

The Northern Lights Newsletter

1

Voice of AAI -- April, 2015



Anchorage Alaska Intergroup
PO Box 200-341
Anchorage, AK 99520
1.907.279.1942
1.800.279.1942

<i>Our Voices</i>	Pp 2-3
<i>Ask-It Basket</i>	Pp 4
<i>AAI Contacts</i>	Page 5
<i>AAI Summary Reports</i>	Pp 5
<i>News and Outreach</i>	Pp 6
<i>Meeting Schedule</i>	Pp 7-8
<i>AAI Reports in Full</i>	Pp 9-10

** 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:

Once again, I am grateful to be on the receiving end of submissions. One after another, each has reminded me of the strength of program, as well as the hope it offers through our experience. We are all the richer for sharing.

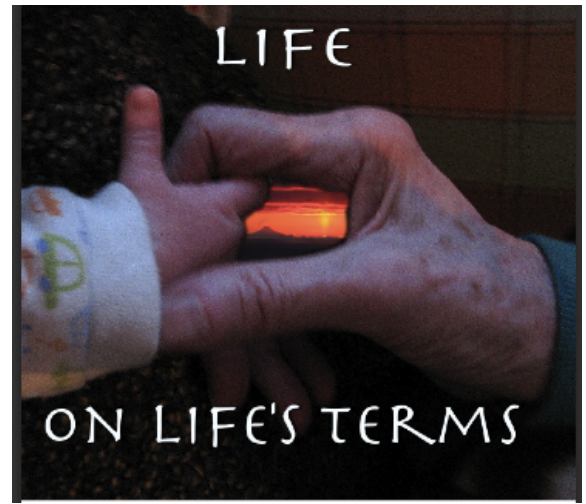
Beginning this month, a summary of AAI officer and chair reports will be printed within the Summary Reports section. Reports in Full can be found on the last pages so that those interested can read "the full Monty."

Nancy
Northern Lights Editor
oanewsletter@oa-alaska.org

April, our Fourth Month . . .

Step Four: Made a searching and fearless moral inventory of ourselves.

Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole.



~ original photo by Anonymous

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/
- AAI/Anchorage Alaska Intergroup
<http://oa-alaska.org>

Our Voices

- What are your favorite sayings from program?
- What words have inspired you, anchored you, shored you up in your journey of recovery?
- What have you learned through
 - slogans
 - quotes
 - readings
 - gems from your sponsor or others in program.
- Share your strength, hope, and experience with the rest of us.

Working Step Six ... Becoming Ready to Have Defects Removed

The big book devotes 1 short paragraph to step six. Yet it is a big step to actually become ready. I have learned to "work out possible solutions" to a given issue in my head, uncensored. Then, when all MY ideas have been exhausted, I'm ready to stop my thinking, and lay ALL on the altar, in a meditation using the 7th step prayer. I am always given an answer of some sort. (Not necessarily what I wanted). What a relief to get an answer, to feel lighter and unstuck, after this work. Work step six.

~~Anonymous

Some of the most helpful and easily accessible slogans for me are the acronyms I've heard around the room. Recently, a member shared this one which has already become a new favorite:

Any time I don't think I've "earned" my chair in this program - ie, my food's not perfect, my story doesn't include drastic weight gain/loss, I feel like I don't belong...I must remember that I

have **P.A.I.D.** the price of admission - with **Pitiful And Incomprehensible Demoralization**. That's all I need to be a member of OA - the desire to NEVER go back to that place that compulsive eating brought me.

As long as I remember that I never have to go back to where I came from, I know I'm in the right place.

Just for today, it really is that simple.

~~Anonymous

Words that help me up in my recovery:

- The goal is freedom; My desire for my trigger foods (sugar or chips) are as alcohol or drugs to others.
- I live in my disease or in the solution. I choose the solution!
- Matching calamity with serenity is the amount of spiritual fitness I have.
- "The meek man is not a human mouse afflicted with a sense of his own inferiority. Rather he may be in his moral life as bold as a lion and as strong as Samson; but he has stopped being fooled about himself. He has accepted God's estimate of his own life. He knows he is as weak and helpless as God declared him to be, but paradoxically, he knows at the same time that he is in the sight of God of more importance than angels. In himself, nothing; in God, everything. That is his motto." A.W. Tozer

~~submitted by Anonymous

It's April in our corner of Alaska, and it's snowing for the 5th day in a row, a cold wind prompting me to turn up our Monitor . . . once again. I so want to take our current weather patterns personally, venting to

anyone within listening or texting distance my thwarted desire to walk in spring sunshine and work in my flower garden. I so want this to be about me.

