

For submissions: SWhiter@Alaska.com

THE NORTHERN LIGHT

JANUARY/FEBRUARY TOPIC

Honesty, How it Affects My Program

Honesty.... We speak of it often in OA. I seem to have an ever evolving understanding of it as I move in this program. For me to remain in recovery, to remain abstinent, I must remain honest. I must look at my thoughts and actions and see if they are honest. Once I start trusting the lies I tell myself, whether it is about food, diet thinking, negative self talk or denial, I am setting myself up for a "slip" then a "fall". A relapse.

The honesty seems to come harder after that. The lies build on the emotions of guilt and shame, burying it deeper. If I am NOT honest, I have no freedom from food obsession. I have no serenity. I fear loss of relationships. I move away from the present; I focus on the past and fear the future. I need an honest program in order to live in the here and now. My relapse lead only to a 9 pound weight gain..this time. If I want to remain in recovery and avoid carrying around the previous 120 pounds of pain I wore before; I need to be honest. I know it's not about the food. It is about integrity, with me, my HP and others. I am grateful for the warm, forgiving, loving arms of those in my OA home group. Thank you OA for teaching me what honesty really is, how good it feels, and for still loving me as I am...anonymous

I never knew what a liar I was until I joined OA. After going through a 4th Step with my sponsor, I learned that I had been deceiving myself about so many things, including but not limited to:

What	Lie	Truth
My appearance	I'm huge, no one likes me	Others don't give my appearance much thought. My size is not the center of their universe. People do like me.
Expertise in governing others	I know how to do it better and therefore I should tell them how it's done	Other people including my kids need to make their own mistakes so they can learn ...PLUS... I <i>don't</i> know what's better for them..(almost forgot that part.)
Expertise in governing myself	I can do it alone..no help needed or wanted.	I screw up every time I slip into this mode.

There are other honesty issues...”am I really hungry or is something bothering me?...It doesn’t matter if I don’t go to the meeting today....If I just exercise more and eat less.....” lies, lies, lies...So, I pray for a spiritual center ..for a place I can hear and understand my HP’s many messages..because therein lies the truth.

Anonymous

SPECIAL EVENTS

Winter 2011 Retreat Holy Spirit Retreat House

Reflections from Members

Thanks for another great retreat. The Holy Spirit Retreat House was so peaceful; Sunday, with all the mountains out in the sun, was just lovely. We were warm enough and well nourished, both food-wise and program-wise. Margie's 30+ years in program showed in her calm approach even to difficult topics. I especially appreciated the focus Sunday on strong meetings and how to honor our traditions in our meetings. Hearing the story of an early OA group that served sponge cake after the meeting was pretty interesting! That problem eventually was solved; and we talked about listening in meetings to how other people solve their problems using the Twelve Steps, and the OA Tools. That gives us hope that we can learn to solve our own problems. We also learn that we're not the only ones who have problems, so become less self-centered.

It was enjoyable getting to know newcomers, and doing (optional) meditation, stretches and crafts. Playing the card game, "Apples to Apples" Saturday night was hysterical. I have not laughed that much in a long time. There were loads of clothes exchanged and some really unusual "white elephants" in the silent auction: no one ever did bid on the pool cue, but the Valentine's Day boxers got some spirited bidding going, especially after Janis modeled them.

During the weekend my sponsee and I got a long-overdue chance to talk face-to-face and that was a good experience for us both. I was very moved by the closing ritual including the passing of this saying around the circle: "No matter what you eat or what you weigh, I'm going to love you anyway." This acceptance of each member despite or even because he or she is a compulsive eater desiring recovery, is what will make me "keep coming back". Thanks again to everyone who helped on this Winter Retreat.

Anonymous

Retreat: An opportunity for reflection, growth, fellowship, and just plain old fun (could playing Apples to Apples have been one of those "whoopee parties" the BBB mentions?) – and one I would have been sad to

have missed. The weekend was time to renew my commitment to abstinence and living the 12 Steps and 12 Traditions to be best of my ability and to learn more about the structure of OA and the importance of service on all levels. Many thanks to everyone who gave serve by attending, participating, and helping with the many, many tasks associated with a great retreat!

