

The Northern Lights Newsletter

The Voice of AAI



October 2016

Giving it to HP

I was reading a novel recently in which one of the characters commented: “it’s surprising how ignorant the right hand can be when it would really rather not know what the left hand is doing.” I love it. And how true for me as a compulsive overeater. I have told the funny story (I think it’s funny) about how after a binge many years ago, I hid the candy wrappers under a layer of trash so no one would know. Well, of course I lived alone so there was no “one” but me to see, but I didn’t want to admit to me what I had done! Such convoluted thinking, and such hard work making up all those “stories” to cover my bad decisions.

I was reminded at a meeting today that all emotions, but especially the negative emotions, should be given to my HP. That it’s not my job to figure out why or where the emotion came from or how I need to fix it. My job is to give it to HP and ask for the right action that HP would like me to take. To me, this indicated that I was not to think myself out of a night’s sleep, use up a whole notebook writing pro and con columns, or play out numerous scenarios and “come-backs” in my mind. Just identify the emotion, admit that I’m powerless, and turn it over to my HP. What a simple process. Getting this message today is why I keep coming back to meetings. I like to be complicated. I like to hide me from me and keep my right and left hands guessing. Meetings keep me on track - the track that my HP sets out for me.

In fellowship,
Paula Z, Chair



November 19 Idea Day Retreat

“Resources to Help You Keep Coming Back”

- ❖ **9 am to 4:15**
- ❖ **Potluck Salad Luncheon (bring something for a salad)**
- ❖ **3322 Commons Way, Mt Vernon Commons Clubhouse -**
for directions call Paula @ 907-830-2815
- ❖ **Price: \$25 a person.**
Scholarships are available, call Jody W @ 907-229-0702



In this Issue...

Special IG Meeting Report ... p2
Using OA Slogans ... p2
Retreat Agenda P4
Annual Meeting ...p4
Elections, and Bylaws Changes ... p5 and 8
Wednesday Meetings Shares ... p7
Meeting Schedules ...p10

... And more!

Published by:

Anchorage Alaska Intergroup
PO Box 200341
Anchorage, Alaska 99520
oanewsletter@oa-alaska.org

Special Intergroup Meeting Report

In response to our recent survey results, OA Intergroup (AAI) held a special meeting on October 8, 2016.

Item 1: The first item we discussed was frequency of meetings for 2017, and which week the meetings should fall. The survey indicated more people would be likely to be on the board if there were fewer meetings.

Proposed Action: *We are proposing the membership ratify a new Intergroup board schedule of seven meetings: Jan, March, May, Sept, Oct, Nov and Dec. (Of course the board could call additional meetings as needed.) We would also like to change the day of the month we are meeting; from the 1st Saturday of the month to the 3rd Saturday of the month. Members will vote on these two things in November in their meetings.*

Each meeting needs a representative to speak for their meeting's group conscience on this issue at the December Intergroup meeting.

Item 2: The second item was what we should do about the Oasis, since it is costing 69% of the average monthly Seventh Tradition. We identified the following options:

1. A reduction in rent with our current landlord.
2. A different office arrangement with-in our current building, that is less expensive.
3. Approaching Alanon to see if they might be willing to pay more of the current rent.
4. Find a third tenant to share our space.
5. Look for a different space.
6. Or make no changes and accept the costs as they stand.

Proposed Action: *We will be asking for a rent committee to explore these and other options and make a recommendation to the board in early 2017.*

Item 3: The third item was the cost of our land line phone, which is rarely used.

Proposed Action: *We are asking the members to vote on disconnecting the phone and selling our conference phone. We would have a message service that is less than \$9 a month and use our personal phones for people to call in to meetings. Each group should have a group conscience on this question during November, and have your meeting representative vote at the December Intergroup meeting.*

Again, we suggest each meeting to take a group conscience on **items 1 and 3** during November and please send a representative to the December Intergroup meeting to vote for your meeting's decision.

Thank you to everyone who participated in the survey. Your service was appreciated and extremely helpful.

Next Intergroup Meeting

Nov. 5 12:00 at the OASIS
4105 Turnagain Blvd. Suite D-1, Anchorage

Using the OA Slogans

(The following articles are selected from OA Lifeline Magazine, Oct. 2017 issue.)

