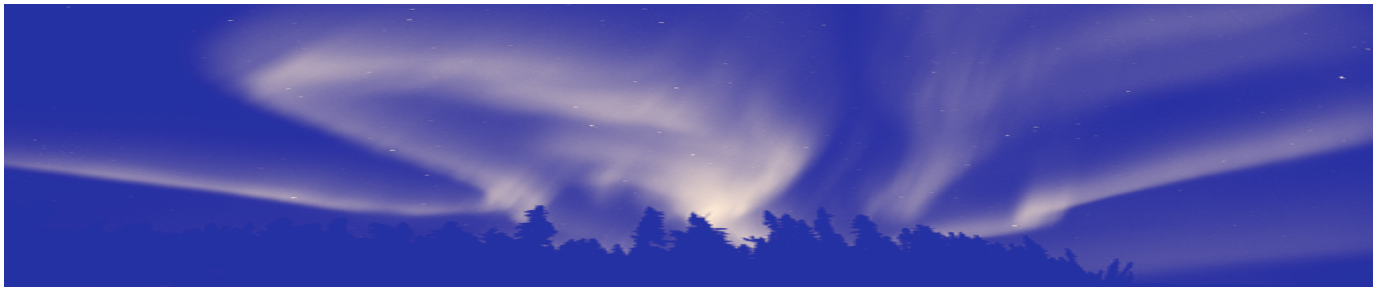


# The Northern Light Newsletter

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February 15, 2015

Anchorage Alaska Intergroup  
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1.800.279.1942

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**Note from the editor:** Once again this month, I have been surprised by what I thought would be a straightforward commitment to editing our newsletter. Gather submissions. Organize. Copy/paste. Easy peasy, right? Instead, I have received unexpected gifts in my inbox from others in OA: thoughtful reflections on this month's theme of gratitude. After reading each one, I nodded and said, "This is just what I needed." Isn't that what we also hear so often in our meetings? We gather; we share. We hear what we need to hear. In gratitude, I now pass these reflections on to each of you. Lucky us.

--Nancy

\*\* 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.

## **For February . . .**

**Step Two:** We came to believe that a Power greater than ourselves could restore us to sanity.

**Tradition Two:** For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

*My sponsor said, 'Act as if you believe, and some day the desire will become reality.' Because I trusted my sponsor and wanted the kind of recovery I saw in her, I acted as if I had a loving God in my life. Eventually, in conjunction with my own spiritual awakening, the desire became reality.*  
-- from *Seeking the Spiritual Path*, p. 20

## Our Voices

### Reflections on an Attitude of Gratitude . . .

- What does gratitude look, sound, feel in your life?
- How has your understanding of gratitude changed since being in program?
- How has a dark time transformed into a gift?
- How does gratitude support your recovery?

I wake up in the morning ready to talk to my Higher Power with thankfulness for a new day. For the gift of life. For the power to do His will today. For a day that I am not controlled by a disease that devastates my living. Life is very good. This is because I was abstinent yesterday and I don't awake with shame. I seek help so tomorrow will be a better day. If I fail, there is grace. I don't beat myself up (well I try not to). My sponsor helps me with this. I seek God and get Help to move past the food to that place of a wonderful living experience; where food is not my life, He is.

~~ Anonymous

#### Dark Times Transformed

Every day is a dark day, transformed by my working the steps. (I am powerless over this burden. God could relieve this burden. I will turn this burden over to Him. I have tried to control, manipulate, force, judge, complain, criticize, moan, groan, stress, worry, and regret all my life. People I speak with do this same group of human-activities. I can continue to try to bemoan a situation, or I can turn it over.) Lo and behold, God lets me know that I am the one

not doing my reading, not doing my calling, not attending meetings, not exercising. Ah-ha! I can get on with my own business, and there, I am letting go of the non-controllable. In this way, I am enabling myself to lead a clean, healthy, effective, pain-free, abstinent, long, life. How about you?

