



**Seventh Tradition - We are self-supporting through our own contributions**

Hi, folks - I was listening to a Podcast yesterday - the June 25th share by Teryl, who led a retreat for us “way back when.” If you have not heard Teryl pitch, log on to the LAIG website and you will hear why we who were at that retreat remember him with great fondness. I loved hearing his story, but even more I really needed to hear what he had to say about Tradition Seven - We are self-supporting through our own contributions - at the very end of his pitch.

Teryl reminded me that money is not referred to in Tradition Seven. Our “own contributions” may include the money we put in the basket each week, but also includes service to our meetings and each other. There are so many ways that we can each contribute - attend meetings, leading meetings, being a secretary or treasurer or group rep, volunteering to work on a committee, or be a committee chairperson, help organize a retreat or workshop, put your name forward for a position on intergroup. There are so many tasks that are easy and fun and will enhance your program and that of your fellows.

This is a “we” program. The steps never say “I” or “me” - we do this together and together we can keep getting more recovery. I know summer is a busy time, but think how lovely it will be to have a workshop or retreat to attend in the fall when the kids are back at school, the days are getting shorter and shorter, the camping gear is packed away for another year, and being inside for a day or even an hour or two of program is just what the sponsor ordered.

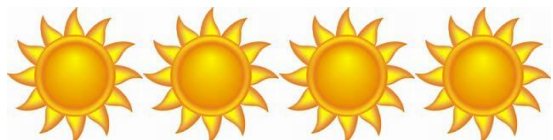
This is a great month to think about what service you are giving to each other, your group and your intergroup. We all have gifts that we can contribute to keep our programs healthy and vital. Let’s use those gifts!

In fellowship,  
Paula Z.  
Chair

**Next Intergroup Meeting**  
August 6, 12:00 at the OASIS  
4105 Turnagain Blvd. Suite D-1, Anchorage

***In this Issue...***  
Lessons for Embracing My Life ... p. 2  
WSO Convention ... p.2  
Ask-It Basket ... p. 3  
Step Work is the Key...p.3  
Service Needs ... p. 4  
Step 7 ... p. 4  
AAI Officers List...p. 5  
Meeting List...p. 6  
  
***...and more!!***

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## Lessons for Embracing My Life

Often in my life I would be in a fight (in my head) with people, food or situations. Then I would say the serenity prayer and try to accept my life on life's terms. It seemed like there was always a cloud in my silver lining. A few months ago my dear sponsor suggested praying about this and being open to a different solution. She told me that I might be surprised at the answer. I spent some time and several days considering this. I didn't rush the answer. When the answer came I wondered "How?" The answer was "Embrace your life; don't just accept your life ~ Embrace it!" Then my question for my Higher Power was, "What does that even look like?!" Over the next few weeks I learned what it looked like. One day at a time. Sometimes through victory, sometimes through defeat. Here is my unfinished list. (I encourage you to add to it for yourself.)

Lessons for Embracing My Life:

1. Give thanks for everything. Especially when it seems like it's not something to be thankful for.
2. There is no room in my life for selfishness.
3. Don't do things for people they can do or themselves. You can offer or ask.
4. Align my will with God's will. Of myself I can do nothing.
5. When you don't know what else you can do, pray. When you think you know what to do, pray.
6. When God intervenes, give thanks.
7. Listen to others. Especially those with God's wisdom; "Hear and your soul shall live."
8. My life is much better when I choose God's will over self/my will.
9. Love your life. It is the one God gave to you.
10. When I think I deserve better I need to humble my heart. When I am thankful for crumbs He gives so much more.
11. When I think someone else is the problem I

need to take a closer look. It's me! - *Wendy in Anchorage*

## WSO Convention September 1-4



**More than 850 compulsive eaters** have already signed up to attend OA's largest celebration of abstinence and recovery! There's **still time to save US\$20** for the full Convention with advanced registration by August 5. At Convention, you'll be able to