Thought Police - I have learned that the thought precedes the bite. So to get rid of a thought, I must employ a replacement thought.

Slogans are either pithy (clever) or humorous, they're easy to remember, and they can be counted on in hungry moments and emergencies. Sometimes the impulse to eat can feel so urgent that getting literature or making a phone call can take more time

than it takes for my hand to put food in my mouth. That's when a slogan can step in. For example, the thought "Go on and have a little bit; one won't hurt" can be replaced by these slogans: "One bite is too many for me and one thousand is not enough" and "Nothing tastes as good as abstinence feels." Another thought that can lead me into temptation is "I can't believe I can never eat this for the rest of my life." So I interrupt any urges with "Just for today" and "One day at a time." My personal ploy is to say, if I really want it tomorrow, I'll have it. I have never yet wanted the item the next day. Usually the desire is gone in a few minutes.

Sometimes, when my unmanageable life overwhelms me and my first response is to make it all better by eating something sweet, I say things like "Let go and let God;" "If you eat over a problem, you have two problems;" "The only problem that food solves is physical hunger;" and "You don't want 'just a drop of poison'—eating something compulsively is just as deadly."

My unmanageable life is the main cause of my compulsive food thoughts, so I have many replacement thoughts lined up: "Easy does it;" "Move a muscle;" "Trust God and do the next right thing;" and "Trust God and clean house" (this one can be taken figuratively or literally). And when all else fails, "Don't eat, even if your rear end falls off."

When things start to go stale, and I don't want to go to a meeting, don't want all those vegetables, and don't want to use the Tools, I say things like: "Suit up and show up;" "This too shall pass;" and "If I do today what I did yesterday to recover, I can stay in recovery." And I really want recovery. I hope something I have said might help someone. Thank you for letting me share. — *B.D., San Antonio, Texas*

Quit Claim - One program slogan is particularly special to me because it saved my life: "Don't quit before the miracle happens."

Back in the early 1990s I decided to give OA a chance. I was so sick of therapy, diets, and self-help

books; I felt I had nothing left inside to keep me living—but this phrase stuck. When I thought I had decided to let the disease kill me, this slogan got me to one more meeting. When I told myself I was worthless, this slogan pushed me to call someone. This was a time for me when God was on a shelf, in a book that I might open someday. God was definitely not a part of my life, and I wondered what a miracle was, anyway. Did miracles really happen? I saw them in others, but didn't know if I could ever get a miracle.

I must have wanted to test and see, because when all hope of recovery seemed lost, the tiny seed of hope said maybe, if I just didn't quit, I could see one of those miracles happen in my life.

Today I can't even describe how grateful I am to the power of God. I have been free from bingeing and purging for fourteen years now. I walk with my Higher Power daily; my strength to not quit on myself, my program, or my life comes from God. The true miracle here is that I not only have abstinence, but I also have the freedom to deal with life's ups and downs without eating junk food at midnight. — *Robin M., Johnson City, Tennessee*

OA Contact Information

Anchorage Alaska Intergroup
PO Box 200341
Anchorage, Alaska 99520
(907) 279-1942
(800) 279-1942
www.oa-alaska.org

Oasis (Office)
4105 Turnagain Blvd. Suite D-1
Anchorage, AK

Region 1
PO Box 23235
Tigard, OR 97215
<http://www.oaregion1.org/>

WSO
PO Box 44020
Rio Rancho, NM 87174-4020
www.oa.org

IDEA DAY Retreat (Nov 19) Topics and Presenters

Big Idea: Creating a resource manual to help us remember to stay abstinent, stay in program and keep coming back.