~~Anonymous

#### *Grateful To Recognize Gratitude*

*Over the past few winter months, I have found myself in a bit of an emotional slump. Recovery is still the most important thing in my life, but my zest for meetings and working the steps has waned with my mood. I asked my sponsor for a suggestion on how I could jumpstart my program (and my attitude!) and she suggested a morning gratitude list.*

*Of course!*

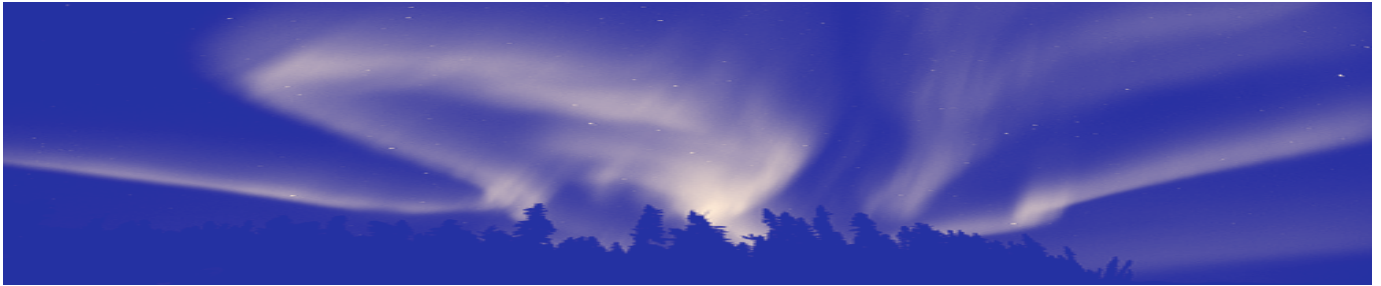
*As they say in AA...Back to Basics!*

*When I first came in to OA, I was miserable, overweight, and full of self-pity. The guilt and shame I had over my food behaviors and my body was unbelievable.*

*When my first sponsor had the nerve to ask me to start a gratitude list (one of my very first assignments) I was SHOCKED. I had absolutely nothing to be grateful for! I was a miserable, hopeless, fat, sick compulsive overeater! I was unemployable, depressed, and barely getting out of bed everyday to drag myself to meetings - after which many times I stopped and binged on the way home. I was NOT being struck abstinent and felt trapped in the first step of powerlessness and unmanageability.*

*In my self-obsessed bubble of "woe is me", I tearfully told her I could think of nothing to put on the list.*

*After a few seconds of purposeful silence, she told me to look down at my feet.*



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*"Are you wearing shoes?" she asked gently.  
"Yeah," I sniveled.  
"Well," she said, "why don't you start with that."*

*For me it was that simple. My magic magnifying glass suddenly got turned around...when I focused on what I DID have, what I DIDN'T have was less unbearable. My gratitude lists became a daily must-do practice for me. One of my favorite exercises was running through the alphabet and coming up with a gratitude for each letter. How lovely that I could start off with A for Abstinence, even if true just in that moment :)*

*I'm grateful to be reminded that starting my day with an Attitude of Gratitude can work wonders for my program, my serenity, and my ability to be useful to those around me. There will always be an infinite number of things I want and don't have (including new shoes!), but if I choose to look at it properly, there is an equally infinite number of blessings I have been graced with. Today I thank my God for a program of Recovery, my willingness to stay in the solution, the hope I hear from my fellows on the path, and of course, my scruffy, well-worn, comfy, functional old shoes.*

*~~ Anonymous*

Stepping into the Sunlight of the Spirit

I have had the most amazing experiences with what having gratitude can do for my life and my program. The amazing secret that's not so secret is that having gratitude for all the things that happen in life whether good or bad gives me a different way of looking at life, instead of searching for excuses in what's happened to me so I will have a reason for failure. Now with the changed perspective of gratitude I can be accepting and grateful for the bad relationship that allows me to appreciate and recognize the good one that I have now or look back on the reason I stepped into twelve step programs at all, which at the time, was the worst thing that could have ever have happened to me and now I celebrate that day because it was my Higher Power giving me the opportunity (by force) to get out of my own way as well as His.

