

Anchorage Area Intergroup  
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# THE NORTHERN LIGHT

*March/April 2012*

*Note from the Editor: Thanks to those who sent in articles about Principles and about the Housekeeping steps 4-9.*

*Who else has that summer itch to hit the road?? Opportunities abound with our May OA Intergroup mtg to be held in the Valley, a 12<sup>th</sup> step within event there AND one in Homer. I've been hearing about lots of summer plans. For the May/June newsletter, please share with us how YOU take your program ToGo, work it on the road, keep serenity and abstinence a priority when life gets busy or crazy. Submission deadline is **June 15, 2012**. Thank you for your service!*

*~Rebecca S, Editor*

## ***Principally Speaking:***

I am most grateful for the principle of Service, and grateful to the AA founders for figuring out that they couldn't keep their recovery unless they gave it away. For them saying that nothing so much ensures immunity from overeating as intensive work with another overeater. I can listen when I don't think I have anything to say. I can write articles for the newsletter, order literature, call someone else to see how their day is going. None of that requires that I be feeling grateful, have a year abstinent, drive someplace. And the funny thing is, even if I start out with a crummy attitude, service is a good cure all. I always feel better for having gotten out of my own head, turned my attention to someone or something else that is part of the OA solution. For those times when I can't pray, I can work with others. In fact, the AA 12&12 recommends that very thing. Service gives me structure when I need to keep taking the next right action. It's a way to participate in my own recovery, give back to OA, and share in the joy of the miracle of others recovery.

Service in OA has benefitted all my relationships – I am better at being a worker among workers, at being accountable and responsible. I can show up for hard stuff when I don't feel like it; service has taught me how to do that. I have watched others do imperfect jobs and be loved. This gives me courage to try new things also. My fellows have encouraged and supported me, and I have learned to focus on the Good that others do. I've even learned a bit about minding my own business and not running the show, about how perfectionism can still paralyze me, that people-pleasing can still wear me out. All awesome opportunities to work the steps, learn to trust myself, trust others, trust my Higher Power.

Service is both a duty and a pleasure. It keeps me connected to OA, to my fellows, to my higher power, to my own humanness.

~Anonymous

## *Cleaning House (Step 4-7):*

Whenever I feel stressed by something (discomfort over a too-busy schedule, discomfort over something I or someone said, worry over the future or the past, it's time to clean my emotional house. I find no better way to do this, than to work steps 1-7 over that given issue. I can do it quickly and mentally, but most often I need to write these steps out, to experience the full effect. 1) I'm powerless over blah blah blah. 2) God COULD help me with blah blah blah, to restore me to sanity. 3) I do hereby give blah blah blah to God. 4) I am experiencing blah blah blah. 5) I can share my findings. 6) Of myself, without God's help, I could do the following (I name possibilities, without censure. 7.) My Creator, I am now willing that you should have all of me, the good and the bad, including blah blah blah. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows, including blah blah blah. Grant me strength as I go out from here to do your bidding. I then repeat the 7th step prayer as printed in the big book, page 76, until I feel some relief, either something learned, or an amends needed to be made, or whatever God gives me. This process works every time. Sometimes the 7th step prayer must be said for several hours before I receive an answer.

~Anonymous

My first attempt at the 4<sup>th</sup> step was without a sponsor. I attended workshops, read study guides, listened to tapes, tried to do it alone as best I could. I didn't think I had resentments until I looked up the word – dictionary said irritation or annoyance. Oh boy! Pretty much everyone who crossed my path irritated or annoyed me for some reason. A temporary sponsor heard my 5<sup>th</sup> step, which was so long and boring that I skipped parts of it. Steps 6 and 7 I didn't understand... not about removing what stood in the way of my usefulness to God and my Fellows. What I made a list of for God to remove were the things that I thought stood in the way of me getting what I wanted (the guy, the job, the car). I was fat with bad teeth, poor humor, no money. Each morning I consulted my list to see if any of these had been removed. No surprise there was scant progress.

Eventually I got a sponsor and did the steps again. Bathing suits, lawn chairs and iced tea were part of my 5<sup>th</sup> step (and no, this wasn't Alaska). We started off with prayer and her saying "picture me in a white hat. No matter what you tell me, I am on your side." The sponsor/stepwork relationship was the first I had with taking all my "stuff" to one person instead of telling you a bit, her more, and so on. She came to know me very well through my many inventories and helped me see patterns unfold over the years. That experience forever set in my mind the idea that inventories are exactly what the Big Book says - fact finding and fact facing missions.

~Anonymous

Required disclaimer: the personal stories printed in The Northern Light express the experience of the individual member and not of OA as a whole.

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## **E-LATED ABOUT E-LITERATURE:**

In keeping with the topic of inventories and cleaning house, here is the link to the Group Inventory Form, for housekeeping at the Group Level:

<http://www.oa.org/pdfs/oagroupinventory.pdf>

And the link to the Member Retention Checklist, which covers important related ideas. <http://www.oa.org/pdfs/memberretentionguidelines.pdf>

**OA's Best-Selling Books: Now for e-Readers** Five of OA's best-selling books are now available in popular e-reader and mobile-device formats.

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous
- For Today
- Voices of Recovery
- Overeaters Anonymous, Second Edition
- Abstinence

For descriptions and pricing, please go to: <http://www.oa.org/oa%e2%80%99s-best-selling-books-now-for-e-readers>

PLEASE NOTE: These books are not available through OA's online bookstore. The OA website says best way to find them is to go to your e-reader store and search by the specific title of the book.

