

The Northern Lights Newsletter



April 26, 2020

From the AAI Chair



Dear Fellows,

As we journey through these uncharted times, I am thankful for all I have learned in the past two and a half years from my Step work and fellows. With an increased commitment to daily meditation and prayer, I am maintaining my sanity and finding moments of occasional serenity amidst the days-on-end at home.

I'm thankful that I'm able to work from home so I don't have financial worries. I'm thankful for technology that allows me to stay in contact with my co-workers, colleagues, OA fellows, family and friends. I have attended many work and OA virtual meetings in the last month. And, today, my siblings, my parents, and I gathered via Zoom to celebrate my dad's 80th birthday.

While, as a strong extrovert, I greatly miss being with others, I have found the Zoom OA meetings to be just as helpful to me as face-to-face meetings. They are my lifeline during these crazy times.

I was talking to a fellow this morning about how to get the word out about the OA Zoom meetings to those who are still suffering—maybe suffering more than ever in these times of isolation. I committed to reaching out via phone and text to those I haven't seen at meetings or heard from in a while. Is there anyone you can reach out to?

May you find sanity and moments of serenity during this spring of social distancing and I hope to see you at a Zoom OA meeting!

In fellowship and service - *Elizabeth M.*

Next Intergroup Meeting

May 16, 2020, 12:00-1:30 pm. Oasis, Turnagain Arts Building, Suite D1, 4105 E Turnagain Blvd, Anchorage (back of building).

OA Meetings Available Via ZOOM

Local: A list of the AAI OA Zoom meetings can be found on the OA Alaska website: <http://oa-alaska.org/wp-content/uploads/2020/04/OA-ZOOM-Meetings.pdf>.

Worldwide: Information on virtual OA meetings around the world: <https://oavirtualregion.org/>

May 1-3: Virtual Weekend Retreat

Hosted by Sea to Sky Intergroup, Vancouver B.C. <http://oa-alaska.org/wp-content/uploads/2020/04/OA-May-Retreat-Save-the-Date.pdf>

Visit us Online

<http://oa-alaska.org/>

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Published by: Anchorage Alaska Intergroup
4105 Turnagain Blvd E., Suite D-1
Anchorage, AK, 99517

For more information and inspiration, keep reading...



More AAI News

Anchorage Alaska Intergroup had a full meeting on March 21. It was our first Zoom meeting. Here are updates on a few topics:

2019 Seventh Tradition: Intergroup voted to send Seventh Tradition donations for 2019 to Region One and World Service Office. The amount was calculated as a percentage of total Seventh Tradition donations from members throughout the year as well as retreat proceeds after expenses (not including donations restricted to Outreach efforts.) Following recommended guidelines from WSO, we will share 10% with Region One and 30% with WSO. The balance stays with AAI to cover our expenses.

The totals are as follows:

\$ 824.63--10% to Region One
\$2,473.87--30% to WSO
\$4,947.75--60% to AAI (A good amount of which was spent in 2019)
\$8,246.25

2020 Seventh Tradition: While AAI is offering the virtual meetings via the internet during these unprecedented times of social distancing, we do not currently have a digital option for making Seventh Tradition contributions. We are researching options.

In the meantime, members are encouraged to track the number of meetings they attend via Zoom and once a month send a check to **AAI, 4105 Turnagain Blvd. Suite D-1, Anchorage, Alaska 99517.** Alternately, members can add Seventh Tradition donations to an envelope. After the quarantine is over, bring the envelope to your meeting.

Seventh tradition donations allow AAI to make the Oasis available to members for meetings and literature display and sale. Although due to COVID-19, we are unable to meet in the Oasis now, we still have to pay rent. Rent is \$286 a month. Please send in your Seventh Tradition donations so the Oasis will be there for us when we can meet in person again.

Local OA Zoom Meetings: Alaska Area Intergroup, with the help of Region One, is offering regular OA meetings via Zoom. Zoom, an on-line meeting platform, allows for remote participation of up to 100 people via video or phone. Ten virtual meetings a week have been hosted locally via Zoom starting March 24. The average attendance on the local Zoom meetings has been eight or nine.

A list of the AAI OA Zoom meetings can be found on the OA Alaska website: <http://oa-alaska.org/wp-content/uploads/2020/04/OA-ZOOM-Meetings.pdf>.

The list includes the Zoom meeting link for attending via the internet (computer, laptop, tablet or smart phone) and phone numbers and Meeting ID for those that call in.

To attend via internet, go to the above link and click on the link for the meeting you wish to attend. You will be asked for a password. The password is only required when you are attending via the internet. OASIS123 is the password. (NOTE: the password is in ALL CAPS.)