So when I feel grateful for little and big things alike, I love the people around me who teach me things that I couldn't learn on my own such as patience and tolerance and love. I also appreciate the little miracles of life, not to mention the big ones like a recent celebration of another year of abstinence from sugar. Before program taught me that an attitude of gratitude, I did not understand how much good there was in my life and now there is no contest. I choose every day to live in gratitude and when I do, I am existing in the sunlight of

the spirit and there is nothing I cannot accomplish when He is with me. It's truly amazing what a single gratitude can do from my mood and my day if I am willing to find on. Sometimes it's silver-lining gratitudes where I am just grateful I made it through or it wasn't as bad as it could have been but most days I enjoy looking over my day and deciding on the people, situations and things I am most grateful for.

~~Anonymous

## Announcements

Check out the Region 1 Report on p. 7 for a wealth of connection options, which include call-in meetings, workshops, podcasts, and downloads.

Several positions in our intergroup remain open, including meeting representatives to attend intergroup. (A conference phone is now available for call-ins.) For more positions, see the list of AAI Officers, p. 6. 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.

**The March theme for The Northern Light will be . . . Our Meetings**, also the topic for an upcoming Lifeline (see below). Consider:

- What finally got you to your first OA meeting? What do you most remember about your first OA meeting?
- What are the hallmarks of a strong, healthy meeting? What practices and principles can members encourage in their meetings to strengthen them?

- Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

If you're thinking about submitting, please do! In addition to writing, we welcome writing, sketches, cartoons, and pictures! Submit to Nancy at [oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org) by February 15.

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

### **2015 Lifeline Topics: for July (Deadline: 3/15/15) Generally Speaking**

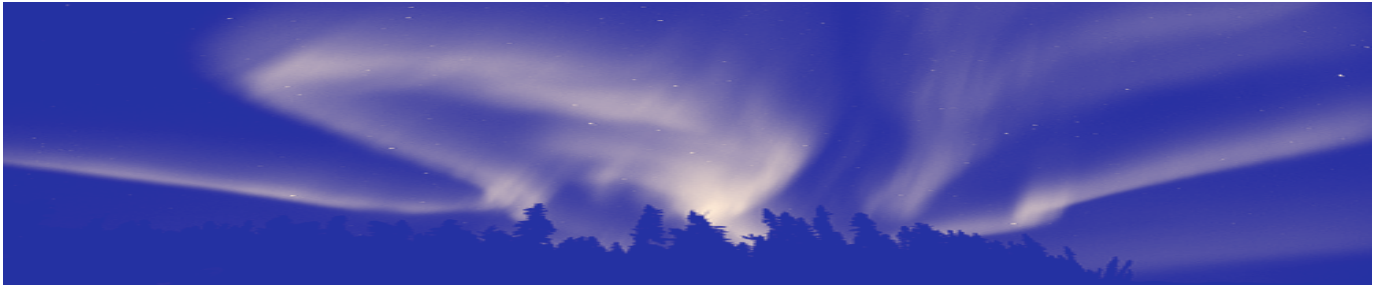
Write on any topic that is meaningful to you.

### **for August (Deadline: 4/15/15)**

- **My First OA Meeting**  
What finally got you to your first OA meeting? What do you remember most about your first OA meeting?
- **Strong, Healthy Meetings**  
What are the hallmarks of a strong, healthy meeting? What practices and principles can members encourage in their meetings to strengthen them?
- **Meeting Inspiration**  
Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

The WSO staff creates Lifeline from OA members' letters. Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating. Send your letters to Lifeline, PO Box 44020, Rio Rancho, NM 87174-4020 or email to

<http://overeatvmweb1.inetuhosted.net/contact/>



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## Ask-It Basket

### **MEETINGS—ACCEPTABLE LITERATURE FOR READING:**

**Question:** At our January OA meeting, a member read from another Twelve-Step program's daily reader. Another member felt, although the information was pertinent for our discussion, it was inappropriate to use literature other than OA-approved material. We took a group conscience but couldn't decide what the suggested guidelines are for literature at our meetings. Some felt all AA literature should be included; others felt only those specific to OA were allowed. Please explain what the guidelines are and why.

