

# The Northern Lights Newsletter



April 2017

## A Springboard for Renewal

When Spring comes to South Central I always feel a great sense of relief. It's wonderful to see more daylight, less snow, and nature "springing" to life. I wash my windows, and tidy up my house inside and out. Spring gives me a sense of renewal.

We are very lucky Region 1 is promoting a new series on just that topic, Renewal. They are bringing us a workshop called, **Working Together to Strengthen Recovery & Renewal; Members, Meetings, Intergroup, Region 1.**

They are sending the Region 1 Chair, Beverly M to Anchorage in May, and she will be our Guest Speaker at the May 19<sup>th</sup> & 20<sup>th</sup> workshops. It will be held at the Anchorage Lutheran Church (look for the flyer for more details).

Before she gets here we need to take a survey to help provide information about our members, our meetings, and our Intergroup, so Beverly can help us find the best way to move forward in renewal and recovery. The survey should go out by mid to late April. Please complete it as quickly as possible. Thank you.

Happy Easter, Happy Passover, Happy Spring!

Joyful Recovery!

*In Service, Jody W*



## Access the Northern Lights On-line

Did you know you can download both full color and printable versions of *The Northern Lights* at [www.oa-alaska.org](http://www.oa-alaska.org)? If you would like to receive *The Northern Lights* via email, send an updated email address to [snowmagnolias@yahoo.com](mailto:snowmagnolias@yahoo.com).

## 3/18/2017 Intergroup Meeting Overview

- **May 20, Workshop & Intergroup Meeting** with Beverly M from Region One is a go (we are also going to meet on May 19 – see flyer)
- **Look for the Recovery & Renewal Survey** coming soon – Snow Magnolia or Jody W will send through the Region 1 Survey Monkey account
- **Meeting Comments on possible “Oasis Improvements” please:** We are beginning a discussion about making improvements to the Oasis. Please let us know if different furniture, paint and layout would be of value to you and your meetings
- **Meetings Feedback:** Please let Intergroup know at each meeting if you have needs or concerns that we might help with.
- **Service Needs:** Volunteers for May 20th Workshop. 1 person for registration, 2 to 3 people to organize and manage the salad, soup, protein potluck, 1 person to run the iPad that will be recording the workshops, 1 person to time the sessions. Contact Jody W 229-0702  
*(continues on page 2)*

### ***In this Issue...***

- Step Four ... p 2
- Newcomer Story ... p 3
- My Spiritual Barometer ... p 4
- May OA Workshop Info... p. 5
- OA Contact Information... p 5
- Meeting Schedules... p 6

***...Keep Reading!***

### **Northern Lights Newsletter Published by:**

Anchorage Alaska Intergroup  
4105 Turnagain Blvd Suite D-1  
Anchorage, AK, 99517

March Intergroup Report, cont.

- **WSO Delegate:** stepped down and money was returned to Region 1
- **WSO & Region 1 Contributions:** Of the \$7073 in donations and contributions, 47% of the net was sent to WSO & R1
- **Intergroup Goal “To do more for the Newcomer & Lapsed Member”:** We have started adding stories to the newsletter. The Saturday Meeting in Anchorage is going to have a rotating position for calls. Let us know if your meeting has a plan
- **Meeting Action- Newsletter paragraphs:** about your experience as a newcomer or with lapsed attendance would be appreciated. Or any literature quotes on this topic or any other topic or writing. Please send to: Cynthia B, [snowmagnolias@yahoo.com](mailto:snowmagnolias@yahoo.com)
- **Meeting Action-Secretary Update:** Please update your 2017 meeting secretary. Name and phone number (an email would be nice too). Email to Aaron @ [bish.aaron@gmail.com](mailto:bish.aaron@gmail.com) , or Paula at [mynap@gci.net](mailto:mynap@gci.net) or Kathleen at [SereneKathleen@yahoo.com](mailto:SereneKathleen@yahoo.com)
- **Literature Money:** Literature is being purchased but we do not seem to be receiving the corresponding income, at least not in the literature account. Please put your literature money into the literature Cash Box. It is now on the literature shelf. We want to be able keep the literature shelves stocked.
- **Phone line is gone. Mailbox will be gone June 30:** Our new address will be: Anchorage Alaska Intergroup 4105 Turnagain Blvd, Turnagain Arts Building, Unit D1, Anchorage, AK. 99503.
- **Meetings-Recycling at the Oasis:** Please don't put garbage in the recycling basket.

