



## MAY-BE I Can

“It's May, it's May, the month of ‘Yes, you may.’” Recognize this line from the musical Camelot? I used to be able to substitute any month for May and give myself permission to eat whatever, whenever food came to mind. Okay, maybe not quite “whatever, whenever,” but in retrospect “Yes, you may,” giving myself permission, seemed like a good thing - a reward for doing all the things that I didn't want to do, a reward for anything I did well, or to sooth myself for having to do the things I didn't want to do or didn't do well. You get the idea.

Now, I'm trying to think of “yes, you may” about all those things that I want to do and new things I want to try, but haven't had the courage to attempt. Maybe I can do them because of the changes that program has brought into my life - mostly because of changes to my attitude and the power I receive from HP.

I was doing some step work with my sponsor the other day and we were discussing travel, which is really scary for me. I'm not scared of getting on a plane or into a car, but it's the fear of going - the fear of being away from my comfort zone - that puts me into a tizzy. Guess what she suggested - yes, you can probably guess - but my closed, fearful mind, was totally amazed when she suggested that I think about the people I will be visiting instead of the process of getting there! Amazing! “Yes, you may.”

I hope we will all have some “yes” moments this month. Yes to service, yes to sponsorship, yes to everything we have wanted to try, yes to HP's prompts to say yes to the life that HP wants us to have. - In fellowship, Paula Z, IG Chair



## Forget Me Not

When reflecting on our precious Tools of recovery, I always forget one (probably the one I need to concentrate on most). So I use a mnemonic device to help me recall all of the Tools:

- And** - Action plan
- Please** - Plan of eating
- Spend** – Sponsorship
- More** - Meetings
- Time** - Telephone
- With** - Writing
- Love** - Literature
- And** - Anonymity
- Service** - Service



If you can learn this simple phrase, the Tools will always guide your days. — Sophie H., Cherry Hill, New Jersey USA (Reprinted from *OA Lifeline*, May/June 16)

### Next Intergroup Meeting

June 4, 12:00 at the OASIS  
4105 Turnagain Blvd. Suite D-1, Anchorage

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**Keep Reading!**

#### Published by:

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## Lifeline Articles Needed

**Get Motivated with Slogans:** How do slogans fit into your recovery routine? How do slogans help you with compulsive urges? How do slogans help with cravings? What slogans help you get unstuck and move toward recovery? Send stories by June 15 to [info@oa.org](mailto:info@oa.org) with the subject line "Lifeline." For more instructions, see [oa.org](http://oa.org).

## Miracle of Meetings

For me, meetings are the essential Tool, the base of the program. Without meetings, we would have nothing on which to hang the other Tools. Without meetings, we would have no ground from which to climb the Steps. Without meetings, we would have no hope of gaining serenity and no chance of attaining the abstinence necessary for recovery.

A meeting is much more than a group of compulsive overeaters sitting around a table with no food on it. It is a meeting of minds, hearts, and kindred spirits.

Meetings are lifelines that stretch from the insanity of disease to the serenity of recovery. Like people, meetings have different personalities and different focuses. Go to lots of meetings. Go several times to the same meeting. You will get different perspectives, ideas, and gifts of insight. The more you go, the more you'll get and the more you can give.

Members share their experience, "Without meetings, we would have no hope of gaining serenity strength, and hope at meetings, but they also share much more. They share sorrow and joy, courage and despair, pain and progress, spirituality and practical suggestions, friendship and camaraderie.

Not only can we receive all this at a meeting, but also we get to share our gifts with others. Nothing helps me remain abstinent like the boost I get when someone comes up after a meeting and says, "Thank you for what you said; it helped me so much." The true miracle of meetings is the opportunity to give

back. (From Recovery Today newsletter, Greater Seattle Intergroup, Summer 1998, as reprinted in *OA Lifeline* May/June 16)