#### **Answer:**

The following OA policies are found in the Business Conference Policy Manual, which is given to each WSBC Delegate and posted on [oa.org](http://oa.org). The policies listed below address the issue of outside literature.

"It is the group conscience of the 1993 World Service Business Conference that sale or display of literature other than OA-approved literature (as described in WSBC Policy 2010a) is an implied endorsement of outside enterprise and therefore in violation with Tradition Six" [1993b (amended 2010)].

"Statement on Approved Literature: In accordance with our Traditions, we suggest that OA groups maintain unity and honor our Traditions by using, selling and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature. Locally produced literature must be developed according to the OA Guidelines for Locally Produced Literature, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic" [2010a (amended 2012)].

Also see page 154 in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*: "In the past, some OA groups have given away or sold a wide variety of non-OA-approved literature, pamphlets, and books published by outside enterprises. As OA has matured, however, more and more groups have decided to distribute only OA-approved literature at meetings. Whenever an OA meeting displays or sells non-OA-approved literature, it implies that OA endorses the philosophy of whoever wrote that piece. OA-approved literature reflects the experience of many members of the Fellowship whose recovery is strongly

rooted in the twelve steps and twelve traditions.”

You can find the complete list of OA-approved literature, including the AA literature that is OA-approved in the OA-Approved Literature List.

~~from Lifeline, July, 2014  
(Ask It Basket and Archive, oa.org)

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## News from AAI and Region 1

### AAI Officers

#### **Executive Board**

[oachair@oa-alaska.org](mailto:oachair@oa-alaska.org) Randy  
[oavicechair@oa-alaska.org](mailto:oavicechair@oa-alaska.org) Crystal  
[outreasurer@oa-alaska.org](mailto:outreasurer@oa-alaska.org) Jody L  
[oaocorrsecretary@oa-alaska.org](mailto:oaocorrsecretary@oa-alaska.org) Wendy H  
[oaaminsecretary@oa-alaska.org](mailto:oaaminsecretary@oa-alaska.org) Jody J

#### **Board**

[oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org) Nancy  
[oaliterature@oa-alaska.org](mailto:oaliterature@oa-alaska.org) Dave  
[oaeregion1delegate@oa-alaska.org](mailto:oaeregion1delegate@oa-alaska.org) Alice  
[oaawsodelegate@oa-alaska.org](mailto:oaawsodelegate@oa-alaska.org) Open

#### **Standing Committee Chairs**

[oaaretreat@oa-alaska.org](mailto:oaaretreat@oa-alaska.org) Open  
[oa\\_special\\_events@oa-alaska.org](mailto:oa_special_events@oa-alaska.org) Open  
[oa\\_publication@oa-alaska.org](mailto:oa_publication@oa-alaska.org) Open  
[oa\\_oasis@oa-alaska.org](mailto:oa_oasis@oa-alaska.org) Open  
[oa\\_twelfth\\_step\\_within@oa-alaska.org](mailto:oa_twelfth_step_within@oa-alaska.org)  
Open  
[oa\\_outreach@oa-alaska.org](mailto:oa_outreach@oa-alaska.org) Tanya

[oa\\_lifeline@oa-alaska.org](mailto:oa_lifeline@oa-alaska.org) Sue  
[oa\\_finance@oa-alaska.org](mailto:oa_finance@oa-alaska.org) Open  
[oa\\_policies\\_procedures@oa-alaska.org](mailto:oa_policies_procedures@oa-alaska.org) Cassie  
[oa\\_technology@oa-alaska.org](mailto:oa_technology@oa-alaska.org) David  
[oa\\_archives@oa-alaska.org](mailto:oa_archives@oa-alaska.org) Open  
[oa\\_librarian@oa-alaska.org](mailto:oa_librarian@oa-alaska.org) Open

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## ...from AAI Bylaws/Policies and Procedures