## ***SERVICE OPPORTUNITIES***

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- Ways & Means Committee Chair (Intergroup)
  - Corresponding Secretary (Intergroup)
  - 12<sup>th</sup> Step Within Homer event - Contact Angela if you can help (907) 299-6404  
[angela\\_agosta@yahoo.com](mailto:angela_agosta@yahoo.com)
  - 12<sup>th</sup> Step Within general events – Contact Alex if you're interested in helping with step workshops, sponsorship events, tool workshops, etc. 868-1491
  - Summer retreat – Committee Chairs and teams will be needed soon. Past committees have included registration, decoration, entertainment, food, silent auction, clothing exchange, set-up, clean-up, sightseeing with Harlan.
  - Summer retreat scholarships – please consider making a special contribution at group level, or else as an individual contribution in celebration of OA anniversary or milestones.
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# ACRONYMOUS

FEAR = Failure Expected And Received or Future Events Already Ruined

NUTS = Not Using The Steps

STEP = Solutions To Every Problem

Note – please view this as the lighter side, the brainteaser. Got a favorite to share?

## SPECIAL EVENTS - SAVE THE DATE !

**Higher Power Workshop:** OA 12<sup>th</sup> Step Within event in Wasilla, AK, May 5. 1:30pm at CrossCountry Church, across from Lowes. Contact Alex 868-1491

**Serenity by the Sea:** An Overeaters Anonymous 12<sup>th</sup> Step Within event in Homer, AK. May 12. Spend the day with your fellows at the End of The Road. Speaker, workshop and community meal. This event is scheduled concurrent with Homer's annual Shorebird Festival to ensure a full weekend of serenity. <http://www.homeralaska.org/events/kachemakBayShorebirdFestival/index.htm>

We hope you'll come early and stay late; we'd love to see you at our Friday and Sunday Homer OA meetings! Contact Angela A with questions or if you want to help. (907) 299-6404 [angela\\_agosta@yahoo.com](mailto:angela_agosta@yahoo.com)

**Anchorage Area Intergroup Summer Retreat:** June 15-17. OA Big Book Study by experienced leader. Holy Name Retreat Center. More to follow.

**Greater Columbia Intergroup Retreat:** Ellensburg, WA. June 22-24.

## MEETING SCHEDULE

### **Mat-Su**

<b>Day</b>	<b>Time</b>	<b>Address</b>	<b>Type</b>	<b>Contact (907)</b>
Monday	Noon	Wasilla: Mat-Su Regional Hospital, Matanuska Room ( by cafeteria)	Big Book	Janis 376-5288
Wednesday	6:00pm	Wasilla: Alano Club Snohomish/Fishhook Rd	Topics	Gail 357-4644
Saturday	9:00am	Wasilla: Mat-Su Regional Hospital, Pioneer Peak Rm, 2 <sup>nd</sup> floor	Varies	Paula 745-8337
Sunday	6:00pm	Palmer: St. Michael's Parish, 432 E Fireweed Ave, downstairs		Randy 745-7485

## Anchorage

Day	Time	Address	Type	Contact (907)
Monday	6:30pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1	AA Big Book	MaryJo 227-5078
Tuesday	5:30pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1	OA/HOW	Meg 248-0300
Wednesday	5:30pm	North star Hospital 2530 Debarr Rd. Private dining room, past seating area.	Steps/Trad/Lit	Gail B 332-0049
Thursday	Noon	1st Congregational Church, 2610 E. Northern Lights Blvd	Steps/Stories	Alice 243-3056
Thursday	6:30PM	Lutheran Church of Hope, 1847 W. Northern Lights Blvd	There is a Solution	Paige (210)788-1301, Eden L 441-0021
Friday	6:30PM	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1	Step Writing	Jean 345-9805
Saturday	9- 10:30am	St. Mary's Episcopal Church, Lake Otis &Tudor	AA Big Book	Paula Z 522-9910 Lou
Sunday	9:30am	Kaladi Bros 6921 Brayton Dr,	As Bill Sees It. VOR &For Today	Candy 350-5255 Jean 345-9805

## Homer

Day	Time	Address	Type	Contact (907)
Friday	12:00 noon	Homer United Methodist Church, 770 East End Rd. Knitting Room - upstairs		Angela 299-6404
Sunday	6:00pm	Homer United Methodist Church, 770 East End Rd. Knitting Room - upstairs		Angela 299-6404

## Juneau

Juneau OA Hotline: (907) 463-1224

Day	Time	Address	Type	Contact (907)
Monday	5:30pm	Northern Lights Church, 400 W. 11th St. Room 8 downstairs		Sara 209-6164
Wednesday	Noon	Unity Center, 119 Seward St. #1		Wendy 364-2240
Saturday	10:00am	Juneau Public Health Center, 3412 Glacier Hwy Downstairs Conference Rm.		Leslie 586-3259

## Ketchikan

Day	Time	Address	Type	Contact (907)
Wednesday	6:00pm	Pioneer Home, 141 Bryant St.		Lesley 225-3278

## Unalaska

Day	Time	Address	Type	Contact (907)
Thursday	5:30pm	Burma Road Chapel		Rosie 359-5084

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