**choose from among 72 workshops** and put your hand in the hands of OA members from around the world. What an amazing opportunity to boost your recovery! OA also offers on-site registration, including options to attend just one day or more. **Anyone who has a desire** to stop eating compulsively can attend, so don't hesitate! Join us for a spectacular event that will inspire you for years to come. See the Convention page for rates at:

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

### ***A Step Ahead***

The third quarter newsletter published by WSO is now available for download at:

[https://oa.org/files/pdf/asa\\_q3\\_2016\\_bw-1.pdf](https://oa.org/files/pdf/asa_q3_2016_bw-1.pdf)

Keep up with WSO news. You can also subscribe to WSO email updates at [info@oa.org](mailto:info@oa.org).

## **New! Twelve Traditions Pocket Guide**

Practice the Principles of the Twelve Traditions in OA meetings - and everyday life - with this new wallet card. The Twelve Traditions Pocket

Guide includes examples of how to apply the Traditions and can be used individually or as the focus within a group or workshop. Visit <https://oa.org/whats-new/> to purchase the Twelve Traditions Pocket Guide.



### ***ASK-IT Basket***

***How should an OA member express his objections to something that is happening in a meeting (e.g., when somebody talks too much or makes noise)? By an announcement, by a group conscience, or in the business meeting?***

Page 116 in the OA 12&12 asks the question “Does our group encourage members to speak briefly, or do we allow some to dominate discussions by speaking so much that others don't get their turns?” Many meetings have timekeepers. When the person's time is up, the timekeeper jangles keys, uses the sound on a smart phone, etc. The leader of the meeting gently reminds those who continue to speak to wrap up their sharing. If a member is interrupting the meeting or making undue noise, the leader of the meeting will gently ask the person to stop.

As an initial step, raise your issues at a business meeting. The group conscience will decide whether or not to amend the meeting format and make an announcement. Before you do anything, it is always best to speak with your sponsor. (From OA.org 2015)

### **Second Sunday Telephone Workshops Podcast**

Second Sunday Telephone Workshops continue in 2016, and the sixth podcast from the Service and My Recovery Workshop is now available to

download or stream. Listen to the topic “Keeping our meetings focused on the primary purpose” which includes discussion on the principles of both Tradition Six, Solidarity, and Concept Six, Responsibility. To participate in upcoming telephone workshops, check the Datebook Calendar for dial-in instructions. (Available at <https://oa.org/whats-new/>)

### **Step Work is the Key**

I am with a sponsee now. They are working on steps to get over a problems situation. In helping them work the steps, I am also working and reaffirming the steps, which have and continue to work miracles in my life. Program is about losing weight, yes, but more than that is about working the steps in order to find peace. Peace is necessary to maintain weight loss; to maintain the avoidance of compulsive overeating. Hooray for these steps! They take me from misery to calm, from agitation to peace, from restless irritability to purposeful action, from misery to comfort, from poor health to rigorous physical activity, from unsolvable obsession to effective focus. It comes on a day to day basis. The process needs to be done again and again. May each one work these steps. May each one find exactly what he/she is looking for physically, emotionally, and spiritually. – *Anonymous, Anchorage*

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

*Together we get better!*

## OA SERVICE NEEDS

Here are some opportunities to give back

1. Help plan an event for I.D.E.A. Day - November 19th. A couple members have some ideas but help is needed to put on a great event. Contact Kay or Paula for more information.
2. Do you have a web page? Do you want to learn how to administer a web page? Members needed to take on the task of keeping our website up-to-date and looking great. No experience required - just your willingness to learn a new program. Contact David A. or Paula for more information.