### ARTICLE II - PURPOSE

#### Section 1 – Primary Purpose

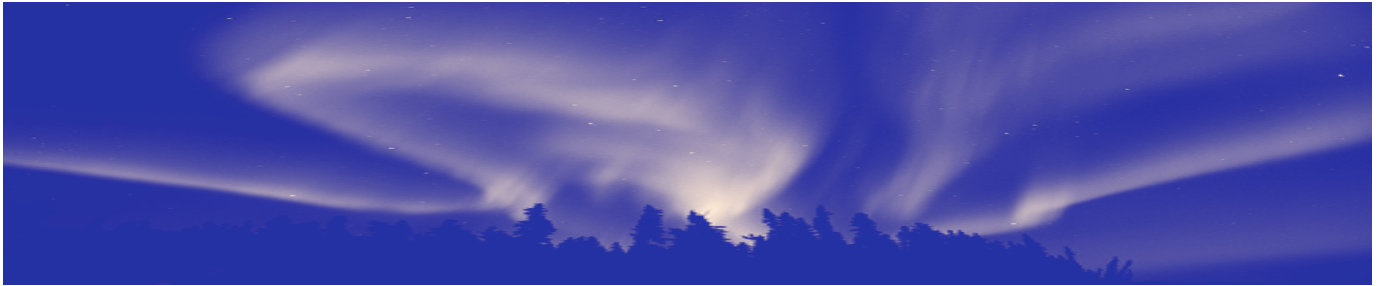
The primary purpose of this organization is to aid those with the problem of compulsive eating, through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed.

### AAI Chair Report

February 7, 2015

Cassie (our Policies and Procedures Committee Chair) and Crystal (our Vice-Chair) have discovered a couple of troublesome areas of our AAI Policies and Procedures. According to our AAI Bylaws the Policies and Procedures Committee is a standing committee. The Bylaws Committee is a special or ad hoc committee. However, our AAI Policies and Procedures refer to the committee as the Bylaws and Policies and Procedures Committee. Of course, our bylaws supersede our policies and procedures, but AAI may want to rectify the wording.

Also, according to our policies and procedures one of the Vice-Chair’s responsibilities is to, “serve as a liaison between IG and AAI group secretaries (without a group representative), making contact with group secretaries each month, providing group secretaries with AAI information (via the Correspondence Secretary).” There is some ambiguity in the language. Does the Vice Chair provide information (thus make contact) via the Correspondence Secretary? Or does the Vice-Chair make monthly contact with group secretaries (without a group



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representative) AND provide the Correspondence Secretary with information to send to the group secretaries? Also, what information does the Vice-Chair provide?

As a reminder, according to our bylaws, "Each standing or special committee shall be responsible for calling and holding meetings (face-to-face, via the telephone, SKYPE, or e-mail), and establishing its method of procedures, subject to the approval of the Intergroup board and the guidelines of the Twelve Traditions and Twelve Concepts of OA." Also, "Any committee decision and/or vote which establishes or changes a policy, sets a procedural plan for a special event, or expends funds in excess of an approved budget, shall require approval by the Intergroup prior to implementation." A committee meets, discusses issues referred to it or issues brought up in the committee, and votes on those issues (a group conscience), which it then proposes (makes a motion) to AAI (all the groups) to decide, God working through us (a group conscience).

Thank you for allowing me an opportunity to serve. All of us who serve at AAI, just the business aspect of the local OA groups, are simply trusted servants. Traditions 1, 2 and 12 are about sacrifice. We sacrifice our "self" or ego, so that the group survives, Tradition 1. We sacrifice our desire to lead or make decisions within the group, IG, or

committee, as it is discussed in Tradition 2. We allow the group to decide, God working through us. Tradition 12 in the AA 12 and 12 states, "The spiritual substance of anonymity is sacrifice. Because AA's Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit--well symbolized by anonymity--is the foundation of all of them." And, "Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as AA members both among alcoholics (compulsive overeaters) and before the general public."