**OaAlaska Twitter Feed!**

<https://twitter.com/OaAlaska>



**Step Four:** *“Made a searching and fearless moral inventory of ourselves.”*

**“If we can share what we have learned. If we can apply it to all areas of our lives, we will have indeed performed the task for which we have been placed on this earth.” –Beyond Our Wildest Dreams. P.22**

This is the true essence of program to continue sharing the OA message with all who share our compulsion. When we live the program and follow it in all our affairs, we set an example that shows others that OA works. It is more than talking about it: it is doing it.

The OA programs has three A's awareness, acceptance, and action. Our awareness begins at Step One and continues through the Steps, especially in Steps Four and Ten. **Accepting our awareness comes gradually as we work the Steps. Then comes the action we need to take.** For that we look to find God's will for us. Step Three is our starting point when we turn our lives and our will over to our Higher Power.

For Today, by sharing what we have found and taking action in our lives, may we continue to carry OA's message.

VOR – Corresponding Question:

“What is my primary purpose for being in this program?”

*(Voice of Recovery April 10)*



**7<sup>th</sup> Tradition Giving Helps**

**Carry the Message** Your donation keeps our bookstore, intergroup office, web site, OA retreats, and

workshops going, as well as supporting Region 1 and WSO. Thank you for giving generously!



## Newcomer Story

Before I came to OA I felt frightened, lost, and desperate. My memories are filled with tears, fears, and confusion. I was lost and desperate. Once I got here I was still confused, but it felt right. These are some of the things that helped to me keep coming back:

- I heard my story when other people shared.
- I knew my food was out of control, but I found out I wasn't the only one.
- Nobody was judging me.
- They helped me figure out it wasn't just food that was the problem. It was my thinking that needed to change.
- They listened when I said I felt taken advantage of, I felt abused, I felt alone, I felt sad. They said they had too, but then they reassured me OA gave them a better life.
- Then they taught me there was a solution if I would just stick around, get a sponsor, work the Steps, come to meetings, and surrender.

It has truly saved my life, given me back my joy, and helped strengthen my relationships with my friends and family. *Ever grateful - Anonymous*

## Writing and Sharing your Recovery

Please send your *Northern Lights* articles to snowmagnolias@yahoo.com. The next deadline is May 10, 2017. Write about any topic of your choosing, and we especially would like to hear your newcomer story. Please send a Word document with minimal formatting. (As in our meetings, the opinions shared by individual OA members do not necessarily reflect OA as a whole.)

## *It's Time to Update Your Meeting Information..*

Meeting Secretaries please correct the contact information, time and location for your meeting. Thank you! Email [bish.aaron@gmail.com](mailto:bish.aaron@gmail.com)

## Region One Convention

This year's Region One Convention is scheduled for October 13-15 2017, just a hop, skip and a jump (or red-eye flight) away, in Seattle WA. <http://www.oaregion1.org/region-1-convention.html>



## My Spiritual Barometer

I've been in the OA program since July 1990, and I've heard many times that when we are slipping "the food is the last to go." This is both true and not true in my program. For me, the veggies are the first to go, then comes the full-blown bingeing.

Prior to coming to OA, I thought the only two food groups were Fat and Sugar. I've found in recovery that it works best for me to choose a serving from each of the standard food groups at each meal. Although my spirituality is the most important part of my program, the emotional and physical have to be included as well, and vegetables are my key to it all!

When I don't want to eat my vegetables, something is wrong with my spiritual condition. There is usually a kicking, screaming kid in me who is saying, "I will not accept life on life's terms! I will not eat my vegetables!"

After the vegetables go, the next thing I know I'm missing a meeting (or two) and then adding a snack (or two or three) and then I'm bingeing. I've relapsed on three separate occasions since coming to OA, and each time has been progressively worse. During the last relapse I felt like I could have killed myself. Now I realize that's exactly what I'm doing with each compulsive bite.

