



# The Northern Lights Newsletter



January 2016

## New Beginnings

Week after week, as I attended local OA meetings I heard that the newsletter editor position was open, with no one nominated for 2016. I had been praying about service, so by the time I attended the last OA Intergroup meeting I was moved to step in to fill the gap. I haven't been a newsletter editor since the time that "cut and paste" meant using scissors and a glue stick! Like so many of my fellow OA'ers, I have received a series of new beginnings since coming into OA almost four years ago. I am here to be of service, with deep gratitude for what I have received through the loving fellowship of OA, wise sponsors, and working the 12 Steps, all guided by an ever-Graceful Higher Power.

The theme "New Beginnings" is a great reminder to *Keep Coming Back*. No matter how far down the rabbit hole I may have strayed in these early years of recovery, every next meeting has been a new beginning for me, and always will be. My Higher Power meets me at every meeting, right *where I am and as I am*, and lovingly sets me on my right path. So here's to a wondrous year of New Beginnings!

Cynthia B., Editor

## Happy New Year

Happy New Year! While reading the ADN this morning, I noticed several articles on the subject of new beginnings: how to write a new "bucket list" for 2016, what health changes one should make, how much one needs to exercise, how to enrich relationships, etc. etc. etc. What a relief to know that all I have to do to live a good, healthy, useful life is be willing to be in a relationship with my Higher Power and work the 12 Steps of Overeaters Anonymous -- no gym fees, no spa expenses, no special clothes or equipment needed - just the willingness to turn my life and my will over to HP.

One component of being willing to turn my life and will over to HP is giving service at the meeting and/or intergroup level and January 1st signals the start of adding a new service dimension to my 12 Step life as Chair of our Intergroup. The purpose of our Intergroup, which is set out in our bylaws, is:

*"The primary purpose of this organization is to aide 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."*

The first intergroup meeting of 2016 will take place on January 9th at the IG office (the Oasis) at 12:00.

Being an IG rep for your home meeting, or volunteering to be on a committee is easy service that will benefit all members of this fellowship - together we get better. Your elected officers, committee chairs, and region 1 delegate will be there working for you - we'd love to see you, we need your input. Remember, the OA model is an "upside down" triangle - power resides in our members; your IG officers merely serve and represent you so that together we can recover.

*In Fellowship,  
Paula Z.*

<b><i>In This Issue ....</i></b>	
New Beginnings.....	Page 1
Happy New Year.....	Page 1-2
My Wants, My Needs...Page 2	
Step One.....	Page 2
AAI Officers.....	Page 3
OA Info.....	Page 3
Meeting List.....	Page 4

Please send your articles to:  
oanewsletter@oa-alaska.org

**Happy Birthday Overeaters  
Anonymous!**  
January 16, 2016

## My Wants, My Needs

My Higher Power (who I call Great Mystery) does work in mysterious ways. I have been praying to trust more fully and to surrender completely everything in my life to Great Mystery. Recently our power-flush toilet broke. Of course, there was not a store in Alaska that carried the part, so we ordered it online – paying the huge 2<sup>nd</sup>-day shipping fee. (We were not given a tracking number.) Because this was at the holiday weekend, I knew it might take a bit longer but when it did not arrive on the expected day, I was grumpy. I decided to call the company. Looooonngg interminable hold. Now grumpier. I did hear a message that certain models had a recall during this hold time. I managed to remain polite with the woman who helped me sort out the details – bad weather had held up FedEx. I asked about the recall. Yes, our model was one of them, but the address they had on file for us was outdated, so they had been unable to contact us. The repair part would be mailed immediately.

