looks really good. We also talked about the following issues relating to the retreat:

We discussed passing the basket and collecting 7<sup>th</sup> tradition several times during the retreat instead of charging a registration fee. That way folks could give as much as they could afford and people would not have to ask for scholarships to attend. We decided to propose to AAI of passing the basket instead of charging members a set fee.

We also discussed paying for airline tickets for both Ira and his wife, and he could reimburse us for his wife after he arrived. That way they could travel together as she plans to accompany him. We decided to propose AAI buy both tickets.

We talked about no clothes exchange or other fund raising events, trying to keep this retreat strictly one to where we focus our recoveries without too many distractions. We decided to propose to AAI that we have no fund raising at the retreat.

We discussed trying to provide a banquet for Saturday evening meal but thought it would entail too much detail work and with the many varied food requirements, thought it would prove too difficult, so people can purchase meals at the Hotel or bring their own meals.

The Theme of the Retreat is Embracing the Twelve Steps and Twelve Traditions. It was discussed how best to present this material and agreed that it would be good to present the Traditions along with the corresponding steps. We will need to discuss this with Ira to see what

he is most comfortable with.

The following is a tentative schedule for the retreat:

Friday

7:00pm to 8:45pm – Introductions and Ira tells his story]

8:45pm to 9:00pm – Serenity Prayer and 7<sup>TH</sup> tradition basket

Saturday

7:00am to 8:00am – Yoga

9:00am to 11:30am – Steps and Traditions One through Three

1:00pm to 3:30pm – Steps and Traditions Four through Six

4:00 to 6:30pm – Steps and Traditions Seven through Nine

6:30pm - 7<sup>th</sup> Tradition Basket – Serenity Prayer and closing

6:30pm to 8:00pm Break for Supper

8:00pm to 8:30pm OA Meeting

Sunday

7:00am to 8:00am – Yoga

9:00am to 11:30am – Steps and Traditions Ten through Twelve

11:30pm – 7<sup>th</sup> Tradition Basket – Serenity Prayer and closing

In service,

Gail F.

Retreat Committee Chair

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### **News and Outreach**

Announcements below can also be found online:

<http://www.oa.org/>

<http://www.oaregion1.org/>

### **Anchorage Alaska Intergroup Retreat Coming Up!!!**

**Theme: Embracing the 12 Steps and the 12 Traditions**

When: October 9, 10, 11

Where: Marriott Residential Inn, 1025 E. 35<sup>th</sup>, Anchorage

Cost: 7<sup>th</sup> Tradition for registration

Questions: Contact Gail F, Retreat Committee Chair, call 907.357.4644, email [oaretreat@oa-alaska.org](mailto:oaretreat@oa-alaska.org)



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**Region 1 Convention 2015 – Bend, Oregon  
September 18-20**

**Hosted by the Central Oregon Intergroup  
Are you planning to attend Convention,  
September 18-20, 2015, in Beautiful Bend,  
Oregon???? Convention can change your  
life!!!**

**Would you like to provide some service at  
Convention? We need your help in a variety  
of areas!!**

**There are lots of details in organizing a  
Convention and together we can do anything.  
If you are able to help out, either your  
Intergroup or you personally, please contact  
our Vice Chair, Ruth D at  
[vchairR1@gmail.com](mailto:vchairR1@gmail.com)**

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**Win the 2015 Region 1 Quilt!**

Our 2015 Convention theme is "*The Journey Is  
the Destination.*" What will our 2015 quilt will  
look like?



Hi Fellow OAers  
Don't forget to buy your raffle tickets. You will  
want a chance to win this beautiful hand-made  
quilt.

Each square was made by an individual from<sup>9</sup>  
different intergroups, each one telling its story  
of the journey from darkness to light.  
The proceeds will go to help spread the word  
of Overeaters Anonymous to those who still  
suffer.

The cost of raffle tickets is: \$1.00 each, 6 for  
\$5.00 or 25 for \$20.00. Remember, you do not  
have to be present to win.

You can see pictures of some of the squares at  
[www.oaregion1.org/2015-quilt-raffle.html](http://www.oaregion1.org/2015-quilt-raffle.html) .

Also, if you click on the individual  
intergroups, you can see each intergroup's  
square. You can also print out raffle tickets  
there. You can bring your tickets to the  
convention at Bend, OR, Sept. 18 – 20<sup>th</sup> or  
send them, along with your check, to the  
address printed on the tickets.