- Steps – Maryann
 - An example of a crisis situation
 - A one page twelve step worksheet showing how she worked the steps.
 - Ask the participants to do one.
 - Conversation
 - Additional sheet for them to copy and use in the future.
- Big Book –Jody J and Janis
 - Guide to what the chapters offer and how you might use them.
 - An activity and question
- Compulsive Eating or Abstinence vs Food Plan
 - CD (possibly from World Service in Boston)
 - Listen for 20 minutes
 - Question
 - Conversation
 - Handout on Abstinence vs Food Plan – Dignity of Choice
- Technology that can help you every day– Wanda
 - Podcasts
 - Websites
 - OA Groups
 - Conferences
 - Retreats
 - Call in meetings
- How to put tools between you and the food -Jody W and Sue
 - Plan of Eating: Insert
 - Sponsorship: Insert (Vicki)
 - Literature: Insert
 - Meetings: Insert
 - Traditions & Concepts: Crossword puzzle Janis and Jody J
 - Writing: Insert
 - Action Plan: Insert
 - Call List: Insert
- Personalizing your Binder and your program - Sue

ANCHORAGE ALASKA INTERGROUP ANNUAL MEETING DECEMBER 3, 2016 - 12:00-1:30

The Annual Meeting of the Anchorage Alaska Intergroup will take place at the OAsis on December 3, 2016 at 12:00.

The following items will be on the agenda and require the input and vote of all groups that are members of AAI. Please discuss these items at your monthly group conscience meeting prior to the Annual Meeting and have your meeting representative attend the Annual Meeting to case your group's vote.

1. Slate of officers and delegates for 2017. A full slate of candidates for each position will be distributed after the November Intergroup Meeting.
2. Bylaws revisions. A chart showing the current and proposed bylaws revisions and an explanation of the proposed bylaws changes are attached.
3. Intergroup Meetings for 2017. (Proposed Jan, March, May, Sept, Oct, Nov and Dec. 3rd Saturday of month)
4. Budget for 2017.

“Accept that we may repeatedly have the craving to eat compulsively. Experience shows us that such feelings will pass. Remember that every time we face a situation without eating compulsively it will be easier for us to abstain the next time. We can live life without compulsive eating.” – Voices of Recovery, Oct. 11



Progress Being Made on Elections for 2017 Intergroup

A number of OA'ers have volunteered to be candidates for Anchorage Area Intergroup (IG), but there are still more openings. Nominations will be accepted right up until the election, which will take place at the December Annual Meeting. If you see a position that interests you, please throw your hat in the ring – even if you see someone else is nominated (that's why we vote!). Ask HP if this is right for you; a year of service to our little membership is full of rewards in the form of growth in fellowship and recovery. You do not have to attend every IG meeting (currently one per month, on a Saturday) in order to serve, and we are proposing to reduce the total number of IG meetings.

As of October 8, 2016 the following members have joined the slate of candidates for 2017 AAI Board and Committees:

Chairman –Jody W

Vice Chairman- OPEN

Secretary- OPEN

Treasurer –Janet R

Correspondence Secretary - OPEN

Literature –Beth

Newsletter Editor Cynthia

Region One Delegate-Paula

World Service Delegate-Janis

Technology-Kathleen Y

Committees:

- Rent Committee
- Oasis Angel
- Twelfth Step Within
- Outreach: Sue
- Retreat: David A
- Workshops: Jody W

- Finance & Audit Committee
- Policies and Procedures
- Archives

A final slate of candidates will be provided so that each meeting can have a group conscience prior to the Annual Meeting, and send a group representative to cast your meeting's votes on December 3.

Proposed Bylaws Revisions

The proposed revision to our bylaws is to adopt the June 2016 World Service Office (WSO) sample bylaws section pertaining to Qualifications.

The 2016 World Service Business Conference (WSBC) approved a motion which revised the definition of Overeaters Anonymous Groups. All service bodies, including Intergroups, have been asked to review their bylaws and update them to include the revised definition. The WSBC revision deletes the section pertaining to virtual groups

CURRENT ARTICLE IV - THE INTERGROUP BOARD

Section 1 - Membership

The proposed revision would establish an intergroup board consisting of a Chair, Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, WSO and Region One Delegates, Newsletter Editor and Literature Chair.

Our current bylaws establish an executive board (consisting of the Chair, Vice-Chair, Recording Secretary, Corresponding Secretary, and Treasurer) and an intergroup board (consisting of the executive board, delegates, newsletter editor, literature chair, and standing committee chairs).

The proposed revision would eliminate the need to elect all committee chairs at the December annual meeting. It would enable the intergroup to elect committee chairs for committees that are needed for specific tasks during the year, such as a retreat chair or an outreach chair and allow that chairperson to commit to a specific task or project without having to make a year-long commitment to the position.