As I hung up the phone, I realized that I had not gotten what I wanted – faster shipping of the ordered part, but Great Mystery had provided me with what I needed – the knowledge about the factory repair. Great Mystery was showing me once again that It can be trusted with all things in my life, great and small, even when I don't know what I need. I am profoundly grateful that I was abstinent that day and could see and accept the Lesson. Amazing! – Terri, Wasilla, AK



## Step One

*“We admitted we were powerless over food – that our lives had become unmanageable.”*

There is a tremendous paradox between powerlessness and responsibility. When I first entered OA, an admission of powerlessness meant there was no point

in putting any effort into any actions which might curtail my compulsion to overeat. It took a year's worth of experience and the patient guidance of my sponsor for me to realize that I am still responsible for doing the actions recommended by the OA program. The phrase is “powerless over food,” not “powerless over footwork.” Another light bulb flashed on, and so did abstinence. – November 3, *Voices of Recovery* (Overeaters Anonymous, 2002.)

## Tradition One

*“Our common welfare should come first; personal recovery depends upon OA unity.”*

Unity does not mean uniformity. In OA we learn we can disagree with other people on important issues and still be supportive friends. We listen to each other with open minds, and we learn to express ourselves without insisting that everyone must do things our way. As we practice these new skills we begin to better understand ourselves and others. It becomes easier to find ways of doing things which meet everyone's needs. – *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 115 (Overeaters Anonymous WSO, 2008)

## Intergroup Service Needs

All of AAI's Standing Committees need members. Please consider serving on a committee, a fun way to meet your fellow OA'ers and strengthen your recovery. Please email Paula Z. [oachair@oa-alaska.org](mailto:oachair@oa-alaska.org) or the committee chair listed on the OA Website for more information.

### Unity Day Workshop!

*Save the date for a Unity Day Workshop to be held February 27, 2016. Topic will be “Action Planning.”*

**Area Intergroup Officers**

<i>AAI Officers</i>	<i>Email Addresses</i>	<i>Name</i>
Chair	oachair@oa-alaska.org	Paula Z.
Vice-Chair	oavicechair@oa-alaska.org	Jody W.
Corresponding Secretary	oacorrsecretary@oa-alaska.org	Becky G.
Recording Secretary	oaminsecretary@oa-alaska.org	Jody J
Treasurer	oatreasurer@oa-alaska.org	Charlotte B.
OA WS Delegate	oawsodelegate@oa-alaska.org	Open
Region 1 Delegate	oaregion1delegate@oa-alaska.org	Wendy H.
Literature	oaliterature@oa-alaska.org	Dave T.
Newsletter	oanewsletter@oa-alaska.org	Cynthia
Webmaster	oawebmaster@oa-alaska.org	Randy
12 <sup>th</sup> Step Within	oa_twelfth_step_within@oa-alaska.org	Wanda
Outreach	oa_outreach@oa-alaska.org	Tanya
Technology		David A.

**Important OA Information**

Anchorage Alaska Intergroup  
 PO Box 200341  
 Anchorage, Alaska 99520  
 (907) 279-1942  
 (800) 279-1942  
 www.oa-alaska.org

Oasis (Office)  
 4105 Turnagain Blvd. Suite D-1  
 Anchorage

Region 1  
 PO Box 23235  
 Tigard, OR 97215  
<http://www.oaregion1.org/>

WSO  
 PO Box 44020  
 Rio Rancho, NM 87174-4020  
 www.oa.or

**The OA Promise**

*I put my hand in yours, and together we can do what we never could do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady will - power. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. - Roseanne S.*



**ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE 1/15/2016**

**Anchorage (907) 279-1942 or (800) 279-1942**

Day	Time	Address	Type	Contact (907)
<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 &amp; 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 and Sharing</i>	<i>Paula 830-2815</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>LauraBeth 631-2321</i>
<i>Friday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book &amp; 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 &amp; 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 &amp; For Today</i>	<i>Candy 350-5255, Jean 345-9805</i>

**Mat-Su**

Day	Time	Address	Type	Contact (907)
<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**

Day	Time	Address	Type	Contact (907)
<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**

Day	Time	Address	Type	Contact (907)
<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>