



The Northern Lights Newsletter



JULY 2015

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<i>Our Voices</i>	Pp 2-3
<i>Next Month's Topics</i>	Page 3
<i>Ask-It Basket</i>	Page 3-4
<i>AAI Contacts</i>	Page 4
<i>AAI Reports in Full</i>	Page 4
<i>News and 12th Step</i>	Pp 5-6
<i>Region 1 Quilt</i>	Pp 6-7
<i>AAI Retreat (October)</i>	Page 7
<i>Lifeline</i>	Page 7
<i>Meeting Schedule</i>	Page 8

July, our Seventh Month . . .

Step Seven: Humbly asked Him to remove our shortcomings.

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.

Daily Meditation –

"A sense of humor, patience, courtesy, willingness to sit still and listen, a sense of fairness, and trust in a Higher Power have been found far more useful than legalistic arguments and personal accusations." -- OA Guideline for Groups, page 22

** 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:

As always, I am grateful for my service as editor of our monthly newsletter. Thank you to all who submit, sharing program with the rest of us. In the face of recent health issues, I am grateful for Randy's offer to help put out the newsletter this month, creating two choices for reading: an online version with the return of a colorful Northern Lights header, as well as second for printing which uses less ink. Enjoy.

In service,
Nancy
Northern Lights Editor
oanewsletter@oa-alaska.org

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

Great Big Gratitude List

It's time to count our blessings together! Describe the gifts of the program you have received and share your gratitude for these gifts.

Giving Thanks

What role does gratitude play in your recovery? How did gratitude open your eyes to the gifts of the program? What has been your experience with keeping a gratitude list?

Celebrating Holidays

How do you maintain abstinence during holidays and celebrations? Share your strategies for shifting the focus away from food, dealing with triggers and joining in the fun.

My 21st OA Birthday

Just wanted to share that as of today I have a cumulative time of 21 years in OA. I walked through the doors the first time in 1984 and again in late June/early July 2008. I am so grateful to all of you who have touched my life and made much of my recovery possible through your love and support. Today I am so grateful for EVERYTHING. The Promises from the Big Book are manifesting in my life today and I see miracles all around me - in each of you! -- Terri A.

Writing 10 Gratitudes

One of the most shocking and yet ultimately healing assignments I have encountered in OA is this: write at least 10 gratitudes for a tragedy/loss/death. What?? I was rather put off by the whole idea, but as I struggled with loss and grieving, I decided to try it anyway. Here are some excerpts from my lists:

- * My loved one had time to say good-bye to all her friends and family
- * They had not endured chronic pain
- * I was able to be there to see them to the other side
- * They received excellent care
- * They had deep spiritual faith and felt great comfort from that
- * They were loved by so many, many people
- * God answered specific prayers I had for them
- * I have not seen them for the last time :)

I recently had a relapse of compulsive eating. It occurred to me that I bet I could come up with a gratitude list for that as well. Here it is:

- * it's duration was a few days instead of years
- * I can see how much my feelings and defects contribute to my eating
- * I know that there is a solution today
- * God loves me whether I am abstinent or not
- * OA's love me whether I am abstinent or not
- * I have a safe place to go when I am broken and hopeless and baffled
- * that while I did compulsively eat, I didn't pick up two items that I have abstained from for years
- * that this last event can be my last binge
- * I'm grateful I wake up abstinent every day, and God has the power to keep me abstinent, if I do my part, which is to surrender my food choices
- * I don't have to be perfect to make progress

-- Anonymous, Alaska

Gratitude

Sometimes when I am not feeling particularly thankful I try to think of three things I'm thankful for. It seems like once I start, there are more. I can't stop at three. Today I'm so thankful for a faithful Higher Power that has my back. He never fails. Today I'm thankful for waking up abstinent. It makes me want to end my day abstinent for the privilege again tomorrow. Today I'm thankful for life. Life is good. Today I'm thankful for 12 steps that help me to know what the next right step should be. Today I'm thankful for friends and family. They are not my Higher Power so I don't live to please them. Today I'm thankful I can walk into a meeting and not feel condemnation, but care. Today I'm thankful for the tools of this program that get me through.

I'm learning to ask God for Help instead of complaining. He is waiting to Help. He doesn't want to hear our complaints. Even as we don't want to hear our children with their ungrateful complaining. God wants to hear how He can help. All I need do, is ASK.

Discouragement can't grow in a grateful heart.