*(Continues on page 4)*

## My Spiritual Barometer, cont.

I've been abstinent now for several months, and things are looking up already. My veggies are up to fifty percent and climbing. The fog is lifting and visibility is much improved. Thanks to a loving HP, a wonderful sponsor, and my veggies, I'm working an abstinent program. – Louisiana, USA  
(Reprinted from *A New Beginning, Stories of Recovery from Relapse, OA 1998*)

### OA Contact Information

Anchorage Alaska Intergroup/ OASIS (Office)  
4105 Turnagain Blvd Suite D-1  
Anchorage, AK, 99517  
[www.oa-alaska.org](http://www.oa-alaska.org)

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

WSO  
PO Box 44020  
Rio Rancho, NM 87174-4020  
[www.oa.org](http://www.oa.org)

### 2017 AAI Board

**Chair** –Jody W  
**Vice Chair**- Aaron  
**Recording Secretary**- Kathleen  
**Treasurer** –Janet R  
**Correspondence Secretary** – David A.  
**Literature** – Beth  
**Newsletter Editor** - Cynthia  
**Region One Delegate**-Paula  
**World Service Delegate**-Open

### Upcoming AAI Events

**May 20** - Intergroup/Region One/Workshop: 10 am-4 pm - Mt Vernon Commons  
**Sept 16** – Intergroup: Noon-1:30 - Oasis  
**Oct 13-15** - Region One Conference in Seattle  
**Oct 21** – Intergroup: Noon-1:30 - Oasis  
**Nov 18** -Intergroup/Idea Day Workshop: 9am - 4 pm - Mt Vernon Commons  
**Dec 16** – Intergroup: Noon-1:30 - Oasis

## So Rewarding

Newcomers help me remember the desperation that got me into OA. Newcomers remind me how powerful this disease is and how powerless I am over food. When a newcomer is at a meeting, I share my recovery, strength, and hope and stay in the solution. When I take on a newcomer as a sponsee, it is so rewarding. My recovery is boosted by working with sponsees, because I have to be rigorously honest with myself, my own sponsor, and God.

I work this program daily by using the Tools and practicing the Principles. It is humbling to be reminded that our weaknesses, not our strengths, bind us together. To the newcomer, I want to say: This program works; it has saved my life—I never thought I would have sanity, yet I am a miracle. I live a happy, joyous, and free life. My food obsession, sugar addiction, bingeing, and compulsive overeating have been lifted for today. This program is a true gift and works if you work it. Please keep coming back!

—Amber C (reprinted from [oalifeline.org](http://oalifeline.org))



**Tradition Four:** Each group should be autonomous except in matters affecting other groups or OA as a whole.

Tradition four gives OA groups the freedom to do what works best for them. Each group chooses its own meeting place and time, format and practices. Every OA group makes its own decisions – and mistakes – without interference from any governing body other than its own group conscience. (*OA 12 and 12, p 137*)

All of us need the balance implicit in the principle of autonomy to be the unique OA groups and individuals we were meant to be. Tradition four challenges us as individuals, as OA groups, and as a Fellowship to strike a healthy balance between our responsibility for ourselves and our responsibility to each other, while we grow together as companions in recovery. (*OA 12 and 12, p. 144*)



## **Working Together to Strengthen Recovery & Renewal; Members, Meetings, Intergroup, Region 1**

Workshops with the Region 1 Chair

**May 19 & May 20, 2017**

Anchorage Lutheran Church -1420 N Street – Anchorage, AK

**May 19 – Yet to be confirmed, please check back**

**6:30-8:30 pm      Nurturing Your Program and Nurturing the Newcomer**

**May 20**

**9-10 am            Intergroup May Meeting**

**10:10-12:10      Region 1 Chair: Renewal Process; Survey Results. What this looks like for the member, the meetings, and the Intergroup.**

**12:10              Seventh Tradition**

**12:15-1:15        Salad, Soup, Protein Potluck Lunch. Please bring at least one thing to share. If you have special needs, make sure you bring something that works for you**

**1:20-2:20        Region 1 Chair      Renewal Process: Creating Positive Actions**

**2:30-3:50        Region 1 Chair      Sponsorship: Recovering Together - What Works**

**4:00-4:30pm      Take down**

### **Volunteers Needed – Please contact Jody W to volunteer 229-0702**

One check in person, 2 or 3 people to organize and manage the luncheon, 1 person to run the iPad that will be recording the event, 1 person to manage the timing for Beverly.