If you are calling in, you do NOT need to use the password. When you call in you are prompted to enter the meeting ID and then you are asked for a "participant" number. We don't use participant numbers. After you enter the meeting ID, just follow the directions and enter an additional "#". At that point, you should be in the meeting.

Zoom has vastly improved the security of their meeting platform in the last three weeks. Prior to the improvements there were reports of some meetings being interrupted by "Zoom Bombers" - hackers who joined meetings uninvited and disrupted the meeting with inappropriate language and behavior. While AAI meetings did not experience "Zoom Bombers," we are now requiring passwords to prevent lapses in security.

Stay informed- sign up for the WSO News Bulletin!

Get the latest OA information by email.
Subscribe at www.oa.org

A Region One Trustee Shares

Thank HP I have a program right now. I have a depth of resources: personal, spiritual, social (with distancing!) and tools to help me navigate my wide swinging emotions. I am safe with my full cupboard because I eat three meals a day with nothing but life in between. As I shared with my husband: if I eat crazy, I will be crazy. The equation is just that simple.

So for today I don't go there. When fear grows strong, I have my meetings. The online meetings have been a god send to me. I do service hosting and that has given me purpose (and a lot of technical angst butt I am learning). I find that face to face online feels like a "real" meeting. I have been gratified to see so many familiar faces. It is inspiring to see folks overcoming their fear of the new to join together in this high-tech way.

I am establishing a new routine to replace my old go out in the world ways. "For the duration" means I do not know when this will end. I do not know how this will end. And I am NOT in charge of this. Maddening! I do have my HP and my HP knows all this and more. So I am willing to lean on HP and get a safe HP embrace to replace all the hugs I am missing.

Sending you virtual hugs and well wishes.
Pat O'C - Submitted by Cindy Charleson, Acting Region One Chair

The three A's - Awareness, Acceptance, Action

This is a program of self-acceptance, not a program of self-improvement.

The Spiritual Principles are the template by which we live our lives.

Abstinence is the manifestation of the Spiritual Principles of the first three Steps — Honesty, Hope and Faith





e-WORKSHOP series
Every "2nd Sunday of the Month" 3-4:30pm
EDT until Nov 1 (UTC/ GMT -4)
EST Nov 1 to December (UTC/ GMT-5)

UPCOMING TOPICS

- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times
- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure
What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It - the difference between abstinence and a plan of eating
- 12/13 Young persons in OA

VIRTUAL REGION WORKSHOP ROOM
<https://zoom.us/j/557696207>
One tap mobile:
+17207072699, 557696207# US or
+16465588656, 557696207# US (NY)
(Meeting ID: 557696207)

NEW PASSWORD 120912

FOR MORE INFORMATION:
oavirtualregion.org/events/workshops/
email: (BJ) workshop@oavirtualregion.org (Carolyn) vicechair@oavirtualregion.org
Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition/



WELCOME

Newcomers' Corner: Words to the Willing

OA is new to me but already I feel myself growing as I learn how to deal with my compulsion. I hope the following suggestions, heard at my first meetings, will be as helpful to other willing newcomers as they are to me.

Listen and learn. During my first two weeks in OA, I just listened – and boy did I learn! I learned that I am not alone in this compulsion, that my weird eating habits weren't unique after all and that there is a way to arrest my disease. I learned that if I overeat again I do not have to give up on myself. If I stub my toe, I can still get up and walk.

We don't need to punish ourselves. We stuff in "a little snack" in an attempt to stuff down our feelings of guilt, anger, disappointment, self-pity

or whatever. We ‘reward’ ourselves with special treats to celebrate birthdays, weight loss, moon landings, and you-name-it. But the truth is, we are punishing ourselves with self-destructive thinking and unnecessary food, which benefits nothing except that roll of fat around our middle. But OA offers us ways to treat ourselves well, which in the long run means to free ourselves from the obsession with food.

We can do this by working our inventory, making a phone call, reading program literature, or having a delicious abstinence meal. We can endorse ourselves for our accomplishments.

Be patient longer. As a newcomer, I have a long way to go. How long have I had this problem? Do I expect instant changes? Crash diets are useless to the compulsive overeater. As I learn to be patient longer, I am discovering that time and faith will do what I cannot. I have God’s patience to guide me when my own is weak. I learn slowly and I am changing slowly, but I was happily surprised with a weight loss and the ability to breathe better. Slowly and steadily, I keep on keeping on – and I keep improving.