--Anonymous, Alaska

Topics for our Next Northern Lights . . .

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?

- 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.

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: *A member of our group has asked that we have a group-conscience meeting. She requests that we not mention the names of specific foods or places during meetings. What is the WSO position on this? Are there any written materials on this issue?*

A: Thank you for writing to ask about mentioning specific foods in OA meetings. OA does not have formal guidelines on this issue. This question prompts many contrasting views within the Fellowship and is best settled by each group's conscience. Tradition Four states, "Each group should be autonomous except in matters affecting other groups or OA as a whole." Many OA meetings do allow the mention of specific foods while others do not.

Tradition One states, “Our common welfare should come first; personal recovery depends upon OA unity.” *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* states, “In OA meetings, individuals are lovingly guided to keep the needs of the whole group in mind as we share our experience, strength, and hope” (p. 110). OA does not dictate what a group’s needs should be.

A Commitment to Abstinence states, “Avoid cultivating or dwelling on thoughts about any real or imagined pleasure once derived from certain foods, and avoid talking about them” (p. 2). Mentioning a food in passing is different from talking about the “derived pleasure.” If a share mentions abstaining from a certain food as being central to recovery, it is one thing. If the share focuses on the food and not the solution, it is another.

Tradition Twelve reminds us to “place principles before personalities.” *The OA Handbook for Members, Groups and Service Bodies* states, “Four principles seem to lead away from trouble and toward growth: (1) unity within the group; (2) harmony among the members of the group, other OA groups and the rest of the community; (3) a hearing for all points of view; and (4) understanding that speakers’ talks and pitches are not open to comment or debate. In other words, wholehearted practice of the Twelve Traditions” (p. 21). Again, we come back to the good of the group as a whole. It is up to your group to decide whether the good of the group as a whole is to ask that specific foods not be mentioned or to decide the opposite.
—January 2013

— 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

oachair@oa-alaska.org	Randy
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oa treasurer@oa-alaska.org	Jody L
oa corr secretary@oa-alaska.org	Wendy H
oa amin secretary@oa-alaska.org	Jody J

Board

oa newsletter@oa-alaska.org	Nancy
oa literature@oa-alaska.org	Dave
oa region 1 delegate@oa-alaska.org	Alice
oa wsodelegate@oa-alaska.org	Open

Standing Committee Chairs

oa retreat@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	Open
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 Summary Reports \(in full\)](#)

(AAI did not meet in July.)

[News and 12th Step](#)

Announcements below can also be found online:

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

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

Request for Speakers at Region 1 Convention, Bend, OR,

(A forward from Pat, Region 1 Secretary)

Subject: Speaker Request for the 2015 Convention in Bend

Hello Wonderful Delegates and Terrific Intergroup Chairs,

I am forwarding this request for speakers for the Bend Convention to you. I am hopeful that many, if not all of you, are coming to Assembly and staying for the Convention. It would enrich the workshops to include the ESH of from as many far flung members as possible at the Convention. Please consider being a speaker.

- Pat, Region 1 Secretary

Hi, my name is Ali C. Could you send this email to Region 1 to ask them if they would be willing to speak at a workshop at the Region 1 Convention in Bend, OR, Sept 19, 2015? We have not been able to fill the workshops up. If they cannot speak, perhaps they can email me with a name of someone else I can contact. The open subjects are: surrender, sponsorship, step 4-5, 100 pounder, step 9-11, LGBT, and body image. We need two people for each workshop and all the rest of the workshops only have one person to speak.

Thank you so much for your service. We appreciate it. Let me know by June 15th.

I am grateful for your attention to this...

Thanks, Ali C.

77saturn77@gmail.com

PS. By the way, many of you have already signed up ... Thanks!

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

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.

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.oa.org/newcomers/young-persons-in-oa/>

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

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 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 . 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 – 20th 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 and Arlene

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>

Embracing the 12 Steps and 12 Traditions Retreat

AAI will be hosting a retreat October 9-11, at the Marriott – Residential Hotel. A member from Los Angeles will be our speaker. For more information please stay tuned. A flyer will be forthcoming. If you would like to listen to his story [click here](#).



(from <https://www.oa.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. To subscribe or renew *Lifeline* in print, [click here](#).

To subscribe or renew e-*Lifeline*, [click here](#). Current e-*Lifeline* subscribers [click here](#) to view *Lifeline*.



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>Noon</i>	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</i>	<i>Writing/Sharing</i>	<i>Paula 299-2022</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>

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>