## Step 7: Humbly asked Him to remove our shortcomings

*“As we began to recover in OA, we could see how compulsive eating had caused us to be obsessed with ourselves and our status. Humiliated by our inability to control our intake of food and by the devastating consequences of compulsive eating, we fought for self-esteem with all our might. As our disease progressed and our compulsive eating worsened, our self-esteem fell progressively lower, and we fought ever harder to bolster it by gaining whatever mastery we could over our fellow beings...In OA we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be...Humility, as we encounter it in our OA Fellowship, places us neither above nor below other people on some imagined ladder of worth. It places us exactly where we belong, on an equal footing with our fellow beings and in harmony with God.”* (Excerpted from the Twelve Steps and Twelve Traditions of

Overeaters Anonymous, pp.59-60). I first uncovered the deep feelings of worthlessness that had been hidden from me, when I was doing my step work in my third year of OA. I was very surprised to find these hidden feelings came from not being to master so many things while I was a child, from binge foods to my parents’ very troubled marriage. Not understanding the root of my problems, I became an overachiever who functioned well at work but who came home exhausted and fell into secret eating every evening. I constantly compared myself to others, and judged myself and others mercilessly while appearing to be a very nice and accommodating person. I am so very grateful that as I completed Step 7, my Higher Power continued to grow a deep security within me as one of God’s children. I am connected in a circle, not a hierarchy, of OA fellowship, and no longer struggle to master things that are not under my control. –  
*Anonymous, Anchorage*

### OA Region 1 Convention September 16-18, 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)

**Northern Lights Submissions:** We need your experience, strength and hope! Please send your articles to Cynthia B. [oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org). The next deadline is September 3, 2016. Write about any topic of your choice. Please keep formatting to a bare minimum to make my cutting and pasting easier. Thank you! (As in our meetings, the opinions shared by individual OA members do not necessarily reflect OA as a whole.)



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**Lifeline Articles Needed**

Deadline September 15  
 How OA Changed My Life

Describe your life before and after being in OA, including your physical state. How is life better in recovery?

*For more instructions, see oa.org.*

***Give as if your life depends on it*** - 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.

 @OaAlaska on Twitter!  
<https://twitter.com/OaAlaska>  
 or OA-alaska.org

**Heads Up! Fall Retreat!**

**We are tentatively planning a half-day retreat on Idea Day, November 19. If you would like to help, please contact Paula.**

# 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*

<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>Cynthia 764-1677</i>
<i>Monday</i>	<i>6:00 pm</i>	<i>OASis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</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>Mike 947-8881</i>
<i>Friday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book &amp; OA Book</i>	<i>Aaron 529-6774</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>Paula 830-2815 Debbie 3014180</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>Janet 243-3231</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 LOA 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>

<b>Saturday</b>	<b>9:30 am</b>	<b>Wasilla: Alano Club Snohomish/Fishhook Rd</b>	<b>Big Book</b>	<b>Brenda 240-6331</b>
<b>Sunday</b>	<b>6:00 pm</b>	<b>Palmer: St. Michael's Parish, 432 E Fireweed Ave, in the office, the Knights of Columbus Rm.</b>	<b>Speaker/ Topic</b>	<b>Randy 745-7485</b>

**Homer**

<b>Day</b>	<b>Time</b>	<b>Address</b>	<b>Type</b>	<b>Contact (907)</b>
<b>Tuesday</b>	<b>5:30 pm</b>	<b>Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs</b>		<b>Julie 235-6696 Nancy 399-5944</b>
<b>Friday</b>	<b>Noon</b>	<b>Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs</b>		<b>Julie 235-6696 Nancy 399-5944</b>

**Kenai**

<b>Day</b>	<b>Time</b>	<b>Address</b>	<b>Type</b>	<b>Contact (907)</b>
<b>Monday</b>	<b>5:30 pm</b>	<b>URS Club, Suite #71, in the Old Sears Mall</b>		<b>Ellen (518) 884- 9936</b>

**Fairbanks**

<b>Day</b>	<b>Time</b>	<b>Address</b>	<b>Type</b>	<b>Contact (907)</b>
<b>Wednesday</b>	<b>5:30 pm</b>	<b>Fairbanks Lutheran Church  1012 Cowles St</b>		<b>Beth 457-6222</b>
<b>Saturday</b>	<b>10:00am</b>	<b>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.</b>		<b>Beth 457-6222</b>