We hope to see many of you at the convention.  
Region 1 Quilt Committee,  
Carol & Arlene

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**YOU could be the Lucky Winner!**

Drawing will be on Sunday, September 20 at  
the 2015 Region 1 Convention in Bend,  
Oregon.\*

**Buy a BUNCH of 2015 Quilt Raffle Tickets!**

**1 for \$1.00 ~ 6 for \$5.00 ~ 25 for \$20.00.  
What??? Only \$20 for 25 tickets?  
YES!**

**Instructions are on the tickets: fill in your  
contact information on the Quilt Raffle  
Tickets,  
mail them and your check or money order  
to OA Region 1.**

Or bring them with you to the Convention.  
\*Need not be present to win.

**\*\* DOWNLOAD Raffle Tickets from this  
link!\*\***

**[http://www.oaregion1.org/2015-quilt-  
raffle.html](http://www.oaregion1.org/2015-quilt-raffle.html)**

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**Virtual Workshops Podcasts  
Second Sundays of 2015**

Got recovery? Find out how it works!

Download and listen to the preview of thirteen hours that can change your life!

<http://www.aa.org/oapodcasts/>

3-4pm EST = Noon – 1pm Pacific Time

2<sup>nd</sup> Sunday of each month

424-203-8405 Pin code: 925619#

Starting with “Step Zero” and Step One and working through all Twelve Steps, members share how working the Steps changed their lives physically, emotionally, and spiritually. Check the OA Datebook calendar at [aa.org/datebook-calendar/](http://aa.org/datebook-calendar/) for more information.

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**Quarterly Relationship Workshops -- Traditions Provide Principles for Harmonious Relationships**

September 12<sup>th</sup>, December 12<sup>th</sup>, 2015

Saturdays – 1:00pm ET

Phone: 424-203-8405 Pin code: 925619#

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**Free Abstinence Downloads**

**OA released four new resources last year to support members in becoming abstinent and living a life free from compulsive eating and compulsive food behaviors. Available to the fellowship for free, the materials can be used by members, groups, service bodies, sponsors and sponsees, and OA workshop presenters to increase the focus on our primary purpose, which is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Find all four free downloads on the Group Support page of [aa.org](http://aa.org).**

- . **Strong Abstinence Checklist**
- . **Abstinence Literature Resource Guide**
- . **Abstinence PowerPoint Presentation**
- . **Just Released! The Difference Between Abstinence and A Plan of Eating Workshop, including leader’s guide, handouts and a PowerPoint PDF presentation.**

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**Young Persons in OA: Compulsive food behaviors often start in the teen/young adult years. For information and resources, visit OA’s “Young Persons in OA” page under Newcomers.**

<https://www.aa.org/newcomers/young-persons-in-aa/>

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**Lifeline Subscriptions**

(from <http://www.aa.org/lifeline-magazine/>)

*Lifeline*, OA’s international magazine, serves as an indispensable “meeting-on-the-go.” Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers. Tucked in a purse, a suitcoat pocket or a lunch bag, *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed.

The true stories in *Lifeline*, written by OA members, share the challenges and triumphs of recovery from compulsive overeating.

***Lifeline* is available both as a print magazine and as an online magazine.**

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# ANCHORAGE ALASKA INTERGROUP

## MEETING SCHEDULE

### Anchorage

Day	Time	Address	Type	Contact (907)
Monday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book	Kathy 330-9442
Monday	6:00 pm	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Tanya 317-7451
Tuesday	5:30 pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	OA/HOW	Meg 248-0300
Wednesday	Noon	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	Writing/Sharing	Paula 299-2022
Thursday	6:30 pm	Lutheran Church of Hope, 1847 W. Northern Lights Blvd	There is a Solution	Carolyn 279-1942
Friday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book & OA Book	Rachel 632-3236
Saturday	9:00-10:30am	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Twyla 444-7251
Sunday	9:30 am	Kaladi Bros., 6921 Brayton Dr.	As Bill Sees It. VOR & For Today	Candy 350-5255, Jean 345-9805

### Mat-Su

Day	Time	Address	Type	Contact (907)
Monday	Noon	Wasilla: Alano Club Snohomish/Fishhook Rd	Big Book	Terri 376-3227
Wednesday	6:00 pm	Wasilla: Alano Club Snohomish/Fishhook Rd	Topics	Gail 357-4644
Saturday	9:30 am	Wasilla: Alano Club Snohomish/Fishhook Rd	Speaker/Topic	Brenda 240-6331
Sunday	6:00 pm	Palmer: St. Michael's Parish, 432 E Fireweed Ave, in the office, the Knights of Columbus Rm.	Speaker/Topic	Randy 745-7485

### Homer

Day	Time	Address	Type	Contact (907)
Tuesday	5:30 pm	Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs	Steps/Trad/Lit	Julie 235-6696 Nancy 399-5944
Friday	Noon	Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs	Open	Julie 235-6696 Nancy 399-5944

### Kenai

Day	Time	Address	Type	Contact (907)
Monday	5:30 pm	URS Club, Suite #71, in the Old Sears Mall		Ellen (518) 884-9936