*Step Five - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

"Step Five starts with our Higher Power. Most of us find that without the help of a Power greater than ourselves we are incapable of complete honesty about the mistakes we have made. It is human nature to cling to the illusion that we have done no wrong, and through years of compulsive eating we have become experts at rationalization. Now, with God's help, we leave rationalization behind and begin to practice integrity. We see the part we ourselves have played in creating our own misfortunes, and we realize the futility of continuing to blame others for our compulsive eating and our own unmanageable lives." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, pp. 45-46)



**World Service Convention 2016**

**September 1-4**

**Registration is now OPEN!**

<https://oa.org/members/events/world-service-convention/>

*Tradition Five - Each group has but one primary purpose - to carry its message to the compulsive eater who still suffers.*

“One important reason we stick to our primary purpose in OA meetings is so our groups can help us practice the twelfth step. Experience has shown us we cannot keep the precious gifts of our own recovery unless we give recovery away by sharing OA’s message. When we focus our discussions on the principles embodied in the twelve steps and twelve traditions, when we share how we’ve found the solution to our eating problems through practicing these principles, we discover that we carry the message to those who still suffer, and to ourselves as well. No matter how much recovery we have, we still need to hear the OA message. Every time we offer our experience, strength and hope to the still suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power which fosters our recovery.” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, pp. 145-146.)

### ***Fall OA Retreat***

*OA Alaska will have its annual retreat in October 2016. Do you have time to organize or help with this retreat? We need a chairperson and committee members. Do you have ideas for the retreat? Please share them at an Intergroup meeting. Together we get better!*



## **Public Information Posters Available from WSO**

Carry the message in your local library, doctor's office, coffee shop, and gym with the new 2015 Public Information Poster, a free download provided by the Board of Trustees' Public Information Committee and the World Service Office. The 2015 poster and previous years' posters can be found under Public Information Suggestions on oa.org. The 2015 poster is an interactive PDF file, which features space to type in local meeting or contact information. To use the interactive space, first download the PDF file to your computer. The interactive space is not available when the PDF is viewed using a web browser. In addition, the poster offers tear-off tabs for oaquiz.org, a special URL that will lead the user to the Fifteen Questions to help him or her identify compulsive eating or compulsive food behaviors. Even when all the tabs are torn, a QR code is still featured on the poster to take the user to oaquiz.org.

## **Breaking out of Relapse Video**

WOS’s Twelfth Step Within Committee is pleased to announce a new Board-approved video resource for members in relapse and those giving Twelfth Step Within service. Free to download or stream, [Breaking Out of Relapse](#) can help isolating members and others in relapse return to their program and their abstinence. And, you can find the video by navigating to Members/Groups in the main menu on oa.org and then dropping down to Program Inspiration and then Breaking Out of Relapse.

## **WSO Second Sunday Virtual Workshops Continue**

This year OA’s virtual workshops are focused on “Service and My Recovery” and are hosted on the phone bridge 641-715-3818 with pin code 925619#. Everyone is welcome to attend. The format includes a speaker who shares for 15 to 20 minutes about his or her recovery and how service and the Principles of both the Twelve Traditions and the Twelve

Concepts of OA Service have helped in his or her personal life and service to OA. Following the speaker is time for participation from OA members attending by phone, who can share their experiences as well. Recordings of the first three workshops in this series, United We Stand, Who's In Charge, and All Together Now We are Reaching Out Our Hands, are available to download or stream on the podcast page at oa.org.

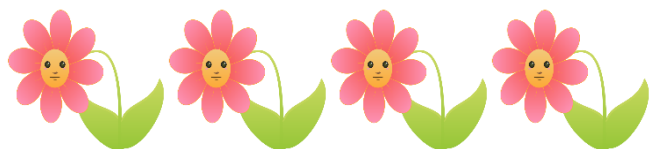
The remaining workshops for 2016 are:

- May 8—Always to Extend the Hand and Heart of OA
- June 12—Keeping Our Meetings Focused on the Primary Purpose
- July 10—The Many Ways to Contribute to OA
- August 14—Suit Up, Show Up, Be a Part, and Share the Load
- September 11—Service Structure, Not Power Structure
- October 9—When We Have an Opinion or an Agenda, Let Go, Let God
- November 13—Anonymity Inside and Out
- December 11—Spirituality, Sponsorship, and Service (From OA.org)

### ***Carrying the Message***

Do's and Don'ts When Talking to Someone about OA for the First Time. Available on the OA.org website <https://oa.org/whats-new/>

***Give Generously*** - Your 7<sup>th</sup> Tradition donation keeps our bookstore, intergroup office, phone line, web site, and OA retreats going, as well as supporting Region 1 and WSO.



