



The Northern Lights Newsletter



September 2016

Lessons Learned - in Life and OA

I seldom (like almost never) read the sports section of the newspaper. But recently I scanned it to see if there was anything worth reading about the Olympics (after I read the Comics, of course) when I saw and read an article that seemed so very in tune with the OA/12 Step philosophy of life. How do folks figure this stuff out without a sponsor? The article was titled “Back to school lessons from Lochte and others in sports” and listed 10 “lessons” to be learned from Lochte’s behavior at the Olympics:

1. “Share. It’s not hard.” Gosh that’s what we do in OA. We share our experience, strength and hope so that others can recover.
2. “Be nice.” Remember how hard it was to walk into the first meeting? I didn’t know anyone in the room and was delighted when people smiled and said welcome. I sometimes walk into a meeting and don’t feel real secure and it’s still wonderful when my fellows smile and make me feel welcomed.
3. “Follow your passion.” I’m not always as passionate about this program as I could be, but it’s been the most important part of my life for a lot of years. It’s allowed me to have peace of mind (a lot of the time) and a life larger than I could ever have imagined. When my passion is OA, the rest of my life falls into place as if, well, as if it was heaven sent.
4. “Say you’re sorry - and mean it - when needed.” Need we say more? Hello 4th and 10th steps.
5. “Act respectful. Always. To everyone.” We all want to be respected, and we are worthy of respect. How wonderful to walk into an OA meeting and

feel respected not because of something I’ve done, but just because I am.

6. “Words are powerful.” Words have the power to uplift, belittle, sooth, criticize, unify, separate. I sometimes think that what I say in a meeting is forgotten as soon as the next speaker begins talking, but others’ powerful words stay with me as I walk out the door. Thank goodness we ask folks to share their experience, strength and hope at meeting and to share their problems with their sponsors and other OA friends after the meeting.

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Next Intergroup Meeting

September 10, 12:30 at the OASIS
4105 Turnagain Blvd. Suite D-1, Anchorage

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...and more!!

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7. “Dance like no one’s watching, but use social media like everyone is.” Remind anyone of our treasured principal of anonymity?

8. “You can change how you’re viewed.” My goodness, over the years I’ve seen many fellows come into OA with problems, crying, in distress, and seen the wonder of recovery as they became confident, happy and outgoing. This reminds me of the statement in The Doctor’s Opinion that “I talked with him for some time, but was not able to bring myself to feel that I had known him before” (page xxix).

9. “Nothing lasts forever.” My very first sponsor often said to me “This too shall pass,” and she included good times as well as the tough times in this statement. OA isn’t like a fair weather friend - it has been with me and helped me get through some pretty tough times.

10. “Choose your friends wisely.” I’ve never found another group of people who have told me that they would “love me until I was able to love myself.” When I choose to be a member of OA year after year I am choosing my friends - and they are wise and caring and supportive and...

In fellowship - Paula Z, Chair

Member Survey - Watch your email and OA website for a link to Survey Monkey for our OA Alaska survey. It only takes a couple of minutes to complete. Your input helps Intergroup to provide more meaningful service. (For more information contact Jodi W. ovoicechair@oa-alaska.org)

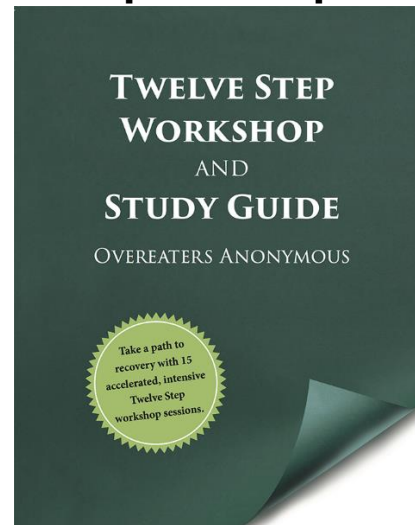
What I Needed

When I started OA in August 2015, I thought many things about the program seemed unnecessary or ought to be changed. Some of the Tools seemed pointless—what did they have to do with losing weight? The Twelve Steps seemed good, but surely I didn’t need to work them, because I had dealt with all that stuff before (I thought). I believed in God, my Higher Power. I already knew I had a spiritual

problem, but knowing this had not changed anything. So many things about OA just didn’t work with the diet I thought I needed to find. Was this program really what I needed? I did become abstinent by about the fourth week, but at first my abstinence was more a formula for a new diet than a comfortable plan of eating. Being an all-or-nothing kind of person, I decided to try everything just to find out for sure if this really worked. So many testimonials said it did and so many people had long-term success stories. I devoured all the OA-approved literature I could get my hands on. As I read I started to see just how much sense it makes, this way of living. As I worked through the Steps with a sponsor, I became aware of some of the reasons I started to overeat as a child and continued to overeat through my sixty-three years until the day I became abstinent. I dealt with the years of resentment I had for some people (most of them are dead and gone). I started to feel an amazing freedom I had never felt with any of the many diets I had tried. There was serenity and freedom I had never felt and a new, amazing relationship with God. Yes, this was what I needed—all of it! Nine months later I am down over 90 pounds (41 kg) and feeling an amazing joy and peace that I’ve never had before. Keep coming back! It works if you work it!