Anonymity isn't just about "who you see here, what you hear here, let it stay here." It is about the principles of the program, it is about letting go of my self and my natural desires to lead others. According to our bylaws, "The primary purpose of this organization (AAI) is to aid those with the problem of compulsive eating, through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed." I hope I always remember to give up my personal desires for the common good and to serve you.

Humbly submitted by

Randy S, Chair

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## Region 1 Report

### 12 Step Workshops

The 2<sup>nd</sup> Sunday of each and every month in 2015!

3-4pm EST = Noon – 1pm Pacific Time

424-203-8405 Pin code: 925619#

Tomorrow – Sunday February 8<sup>th</sup>, 2015 – STEP TWO!

If you miss a workshop or want to listen again, the Step Workshops will be available on the OA website ([www.oa.org](http://www.oa.org)) within a few weeks after the live workshop.

### February Holiday Marathon Schedule

Saturday February 14<sup>th</sup>, 2015 – Fall in love with life

Monday February 16<sup>th</sup>, 2015 – Serving Others

Saturday February 28<sup>th</sup>, 2015 – This is a “WE” Program

The holiday marathons start at 8:00am ET and continue until midnight every hour throughout the day around any regularly scheduled telephone meetings.

712-432-5200 Pin code: 4285115#

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

March 14<sup>th</sup>, June 13<sup>th</sup>, September 12<sup>th</sup>,

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

Saturdays – 1:00pm ET

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

### 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 [oa.org](http://oa.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.

### World Service Business Conference -- WSBC – April 27<sup>th</sup>, 2015 – May 2<sup>nd</sup>, 2015 – Embassy Suites, Albuquerque, New Mexico

Are you going? Are you registered with World Service Office – find the registration form on [www.oa.org](http://www.oa.org), World Service Business Conference. It’s not too late to register. Is your hotel room booked? Questions??

### Region 1 Convention 2015 – Bend, Oregon – Hosted by the Central Oregon Intergroup

Are you planning to attend Convention 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!!

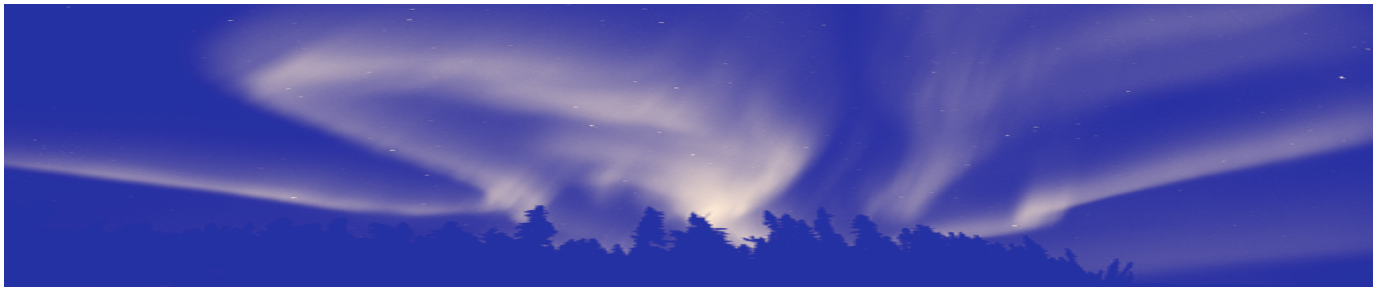
There are lots of details in organizing a Convention and together we can do anything. If you are able to help out, either your Intergroup or you personally, please contact our Vice Chair, Ruth D at [vchairR1@gmail.com](mailto:vchairR1@gmail.com)

### Do you subscribe to Lifeline? If not, why not? It’s a meeting on the go!!

Currently, you can receive a trial subscription for two months free of Lifeline. Go to <https://www.oa.org/lifelinetrial/> You’ll be glad you did!

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February 15, 2015

## 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	6:00 pm	North star Hospital 2530 Debarr Rd., Private dining room, past seating area.	Steps/Trad/Lit	Sue 333-1669
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	Jody 376-3593
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

## ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE (cont.)

### *Homer*

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

### *Kenai*

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