Beverly and her husband might have sightseeing needs. And we may have dinner opportunities as well. More to be revealed.

# Alaska OA Meetings\*

Day	Time	Location	Address	Contact	Phone	Topic
<b>ANCHORAGE</b>						
Sunday	9:30 AM	Starbucks - Dimond	Corner of Old Seward Highway and Dimond Blvd	Mary Ann	907-345-8630	Literature Study
Monday	12:00 PM	Starbucks - Dimond	Corner of Old Seward Highway and Dimond Blvd	Aaron	907-529-6774	Literature Study
Monday	6:00 PM	Intergroup Office - Oasis	4105 Turnagain Blvd. E	Tanya H	907-317-7451	Big Book
Tuesday	5:30 PM	Intergroup Office - Oasis	4105 Turnagain Blvd. E	Meg	907-248-0300	OA H.O.W.
Wednesday	12:00 PM	Intergroup Office - Oasis	4105 Turnagain Blvd E.	Paula	907-830-2815	For Today, Writing
Thursday	6:30 PM	Lutheran Church of Hope	1847 W Northern Lights Blvd.	Mike	907-947-8881	Literature Study
Friday	12:00 PM	12100 Cafe	12100 Old Seward Highway	Aaron	907-529-6774	Literature Study
Saturday	9:00 AM	St Mary's Episcopal Church	2222 Tudor Rd	Debbie	907-301-4180	Big Book
<b>FAIRBANKS</b>						
Wednesday	5:30 PM	Fairbanks Lutheran Church	1012 Cowles St	David	907-687-2776	Topic
Saturday	10:00 AM	Back entrance off 2nd Avenue	1030 2nd Avenue	David	907-687-2776	Literature Study
<b>HAINES</b>						
Friday	11:00 AM	Human Resources Building	103 Third Ave S	Jennifer	907-766-2242	None
<b>HOMER</b>						
Tuesday	5:30 PM	United Methodist Church	770 E End Rd	Julie	907-235-6696	None
Friday	12:00 PM	Homer United Methodist Church	770 E End Rd	Angela	907-299-6404	None
<b>JUNEAU</b>						
Monday	5:30 PM	Faith Lutheran Church	2500 Sunset Dr	Patty	303-646-7182	None
Wednesday	12:00 PM	Unity Center	119 Seward St	Wendy	907-364-2240	None
Saturday	10:00 AM	Juneau Public Health Center	3412 Old Glacier Hwy	Leslie	907-586-3259	None
<b>KENAI</b>						
Monday	5:30 PM	URS Club	Kenai Spur Hwy	Ellen	518-884-9936	None
<b>KETCHIKAN</b>						
Saturday	3:00 PM	Pioneer Home	141 Bryant St	Lesley	907-225-3277	None
<b>PALMER</b>						
Sunday	6:00 PM	St Michael's Catholic Church	432 E Fireweed Ave	Randy	907-745-7485	Speaker/Discussion
Thursday	6:00 PM	St Michael's Catholic Church	432 E Fireweed Ave	Randy	907-745-7485	AA 12&12, OA Steps and/or Traditions
<b>SEWARD</b>						
Tuesday	6:00 PM	Seward United Methodist Church	321 4th St	PJ	907-299-3082	None
<b>SOLDOTNA</b>						
Thursday	5:30 PM	Central Peninsula Hospital	250 Hospital Pl	Christine	907-322-2778	None
<b>UNALASKA</b>						
Tuesday	12:00 PM	Baha'i Center Unalaska	390 Bayview Ave	Rob	907-581-3109	None

Day	Time	Location	Address	Contact	Phone	Topic
<b>WASILLA</b>						
Monday	12:00 PM	Alano Club	901 Snohomish Dr.	Janis	907-441-5629	Big Book, OA Second and/or Third Edition
Wednesday	6:00 PM	Alano Club	901 Snohomish Dr.	Gail	907-357-4644	Topic
Saturday	9:30 AM	Alano Club	901 Snohomish Dr.	Randy	907-745-7485	Big Book, OA Steps and / or Traditions Study

\* Please check [OA-alaska.org](http://OA-alaska.org) for meeting updates on the main web page.

*Keep Coming Back - Together We Get Better!*