But of course, it's not, as so much else isn't these days. I choose instead to remember words from "Acceptance is the Answer" in the Big Book . . . "When I am disturbed, it is because I find some person, place, thing, or situation . . . unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake." (p. 417)

I remember that I am not in charge of our big beautiful universe, much less today's snow and wind . . . thankfully. I remember, instead, that I am in charge of my awareness, my acceptance, and my actions, the 3 A's of program. I am certainly aware of my old patterns, which led me, fresh out of ideas and willpower, to the doorstep of OA. I gratefully accept this insight today, this chance not to throw a temper tantrum over a snowstorm and instead to formulate an action plan.

As a result, I can accept today "exactly as it is supposed to be in this moment," and I can ask, What next? . . . which offers solutions. I have choices. I can bundle up and take a walk after all, loving this blustery icy world, grateful to a higher power for all we have been given. I can nestle into a warm house and knit. I can check in with my sponsor. I can call another OA member just to say hello and ask, "How are you doing?" And . . . I can even use the tool of writing to wind my way back into the "sunlight of the spirit." Lucky me. Lucky us.

~~Anonymous

My favorite quote in OA is 'Together WE can'. My COE disease flourishes in the dark and in isolation so this quote is a way for my HP/God to bring people into my life to allow healing to progress and to bring the sunlight of the Spirit into my daily life. Even in my imperfect attempts at connection with others in OA, this quote reminds me that we are all in this for our common good. We are in this together to help each other to find the solution OA & HP offers. Since I live in a remote area I have to be pro-active to grow the 'WE'. OA Phone calls, online meetings, telephone meetings, working the Steps with my sponsor and sponsees, reading "Lifeline Magazine" and reading this newsletter are ways to connect. Service fuels the WE. The OA Fellowship is the Together. Action is the Can. One day at a time, Together WE can recover, heal and grow.

~~ Anonymous

Our Next Northern Lights . . .

The May theme for The Northern Lights is also one for an upcoming Lifeline. Consider submitting!

Changing Relationships: the "New Normal"

- How have your relationships changed in recovery?
- What role did accepting your addiction for yourself play?
- What helped your family and friends accept it for themselves?
- What is your "new normal"?

Setting Healthy Boundaries

- How do you set healthy boundaries in your relationships with loved ones and friends?
- How do you set healthy boundaries at work and at home? Share your experience, strength and hope for establishing healthy boundaries.

Also . . . you may write and submit about any topic important to your recovery.

In addition to writing, we welcome sketches, cartoons, and pictures! Submit to Nancy at oanewsletter@oa-alaska.org by May 12.

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/>

Ask-It-Basket

~~from Ask It Basket and Archive, oa.org

Q: If a member refuses to introduce him or herself as a compulsive overeater but simply as an “overeater,” can he or she take on service positions? Does it make a difference if the member has a sponsor and says he or she is working the Steps?

A: Members may call themselves whatever they want. Over the years I have heard many variations in OA meetings—compulsive overeater, compulsive undereater, compulsive over-exerciser, grateful, sugar addict, carbohydrate addict, food addict, recovered bulimic, restrictor, anorexic, you name it. As Tradition Three says, “The only requirement for OA membership is a desire to stop eating compulsively.”

For service positions, the requirements for each position are up to the group conscience. Usually the requirements are based on time in the program and period of abstinence. Willingness to serve also helps. To encourage service, it is good to have positions with little or no requirements, such as setting up chairs. In accordance with Tradition Four, the requirements for a

position can vary widely from group to group.

If a member has a sponsor, is working the Steps, and is willing to do service, then the member and the group are very fortunate when there is a service position to be filled. Since service is a Tool that enhances our program of recovery on all levels for OA as a whole, it seems wise to create as few barriers as possible to doing service. From group experience it usually becomes clear what each position requires.

The [OA Handbook for Members, Groups and Service Bodies: Recovery Opportunities](#) has many wonderful suggestions. For instance, under the heading “What Are Some Good Qualifications for Service Volunteers?” it is stated, “Experience has shown that giving members a job solely to help them maintain abstinence does not work; instead the group’s welfare should be of primary concern in choosing members to fill the service positions. A review of Traditions One and Two is helpful at election time. “Service volunteers should fully realize that giving service to a group may sometimes involve doing tasks whether they feel like it or not” (pp. 16-17).

