

Anchorage Alaska Intergroup
P.O. Box 200-341, Anchorage AK 99520
(907) 279-1942
For Submissions: oanewsletter@oa-alaska.org

The Northern Light

October - November 2014

NEWSLETTER EDITOR'S NOTE:

As the year comes to a close I find myself so incredibly grateful for the opportunity I have had to do this job for the Anchorage OA Intergroup and the groups and I have appreciated every second, every entry because each of your voices have been a balm to my heart and so helpful to my continuing program. I would like to put out one more Newsletter in December, possibly with the help of the new editor so here is a few ideas for the next Newsletter and remember every entry is vital to continuation of the Northern Light newsletter.

Sponsorship: Having a Sponsor, Being a Sponsor: What did having a sponsor do for your recovery? What did becoming a sponsor do? What are your responsibilities as a sponsee? As a sponsor? How have your responsibilities as a sponsee guided you? How have your responsibilities as a sponsor guided you?

OR...

Gems From My Sponsor: Share the gems of wisdom and inspiration from your sponsor that have had a profound impact on your recovery.

OR...

Lessons From Relapse: What led to relapse for you? What did your experience of relapse teach you about the disease of compulsive eating? How did OA's membership requirement, "a desire to stop eating compulsively" as stated in Tradition Three, help you come out of relapse?

Please feel free to give me your submissions sooner rather than later.

In loving Service, Crystal D

ANNOUNCEMENTS

Celebrating Our 55th Year!

**SAVE THE DATE - January 22-25, 2015 for the
55th OA Birthday Party Weekend Celebration**

**Come early at same low rate. Attend OA early am and pm meetings at hotel
and then play in LA, the city where OA was BORN!**

**Luxurious 4 star hotel @\$109 / night up to 4 people
LAX Hilton, 5711 West Century Blvd, LA, CA 90045**

Register online at oabirthday.com

LIVE LIFE ON LIFE'S TERMS

The date is near the end of September 2014 and about time to address chores like snow tires, winterizing our homes, and getting mentally ready to drive again in the winter road conditions. It's about the journey not the destination that is important.

I think I am finally beginning to understand that concept. Living in the present moment is where I get my peace of mind, clarity, and gratitude for just about everything. When I avoid living "now", usually because it holds pain for me, I lose that moment forever. Not only do I lose the pain but I also lose that very important opportunity to learn my lessons and grow in this 12-step program. In other words my wonderful Compulsive Eater Friends, "YOU CAN'T HAVE YOUR CAKE AND EAT IT TOO."

I encourage you all to get what you can out of each and every moment as it comes, both the pain and pleasure. Your life will be so much richer for it.

I am so grateful that I learned some about living in the moment before I was given the gift of caring for my husband while he was dying of cancer. My thanks forever to him for sharing that most intimate experience with me. I shall never be the same. Then, to top it all off, my Higher Power was with me on that one every step of the way.

Thanks H.P. I could not have done it without you.

This past weekend I attended three funerals/Celebrations of Life. My tears were not so much sorrow as they were tears of joy and gratitude for what those three wonderful people so generously gave to me before they went on to the next phase of their journey. Because they were in my life and shared their experiences with so much grace and dignity, I shall never be the same because of them either and they will always be part of me.

THAT'S JUST HOW THIS PROGRAM WORKS!

Anonymous in AK

PROGRAM AND OUR RELATIONSHIPS

There are several aspects of the program that have positively affected my relationships. The first is abstinence. When I am abstinent I am present. I can pay attention to my loved ones, instead of being in the past or the imagined future or being obsessed with eating or not eating. I feel good about myself, so I'm better able to love others, I feel good physically, and I am able to stay in contact with my HP.

When I am in constant contact, I get clear direction about actions that are in my best interest, including when to keep my mouth shut 😊. Finally, I had fabulous guidance from a former sponsor, who, noticing that I was focusing on what I perceived to be my partner's shortcomings, suggested that I start every day by giving him a big kiss and telling him I love him. My first reaction was to object, which helped me see that I was carrying a resentment, which I had to deal with. Once I agreed to this assignment, I discovered that it in addition to making me act more loving, it helped me FEEL more loving and appreciative of my partner. I think my HP was talking to me via my sponsor. And I'm very grateful.

Anonymous in Anchorage AK

HOW THE STEPS HAVE HELPED IN MY RELATIONSHIPS

I have to say that I still have the character defect of getting my feelings hurt; but I have the skills to deal with it now. Getting feelings hurt inhibits my relationships, even if the hurt feelings (also called resentments) happened 40 years ago. Therefore, it has been important to research, through the 4th step, what happened, when did I first ever feel that way, and my part in the situation. (Often my part was not speaking up and asking for clarification, or not suggesting how I need to be treated, or not seeing the pain of the perpetrator.) I have had to try to feel for the perpetrators, their feelings of helplessness, or grief, things which would cause them to act or speak inappropriately--in order for me to move forward. I may also need to protect myself by kindly reducing contact with an unhealed person.

If I can do the above, I can make amends by forgiving, or now speaking up, or writing a letter, or giving the situation to God. Uncovering these things, taking these actions with the help of a sponsor, have truly affected my relationships today. I am no longer everyone's victim; I no longer suspect that others or anyone is out to get me (people act out of their own pain.) I speak up for clarification, and ask for what I need. I make amends and ask for forgiveness if I have been brisk or thoughtless. These changes have made a HUGE difference in my marriage, in my relationships with my children, and my effectiveness with business associates.

Anonymous, Anchorage

Relationships and Food

Before program and abstinence I only had one relationship and it was the most important one that I had, and it was to the food. Sometimes its like the most abusive love relationship anyone has ever had, filled with momentary happiness surrounded by hours and days of self recrimination, pain and suffering. I was lucky when I walked into program because the only reason I am capable of even having a relationship with people is because I am not in a relationship with the food anymore. So thanks to the program and abstinence I was able to fall in love with my family and friends all over again, I was able to create a loving and respectful relationship with my father before he passed away not that long ago, I am able to accept and love the rest of the people in my life, whether they are new friends or old.

So I can make a choice: one abusive and hurtful relationship with food or a life full of loving relationships including my Higher Power as well as all the wonderful people I have in my life and I know there's no contest.

Thank you to program for my relationships back.

Anonymous, Palmer

QUOTES from OA Literature

"With practice working the steps has become easier and clearer. Things have become lighter and brighter. With practice, the true beauty of my life has emerged, and I've contacted my soul!"

From "For Today" or "Voices of Recovery"

“As we have deal lovingly with every person in our lives, our spiritual Awakening has become a reality. One of the major results of working step 9 is intimacy. Sometimes because of the openness and vulnerability that are inherent in performing step nine work, I am communicating on a more intimate level with the person involved at all times, because I am so grounded and open and willing to take risks, I am having conversations with my soul. I am more intimate with myself.....that part of me which coexists with my Higher Power. Step work is entwined with the awareness of intimacy, with my Higher Power, with others and with myself. Perhaps this is the reason the entire process is so important, not simply the results.

"Voices of Recovery" pg. March 28

WORDS OF WISDOM

"Treat the other man's faith gently; it is all he has to believe with. His mind was created for his own thoughts, not mine, not yours."

"Today may there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

God, please now my future see,
Make it clear where I should be.
Open windows, close the doors,
Not my will, my God, but yours.

Thank you everyone for a great Newsletter!!