

The Northern Lights Newsletter

The Voice of AAI



May/June 2017

May 2017 – Chair Report

Please join us May 19, and May 20, for the Working Together to Strengthen Recovery & Renewal Workshops.

Friday, May 19, 6-8 pm*

Amazing Grace Lutheran Church, 10955 Elmore Road - Nurturing Your Program & Nurturing the Newcomer.

*We need people for setup - please come at 5-5:30 to help

Saturday, May 20, 9-4:30, Anchorage Lutheran Church, 1420 N Street - Renewal Process; Creating Positive Actions, Sponsorship; Recovering Together - What Works.



There will be no additional Intergroup meetings until September 16, 12-1:30 at the Oasis. Email if you or your meeting has questions or support needs during the summer.

Have a lovely summer, but remember our disease doesn't take a break. You can have a wonderful life if you keep going to meetings, working the Steps, calling your Sponsor, talking to your sponsees, praying, meditating and surrendering your fears and concerns to your higher power. I'll be at the workshop and at the meetings all summer; I hope to see you there.

In Service - Jody W

Newcomers Are Welcome Here!

The only requirement for OA membership is a desire to stop eating compulsively. OA does not weigh members, sign them up, monitor their eating habits or keep tabs on them in any way. The important thing is to keep coming back and work the program with others. In Overeaters Anonymous, you'll find members who are extremely overweight, even morbidly obese; moderately overweight; average weight; underweight; still maintaining periodic control over their eating behavior; or totally unable to control their compulsive eating. OA members experience many different patterns of food behaviors. These "symptoms" are as varied as our membership. Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the Twelve Steps, the Twelve Traditions and nine tools of Overeaters Anonymous. *Keep coming back!*

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

Intergroup Seeks Feedback on Possible Oasis Improvements

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.

??? Where is the 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 at the Oasis. It is now on the literature shelf. We want to be able keep the literature shelves stocked. Thank you!

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

Family Circus Inspires Me

I love the Family Circus. I totally relate to the excuses that the kids in this comic strip give for not doing something what they've been asked to do. I'm feeling a little "broccoli" this morning — don't want to pray and meditate, read or write — and have a lot of really good excuses for why I don't need to just for today. But the truth is that things that are "good for me" really are good for me. My eye doctor tells me that dark green veggies such as broccoli are good for my eyes. My sponsors tell me that having a good program routine is essential to recovery. Some days I'm an adult and do what's in my best interest; some days I'm a 7 year old and I don't want to be a

broccoli. It's up to me — exercise my free will or accept the will of my HP. — *Anonymous, Anchorage*

Step 5 *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

Step five starts with our Higher Power. Most of us find that without the help of a Power greater than ourselves we are incapable of complete honesty about the mistakes we have made. It is human nature to cling to the illusion that we have done no wrong, and through years of compulsive eating we have become experts at rationalization. Now, with God's help, we leave rationalization behind and begin to practice integrity... We willingly open our hearts so that a life-changing power can come in and heal us. (*OA Twelve and Twelve, p. 46.*)

Upcoming AAI Events

May 19 6-8 pm and May 20, 9-4:30-
Intergroup/Region One/Workshop (see flyer)
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

Share your Recovery - Send your *Northern Lights* articles to snowmagnolias@yahoo.com. The next deadline is July 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 in our newsletter do not necessarily reflect OA as a whole.



What Happens When I Find the Strength to Be Still and Accept Where I am Today?

Anxiety subsides - Serenity rises

Restlessness subsides - I become aware of beauty in my present surroundings.

I stop blaming – I find gratitude for the people in my life

I stop judging others – I recognize my part in conflicts

I stop judging myself – I can break the loop of my negative self-talk

I break the tendency to isolate – I can sometimes admit the need for and reach out for help

I break through the freeze of despair – I feel energized to participate in joyful healthy activities

Be still and know that I am God (and you are not, and neither am I!) – *Anonymous, Anchorage*

7th Tradition Carries 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!

Meetings Feedback: Please let Intergroup know at each meeting if you have needs or concerns that we might help with.

OA Contact Information

Anchorage Alaska Intergroup/ OASIS (Office)
4105 Turnagain Blvd Suite D-1
Anchorage, AK, 99517
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

2017 AAI Board

Chair –Jody W
Vice Chair- Aaron
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Treasurer –Janet R
Correspondence Secretary – David A.
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Region One Delegate-Paula
World Service Delegate-Open

Region One Convention

The Region One Convention is scheduled for October 13-15 2017, in Seattle WA. Meet your OA fellows from the Pacific Northwest for sharing and renewal! <http://www.oaregion1.org/region-1-convention.html>



Access the Northern Lights On-line

You can download both full color and printable versions of *The Northern Lights* at www.oa-alaska.org. If you would like to receive *The Northern Lights* via email, send an updated email address to snowmagnolias@yahoo.com.

May 19 & May 20, 2017

Workshops with the Region 1 Chair



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

Friday, May 19, 6-8 pm*

Amazing Grace Lutheran Church, 10955 Elmore Road - *Nurturing Your Program & Nurturing the Newcomer.*

*We need people for setup - please come at 5-5:30 to help

Saturday, May 20, 9-4:30

Anchorage Lutheran Church, 1420 N Street

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 – Please check oa-alaska.org for updates!

Day	Time	Location	Address	Contact	Phone	Topic
ANCHORAGE						
Sunday	9:30 AM	Oasis (Intergroup Office)	4105 Turnagain Blvd. E	Mary Ann	907-345-8630	Literature Study
Monday	12:00 PM	Starbucks – Dimond	Corner of Old Seward Highway and Dimond Blvd	Wendy	907-382-5682	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
FAIRBANKS						
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
HAINES						
Friday	11:00 AM	Human Resources Building	103 Third Ave S	Jennifer	907-766-2242	None
HOMER						
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
JUNEAU						
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
KENAI						
Monday	5:30 PM	URS Club	Kenai Spur Hwy	Ellen	518-884-9936	None
KETCHIKAN						
Saturday	3:00 PM	Pioneer Home	141 Bryant St	Lesley	907-225-3277	None
PALMER						
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
SEWARD						
Tuesday	6:00 PM	Seward United Methodist Church	321 4th St	PJ	907-299-3082	None
SOLDOTNA						
Thursday	5:30 PM	Central Peninsula Hospital	250 Hospital Pl	Christine	907-322-2778	None

Day	Time	Location	Address	Contact	Phone	Topic
UNALASKA						
Tuesday	12:00 PM	Baha'i Center Unalaska	390 Bayview Ave	Rob	907-581-3109	None
WASILLA						
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

Keep coming back... Together we get better!