You may want to get a copy of this useful pamphlet for your group. It is available for purchase on oa.org in the bookstore.

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

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

ochair@oa-alaska.org Randy
oavicechair@oa-alaska.org Crystal
otreasurer@oa-alaska.org Jody L
ocorrsecretary@oa-alaska.org Wendy H
oaminsecretary@oa-alaska.org Jody J

Board

oanewsletter@oa-alaska.org Nancy
oaliterature@oa-alaska.org Dave
oaregion1delegate@oa-alaska.org Alice
oaawsodelegate@oa-alaska.org Open

Standing Committee Chairs

oaretreat@oa-alaska.org Open
oa_special_events@oa-alaska.org Open
oa_publication@oa-alaska.org Open
oa_oasis@oa-alaska.org Open
oa_twelfth_step_within@oa-alaska.org
Open
oa_outreach@oa-alaska.org Tanya
oa_lifeline@oa-alaska.org Sue
oa_finance@oa-alaska.org Open
oa_policies_procedures@oa-alaska.org Cassie
oa_technology@oa-alaska.org David
oa_archives@oa-alaska.org Open
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.

AAI’s next scheduled meeting will be held Saturday, May 2, at noon. Those unable to physically attend can call in via teleconference. Email our webmaster, Randy, for call-in information:
oawebmaster@oa-alaska.org

AAI Summary Reports

AAI Chair Report **

Overeaters Anonymous’ Virtual Services is preparing to develop an OA App. They are asking members to submit suggestions.

Mary Ann from Anchorage Dispatch News sent information for submitting events to ADN. This body may decide to include this information in the Retreat, Special Events, Outreach, and 12th Step Within Manuals so that those committees adhere to their policies for submitting events to the newspaper.

Lastly, I apologize for becoming heated at the March AAI meeting. The Chair is to remain calm, collected, and to keep order. I reacted to a situation. If I or we deviate too far from our spiritual principles God will step in. I do not have to live in fear. However, as I stated in my last Chair Report, all of us are the guardians of our principles, and as such we say something if we feel our spiritual principles are not being adhered to and then let it go of it. We let go and let God.

I am grateful to serve you.
Humbly submitted by
Randy S, Chair
ochair@oa-alaska.org

Vice-Chair Report **

April 4, 2015

I have been attending several new meetings and speaking about having an Intergroup Rep, explaining when Intergroup is slated to meet. I have communicated the need for a rep as honestly and succinctly as I can so as to attract not promote, which is in line with our Spiritual Principles. I have had little success in this so far; however, it is only the beginning of this journey and project for me.

Blessing in Service,
Crystal

oavicechair@oa-alaska.org

****Full reports are printed at the end of the newsletter.**

We appreciate whoever took on the responsibility of completing the Region 1 quilt square. Region 1 sent an email asking about the progress. Whoever has it, please contact AAI Chair, Randy. Thanks!

Also, AAI is looking for a Special Event Committee Chair for the June AAI meeting in Homer. The process for being appointed to this position is the AAI Chair nominates and AAI approves the person. It is an Ad hoc committee, a one time deal. We are looking for someone who would be willing, with a committee, to propose an event, the location, and flyer for AAI approval and work out the details (finding the location, etc.) If you are interested in giving service please contact AAI Chair, Randy.

oachair@oa-alaska.org

News and Outreach

Announcements below are available at <http://www.oa.org/> and <http://www.oaregion1.org/>

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.oa.org/oapodcasts/>

3-4pm EST = Noon – 1pm Pacific Time

2nd 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 oa.org/datebook-calendar/ for more information.

Quarterly Relationship Workshops -- Traditions Provide Principles for Harmonious Relationships

June 13th, September 12th, December 12th, 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.

- . 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.

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

Win the 2015 Region 1 Quilt!

Our 2015 Convention theme is "*The Journey Is the Destination.*" What will our 2015 quilt will look like? (--not pictured below!)



Come back often! Where's your Intergroup's square?

YOU could be the **Lucky Winner!**

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

Take the next indicated action! Increase YOUR chances of WINNING!

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!**

Be a "Secret Santa"!! Buy them for your Sponsor/Sponsees/Friends. Print LOTS of them to distribute enthusiastically at OA meetings and events.

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>

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

Are you going? Are you registered with World Service Office – find the registration form on www.oa.org, World Service Business Conference. It's not too late to register. Is your hotel room booked? Questions??

ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE

Anchorage

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Monday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book</i>	<i>Kathy 330-9442</i>
<i>Monday</i>	<i>6:00 pm</i>	<i>St. Mary's Episcopal Church, Lake Otis & Tudor</i>	<i>AA Big Book</i>	<i>Tanya 317-7451</i>
<i>Tuesday</i>	<i>5:30 pm</i>	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</i>	<i>OA/HOW</i>	<i>Meg 248-0300</i>
<i>Wednesday</i>	<i>6:00 pm</i>	<i>North star Hospital 2530 Debarr Rd., Private dining room, past seating area.</i>	<i>Steps/Trad/Lit</i>	<i>Sue 333-1669</i>
<i>Thursday</i>	<i>6:30 pm</i>	<i>Lutheran Church of Hope, 1847 W. Northern Lights Blvd</i>	<i>There is a Solution</i>	<i>Carolyn 279-1942</i>
<i>Friday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book & OA Book</i>	<i>Rachel 632-3236</i>
<i>Saturday</i>	<i>9:00-10:30am</i>	<i>St. Mary's Episcopal Church, Lake Otis & Tudor</i>	<i>AA Big Book</i>	<i>Twyla 444-7251</i>
<i>Sunday</i>	<i>9:30 am</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>As Bill Sees It. VOR & For Today</i>	<i>Candy 350-5255, Jean 345-9805</i>

Mat-Su

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

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>Steps/Trad/Lit</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>Open</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>



****AAI Officer and Chair Reports in Full**

Chair

April 4, 2015

Overeaters Anonymous' Virtual Services is preparing to develop an OA App. They are asking members to submit suggestions. What features would you like to be included with the app? They are asking members to send three ideas. Please send your ideas to Stephanie D, OA's Virtual Services Trustee at vst4oa@hotmail.com.

I received an email from Mary Ann. Anchorage Dispatch News sent her information for submitting events information to ADN. This body may decide to include this information in the Retreat, Special Events, Outreach, and 12th Step Within Manuals so that those committees adhere to their policies for submitting events to the newspaper. Further, this body may decide to suggest that these committee chairs contact Joy Guest (ADN) so she can contact them directly.

Lastly, I apologize for becoming heated at the March AAI meeting. The Chair is to remain calm, collected, and to keep order. I reacted to a situation. After taking my inventory, I realized that I experienced fear. I have had bad experiences with groups and intergroups that do not adhere to the Traditions and/or when members do not follow the group conscience. However, I realize that God or our Higher Power is in charge. I fully understand and agree with Bill W.,

The same stern threat applies to the group itself. Unless there is approximate conformity to A.A.'s Twelve Traditions, the group, too, can deteriorate and die. So we of A.A. do obey spiritual principles, first because we must, and ultimately because we love the kind of life such obedience brings. Great suffering and great love are A.A.'s disciplinarians; we need no others.

It is clear now that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize workers to serve us. It is the difference between the spirit of vested authority and the spirit of service, two concepts which are sometimes poles apart. It is in this spirit of service that we elect the A.A. group's informal rotating committee, the intergroup association for the area,

and the General Service Conferences of Alcoholics Anonymous for A.A. as a whole. Even our Foundation, once an independent board, is today directly accountable to our Fellowship. Its trustees are the caretakers and expeditors of our world services.

If I or we deviate too far from our spiritual principles God will step in. I do not have to live in fear. However, as I stated in my last Chair Report, all of us are the guardians of our principles, and as such we say something if we feel our spiritual principles are not being adhered to and then let it go of it. We let go and let God.

I am grateful to serve you.

Humbly submitted by

Randy S, Chair

oachair@oa-alaska.org

Vice Chair

April 4, 2015

I have been attending several new meetings, and speaking with the group when asked for announcements about having an Intergroup Rep and when Intergroup is slated to meet. I have communicated the need for a rep as honestly and succinctly as I can as to attract not promote which is in line with our Spiritual Principles and have had a little success in this so far and it is only the beginning of this journey and project for me. I have already received the information

for a couple meetings and will continue to do so, starting in the surrounding area then moving on to the outer lying areas of AAI.

I have not seen from Policies and procedures about Vice-Chair's position since receiving a document over a month ago and I am curious about where we stand with that.

Thank you again for the chance to be of service and I have enjoyed getting to know more people in this fellowship than in previous years.

Blessing in Service,
Crystal

oavicechair@oa-alaska.org