## ***Northern Lights Submissions***

Sharing your experience, strength and hope in writing is a wonderful form of service! Please send your articles to Cynthia B. [oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org). The next deadline is June 7, 2016. Write about Step 6, Tradition 6, or other topic of your choice. Please keep formatting to a bare minimum to make my cutting and pasting easier. Thank you!

### **OA Region 1 Convention**

September 16-18, 2016

Calgary, Alberta, Canada

Download a brochure at:

[http://www.oaregion1.org/uploads/1/4/0/4/14047174/2016\\_convention\\_brochure.pdf](http://www.oaregion1.org/uploads/1/4/0/4/14047174/2016_convention_brochure.pdf)

## **What Keeps Me Hangin' On**

Meetings are the most amazing events in my week. When you share, my heart is moved and I gain courage. When I share, I learn that I am not alone. I used to hide in shame and fear, but now I know that I was not meant to face this disease alone. Today, I am thankful that my compulsive eating led me to a place where I could meet such kind and loving people, and reach for a level of peace that I could not have ever imagined. Week after week, my Higher Power says to me "Go to a meeting, I'll meet you there!" Thank you, my fellow OA's, for showing up to meetings, because you never know when our Higher Power will speak through one of us, to one of us - or just how badly what was said needed to be heard. HP works miracles in the most surprising ways, and don't ever forget that *you* are one of those miracles. I have seen for myself that together we do get better. – *Anonymous, Anchorage*

**Check out our @OaAlaska Twitter Feed!**

<https://twitter.com/OaAlaska>

**Or on our OA-alaska.org website...**



## Our Invitation to You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it. We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness. The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics. Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

**Stay connected!** Sign up to receive OA emails and the Northern Lights newsletter, at [oa-alaska.org](http://oa-alaska.org).

### *It's Time to Update Your Meeting Information...*

Meeting Secretaries please go to the [oa-alaska](http://oa-alaska.org) website and fill out a meeting record form with the correct contact information for your meeting. Thank you!

### Important OA Information

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**ANCHORAGE ALASKA INTERGROUP  
MEETING SCHEDULE**

**04/14/2016**

To update a meeting send the information to [oawebmaster@oa-alaska.org](mailto:oawebmaster@oa-alaska.org)

*Anchorage* (907) 279-1942 or (804) 279-1942

Day	Time	Address	Type	Contact (907)
Monday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book	Cynthia
Monday	6:00 pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	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 and Sharing	Paula 830-2815
Thursday	6:30 pm	Lutheran Church of Hope, 1847 W. Northern Lights Blvd	There is a Solution	Mike 947-8881
Friday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book & OA Book	Aaron 529-6774
Saturday	9:00-10:30am	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Paula 830-2815 Debbie 3014180
Sunday	9:30 am	Kaladi Bros., 6921 Brayton Dr.	As Bill Sees It. VOR & For Today	Janet 243-3231

*Mat-Su*

Day	Time	Address	Type	Contact (907)
Monday	Noon	Wasilla: Alano Club Snohomish/Fishhook Rd	Big Book LOA 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	Big Book	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		Julie 235-6696 Nancy 399-5944
Friday	Noon	Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs		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

*Fairbanks*

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Wednesday</i>	<i>5:30 pm</i>	<i>Fairbanks Lutheran Church 1012 Cowles St</i>		<i>Beth 457-6222</i>
<i>Saturday</i>	<i>10:00am</i>	<i>Noel Wien Library 1215 Cowles St  In order to preserve anonymity, there is no lettered sign identifying our group. Please check for picture of owl on back of someone's chair.</i>		<i>Beth 457-6222</i> 

☺ *Keep Coming Back!* ☺