CURRENT ARTICLE VI - COMMITTEES Section 3 - Standing Committee Chairs

The proposed revision would adopt the WSO June 2016 section on Committees which state that the “board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the IG Board.”

The current bylaw sets out a list of standing committees. Roberts Rules of Order defines a standing committee as a committee “appointed for a definite time, as a session or a year.”

The revision, in conjunction with the definition of the intergroup board would give the intergroup and members more flexibility in giving service as needed to the fellowship.

Please discuss the proposed revisions, which are attached in a chart on page 8, with your meetings for a group conscience to vote for or against these changes at December’s Anchorage Intergroup meeting, the date of the vote is to-be announced.

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 November 11, 2016. 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.)

Wednesday Noon Meeting Shares

On Wednesday, October 12th, the noon meeting wrote and shared on the following question from the For Today Workbook, and decided to share some of our thoughts with those who couldn’t be there.

“In what ways has my attendance at meetings been helpful to me, the meeting, and the Fellowship of OA?”

Hearing how the program works for others and being reminded what the solution is.

Hearing my higher power speak through others. Being available to share my strength, hope and experience to others.

Getting outside of myself and my minute to minute problems for an hour.

A chance to reset my intentions, to pause and to recommit.

More people=more wisdom/perspectives.

An opportunity to tap into emotions not readily accessible in other environments.

Laughter and sobriety - “we are not a glum lot” but “deadly earnest.”

Practicing honesty and reframing experiences to see the gift/solutions to problems.

When I could do nothing else, I could attend meetings and benefited from the stories I heard from fellow members. I admire the people I meet at meetings - they are good and decent people and accepting of me so I feel good about myself. I’m in good company. I strive to rise to the level I meet which makes me a better person - I hope I do the same for others. I understand how they feel and since we have a common experience, I don’t judge them and they don’t judge me. Without attendance, there is no meeting - meetings close and therefore are not available to other people, newcomers especially. No meeting - hard to spread the word which is our primary purpose.

I get to hear others experience, strength and hope - others perspectives. I hear things I need to hear. God speaks through others. Attendance keeps meetings going - builds relationships/friendships. A place for newcomers to attend and we can support them, extend the heart and hand of OA.

Meetings are essential to my program. I hear, I learn, I try to model the good behaviors of others that others share. Meetings keep me in touch with reality I can sit at home and daydream or fantasize but at meetings I meet everyday life and learn how others handle problems, joys, setbacks, and successes in fellowship with OA, family, friends, church, school, etc. instead of in isolation. Sometimes I’m able to share something about how I work my program which strikes a chord with

another member, but more often it's me who is struck by a new idea or concept that I can use. The fellowship needs "fellows." If I don't attend my committed meetings, there is an empty chair. Even if I don't share or my sharing isn't helpful to another OA, my presence says that I am a part of this organization, that I want recovery more than any other activity - at least for that hour.

I can't begin to presume what helpfulness my attendance has brought to the members of OA. I have been told that some of the s**t I've said has been inspirational, but who knows. I provide service to a few meetings, carrying the bag or unlocking the door. As for me? I have good advice. I have the opportunity to be open and show up authentic without ego or fear of being judged. My fellows welcome me and I can express my problems and express my hopes, how I deal with those problems, one day at a time.

<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	Open
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.



Visit us online
OA Website <http://oa-alaska.org/>
Twitter Feed <https://twitter.com/OaAlaska>

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 with a Smile

When I first came into OA, I was terrified of giving service. I was afraid of people and many situations. Fortunately, no one pressured or “guilted” me. Through the loving fellowship, step work, and patient guidance of sponsors, I grew and grew (while my body shrank!) Some of the best suggestions I received were to pray about everything before I do it, and when I am stumped, to wait for intuitively felt guidance, and to continue to do the “next right thing.” I asked HP to move me to take the right action at the right time for my OA fellowship and for my family and myself, and for “all my relations.” Before working the 12 Steps, I would impulsively say yes to requests out of people pleasing, anxiety (fear), and guilt. Then I would become overwhelmed and have to back track. I also tried some service positions that were not a particularly good fit for my skills and interests, and while I grew from those experiences, I learned that HP gave me specific gifts to share with others which I could honor through different forms of service. Imagine my surprise when a position opened in Intergroup that truly uses my God-given gifts and I could confidently say “Yes!” Since then I love the service I have been called to give, it is a joy and a gift that keeps me smiling. – *Cynthia, Anchorage*