— Judy W., Ontario, Canada (Reprinted from *Lifeline*, Sept. 2016)

12 Step Workshop and Study Guide



Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step Inventory Worksheets, and hand-selected references from OA-approved literature, is included. Use it to lead a group of OA members or

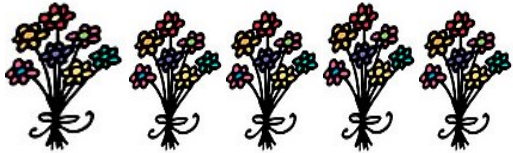
one-on-one with your sponsees. Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of

living - and a life beyond our wildest dreams.
(<http://bookstore.oa.org>)

Northern Lights Submissions: This is a wonderful way to give service. Please send your articles, and/or suggestions regarding our newsletter, to Cynthia B. oanewsletter@oa-alaska.org. The next deadline is October 3, 2016.
Topic: “*What are the new joys you are discovering in OA recovery?*” Or write about any topic of your choosing. 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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Conscious Contact

One way I have improved my conscious contact with higher power is to review my day with a short GLAD meditation just before I go to sleep.

G – What is something I am grateful for?

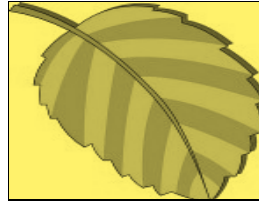
L – What is something I learned today?

A – What did I accomplish today?

D – What is something that gave me delight today?

This meditation helps me to appraise my day “from the bottom up” instead of looking for my failures

and imperfections. I consider my meditation to be a time I can share with my Creator how my day went. This has changed my concept of a Higher Power from being critical and fault finding to being loving and encouraging, and it has taught me a simple act of daily self-love. – *Anonymous, Anchorage*



OA Fall Retreat Nov. 19
Mark your calendars! We have a great day planned for “Idea Day”. To volunteer contact Paula Z.

OA Contact Information

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WSO
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Rio Rancho, NM 87174-4020
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Give Generously! Your 7th Tradition donation keeps our bookstore, intergroup office, phone line, web site, and OA retreats going, as well as supporting Region 1 and WSO.

Service Needs: We are in need of a Nominating Committee/Chair for Intergroup Elections (to take place in December). This is a great opportunity to give service. Intergroup also needs someone to audit our financial records for 2015. Contact Paula Z. if you can help.

<i>AAI Officers</i>	<i>Email Address</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	Kathleen
Treasurer	oatreasurer@oa-alaska.org	Janet R.
OA WS Delegate	oawsodelegate@oa-alaska.org	Open
Region 1 Delegate	oaregion1delegate@oa-alaska.org	Wendy H.
Literature	oaliterature@oa-alaska.org	Open
Newsletter	oanewsletter@oa-alaska.org	Cynthia
Webmaster	oawebmaster@oa-alaska.org	Open
12 th Step Within	oa_twelfth_step_within@oa-alaska.org	Open
Outreach	oa_outreach@oa-alaska.org	Tanya
Technology	oa_technology@oa-alaska.org	David A.

Run to God

Life’s problems and recovery—I love putting these two concepts together because it means I can let go of problems instead of wrapping my life around them and getting stuck. Recovery is about taking the action needed to experience serenity. Recovery gets me unstuck!

I find such freedom in the program, such peace—and then, yikes! A problem hits me in the face. Life on life’s terms, I’m reminded. What to do? How do I stay out of obsessive analysis of another person’s behavior or obsessive thinking about the issue confronting me? And how do I let go of the fear produced by “what ifs,” if I time-travel in my head to the worst possible outcome?

I have seven years in recovery, and what a miracle it is, how this program works. When a problem surfaces, I can ask myself, “Why don’t I first run to God, instead of running to obsessive thinking?” or “Why do I want to hang onto this issue? Why not turn it over?”

What works for me is to first recognize when I’m starting to obsess. Then I use Step Eleven by:

- Pausing to ask for the right thought or action.
- Pausing when I want to rush in and say something I’ll regret even though it feels right at the time.
- Pausing when I can’t seem to focus on the beauty around me because I’m worried about the situation before me.
- Pausing to pray, “God, please guide me into right thinking. I cannot do it on my own.” Then I take an action, even a small one—journal, call my sponsor, make an outreach call, fold the laundry, or anything to move me in a more positive direction and change my focus.

When I use these tools, I become free—free to live how this program intends me to live, letting go and experiencing serenity. Each day I ask myself, “Did I experience serenity?” It’s a question that reminds me it is possible, that I do deserve to be at peace with myself, and that I can trust God in the midst of hard things.

In gratitude, I take action when my old self starts telling me lies about who I am. Left alone, I would be self-propelled to the kitchen or pantry for “just one bite,” and my thoughts would want to default to the old way, the self-obsessive and self-defeating way. But this program offers guidance for a sane and happy life, one day at a time. I am forever grateful for the blueprint for living offered by the Twelve Steps of OA—truly we have a program to live by.

— Nadine V., Billings, Montana USA (*Reprinted from Lifeline, August 2016*)



ANCHORAGE ALASKA INTERGROUP

MEETING SCHEDULE

04/14/2016

To update a meeting send the information to 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 & 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 & 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 & 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>

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

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

Keep Coming Back – Together We get Better!