If you fail to plan, you plan to fail. Being home from work is difficult for me, so I plan each day off so it does not become a disaster. Likewise, I plan my food ahead to avoid meals with low nutrition and high calories. I find that by having both a work plan and I food plan I avoid worry, hurry, and indecision. In this way I steer clear of excess food, and of emotional excesses that entice me to overeat.

One day at a time. Just for today, I will be abstinent. For this one 24-hour period I can get through life with all its joys and problems and resist the urge to overeat. One day at a time, with the help of my Higher Power, I can improve my outlook on life and keep my outlook on food in its proper perspective.

Let go and let God. Strange how I turned so many difficult tasks over to God but never once thought of turning over my eating problem. I thought of it as just a simple matter, not significant enough to bother God with it. But this is a very real problem

for me, and all my problems are important. My abstinence is essential to my physical health, my emotional health, and my spiritual health. Now I turn all of it over to my Higher Power and I am having success. I can’t; God can. - *October 1982*
(From *Lifeline Sampler 1995*)

Anchorage Area Intergroup 2020 Calendar



May 16, 12 - 1:30 pm. Intergroup Meeting, Oasis

September 19, 12 - 1:30 pm Intergroup Meeting, Oasis

October 17,12 - 1:30 pm. Intergroup Planning / Brain Storming

November 21, 12 - 1:30 pm. Intergroup Meeting, Oasis

December 19, 12 - 1:30 pm. Intergroup Meeting, Oasis

How to Participate: All groups are encouraged to send a representative to all Intergroup meetings. If you have questions about the schedule, please contact Elizabeth M at 440-8511

Oasis Location: 4105 Turnagain Blvd E., Suite D-1, Anchorage, AK, 99517

Find out more about OA Region One at: www.oaregion1.org

R1 Assembly: October 21-23, 2020 in Bellingham, Washingt

R1 Convention: October 23-25, 2020 in Bellingham, Washington

Thank you for giving generously! Your 7th tradition donations help to carry the message, keeping our bookstore, intergroup office, web site, OA retreats, and workshops going, as well as supporting Region 1 and WSO.

2020 AAI Board and Committee Chairs

Name	Position	email address
Elizabeth M	Chair	emiller4340@gmail.com
Barbara R	Vice Chair	nickr@gci.net
Wendy H	Treasurer	goalywing@gmail.com
Sierra H	Secretary	shunsaker@hotmail.com
Paula Z	Literature	craftygrama907@gmail.com
Kathleen Y	Technology Chair	kathleen.y907@gmail.com
Cynthia B	Newsletter Editor	snowmagnolias@yahoo.com
Jan W	Outreach Chair	akjdw@mtaonline.net

Open AAI Positions: Region One Representative, World Service Business Conference Representative, Workshop/Retreat Committee Chair. If you are interested in serving in one of the open positions, please contact Elizabeth or other Intergroup board officer or committee chair.

May 1-3: Virtual Weekend Retreat Hosted by Sea to Sky Intergroup, Vancouver B.C.

What? A Virtual Retreat to spread Experience, Strength, and Hope. Join us for a weekend full of great speakers from the comfort of your own home!

When? Friday May 1st – Starting at 6:30 pm PST Saturday & Sunday May 2nd & 3rd – Starting at 9:00 am PST Full Schedule will be posted on oaseatosky.org/upcoming-events on April 29th

Where? Zoom Meeting ID: 622-160-7759
Password: OAMay2020 (Case Sensitive)

Questions? mayoaretreat@gmail.com

Cost? Free! If you would like to contribute a 7th, please visit oa.org/contribute/ or donate to your local intergroup



Northern Lights Newsletter Submissions

Please email your articles to newsletter editor Cynthia B. snowmagnolias@yahoo.com.

Write about any topic of your choosing. If you share other writings, please make sure they are from OA approved literature or written by an OA. Send a Word document or plain text in an email with minimal formatting – please do not capitalize subtitles, and please do not send PDF's. *As in our meetings, the opinions shared by individual OA members do not necessarily reflect OA.*

AAI Facebook Page

If you are interested in joining a private Facebook group hosted on a trial basis by Anchorage Alaska Intergroup, ask an OA member who is in the group to “friend” you and invite you to the group. At the present time you cannot find this group on Facebook because it is set up as “secret” to preserve member anonymity. Questions? Contact aaa-tech-committee@googlegroups.com

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

OA Meeting Schedule: Due to formatting, we cannot include the Zoom meeting list. It will be sent as a separate attachment. You also can find it at <http://oa-alaska.org/wp-content/uploads/2020/04/OA-ZOOM-Meetings.pdfv>

Keep Coming Back!