OCTOBER 1, 2016 PROPOSED BYLAWS REVISIONS (From WSO)

CURRENT ARTICLE III, SECTION 2

Section 2 - Qualifications
 The following are the qualifications of eligibility for membership in the Intergroup.
 1. Those groups within the region or the geographic definition of Intergroup that have formally registered with World Service Office and indicated their intention to belong to Intergroup are considered members. An OA group is defined as the following:
 a. As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA.
 b. All who have a desire to stop eating compulsively are welcome in the group.
 c. No member is required to practice any action in order to remain a member or to have a voice (share at a meeting).
 d. As a group, they have no affiliation other than OA.
 e. A group may be formed by two or more persons meeting together as set forth in Article IV, Section 1 of Overeaters Anonymous, Inc., Bylaws Subpart B.
 f. Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:
 1) otherwise meet the definition of Overeaters Anonymous groups;
 2) are full interactive; and
 3) meet in real time.
 2. Each group shall be entitled to vote through its elected Intergroup representative.
 3. No group may be registered with another Intergroup

WSO PROPOSED REVISION

Section 2 - Qualifications
 (A) Qualifications for group membership in an intergroup: Groups registered with the World Service Office (WSO) that are within its region or geographic proximity may affiliate with an intergroup, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity. Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.
 (B) The Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Article V, Section 1, as written and as it may be amended by a future World Service Conference.
 (C) These points shall define an Overeaters Anonymous group:
 (1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
 (2) All who have a desire to stop eating compulsively are welcome in the group.
 (3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
 (4) As a group they have no affiliation other than Overeaters Anonymous.
 (5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

CURRENT ARTICLE IV - THE INTERGROUP BOARD

Section 1 -Membership
 1. The executive board shall consist of a Chair, a Vice-Chair, Recording Secretary, Corresponding Secretary, and Treasurer.
 2. The Intergroup board includes the executive board, Delegate(s), Newsletter Editor, Literature Chair, and Standing Committee Chairs.

AAI PROPOSED REVISION

Section 1 - Membership
 1. The intergroup board shall consist of a Chair, a Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, WSO and Region One Delegates, Newsletter Editor, and Literature Chair.
 2. Meetings shall be chaired by the Chair of the board. In the event the Chair is unable to chair any meeting, the Vice-Chair will lead the meeting. In the event the Vice-Chair is not available, the Corresponding Secretary or next executive board member, will open the meeting and hold an election for a temporary Chair.

<p>3. Meetings shall be chaired by the Chair of the board. In the event the Chair is unable to chair any meeting, the Vice-Chair will lead the meeting. In the event the Vice-Chair is not available, the Corresponding Secretary or next executive board member, will open the meeting and hold an election for a temporary Chair.</p>	
<p>CURRENT ARTICLE VI - COMMITTEES Section 3 - Standing Committee Chairs 1. Standing committee chairs may include, but are not limited to: a. Oasis Angel b. Twelfth Step Within c. Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People] d. Lifeline e. Retreat f. Publications Committee g. Finance Committee [Budget and Ways and Means] h. Policies and Procedures i. Technology j. Archives 2. A standing committee chair will solicit 2 or more active OA members to join him or her in carrying out the purposes of the Intergroup in the most effective and efficient manner.</p>	<p>AAI PROPOSED REVISION Section 3 - Standing Committee Chairs 1. The board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the IG board. 2. Standing committee chairs may include, but are not limited to: a. Oasis Angel b. Twelfth Step Within c. Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People] d. Lifeline e. Retreat f. Publications Committee g. Finance Committee [Budget and Ways and Means] h. Policies and Procedures i. Technology j. Archives k. Workshops and Special Events 3. A standing committee chair will ask and encourage OA members to join him or her in carrying out the purposes of the Intergroup in the most effective and efficient manner.</p>

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

Day	Time	Address	Type	Contact (907)
Monday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book	Cynthia 764-1677
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

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!