Editors note: I picked up the wrong bundle of papers at the end of the retreat...I have someone's personal notes but not the papers people wrote for publication. If someone has them, I'd like to include them in the next Northern Light.

“12th Step Within” Event/ Step 2 and Tradition 2

is being held on:

Wednesday February 9, 2011

5:30 - 7:00

The regular Wed. Meeting format will be suspended for this meeting.

Northstar Hospital Meeting Room

DeBarr Road (Across from Regional Hospital)

The building is grey/white and has a relief picture of arctic animals on it
Go in the front door and turn left..the meeting room door will have a sign on it.

SERVICE OPPORTUNITIES

OA Sticky Notes

Outreach Committee Chair

Monday noon meeting secretary

Sear's Mall bulletin board and reader board

Volunteers needed to plan and execute ideas for public information using the bulletin board in the Northern Lights Middle Entrance to the Sears Mall

(food court entrance....right!) We have the space reserved for the month of March.

Call Sue W. 333-1669 or email SWhiter@Alaska.com

ATTITUDE OF GRATITUDE

We were given 24 hours with our dog-as she has cancer-that was over a week ago~ I am grateful for her and the love we get to keep giving her one day at a time

I am grateful to be able to surrender to my Higher Power, my abstinence, my job, the ability to find humility and NFL football!

I am grateful for the new beginning of each day.

I am grateful for good health enhanced by my willingness to be abstinent

REGION 1 ANNOUNCEMENTS

OA Serenity Retreat

March 18-20, 2011

Twin Rocks Conference Center

18705 Highway 101 North

Rockaway Beach, Oregon

Sponsored by: Oregon Intergroup of Oregon

For more info: serenityretreat@oregon-oa.org

Or call Deborah at 503-781-3571 or Dorothy 503-520-1855

FOCUS ON SOUTHEAST ALASKA

Juneau has an OA Hotline: (907) 463-1224

2011 ANCHORAGE AREA INTERGROU

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>Email</i>
<i>Chair</i>	<i>Mary Ann</i>	<i>907-345-8630</i>	<i>tsom@a</i>
<i>Co-Chair</i>	<i>Rebecca S</i>	<i>907-717-9939</i>	<i>rsebald2</i>
<i>Treasurer</i>	<i>Carolyn M</i>	<i>907-561-2637</i>	<i>cmatthe</i>
<i>Recording Sec.</i>	<i>Katherine H.</i>	<i>907-982-7057</i>	<i>kmhumy</i>
<i>Corresponding Sec.</i>	<i>Paula Zawodny.</i>	<i>907-522-9910</i>	<i>mynap@</i>
<i>Delegate WSBC</i>	<i>Angela Mulder</i>	<i>503-550-3938</i>	
<i>Delegate Region 1</i>	<i>Donna B.</i>	<i>907-250-6124</i>	

<i>Delegate Region 1</i>	<i>Janis Elliott</i>	<i>907-376-5288 907-441-5629 c</i>	<u>kingnjanis@aol.com</u>
<i>12th Step Within Chair</i>	<i>Wanda D</i>		<u>drwande@hotmai.com</u>
<i>Outreach Chair</i>	<i>Wanda D</i>		
<i>Literature</i>	<i>Bob M.</i>	<i>907-349-2890</i>	<u>Jutzi.morgan@acsalaska.net</u>
<i>Newsletter</i>	<i>Sue White</i>	<i>907-333-1669</i>	<u>swhiter@alaska.com</u>
<i>Oasis Angel</i>	<i>Patty</i>		

MEETING SCHEDULES

Fairbanks

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>

Juneau

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Monday	5:30pm	<i>Juneau Public Health Center, 3412 Glacier Hwy Downstairs Conference Rm.</i>		<i>Karen 907-364-3303</i>
Wednesday	Noon	<i>Unity Center, 119 Seward St. #1</i>		<i>Wendy 907-364-2240</i>
Thursday	5:30pm	<i>Juneau Public Health Center, 3412 Glacier Hwy Downstairs Conference Rm.</i>	Lit.	<i>Bethany 248-719-2303</i>
Saturday	10:00am	<i>Juneau Public Health Center, 3412 Glacier Hwy Downstairs Conference Rm.</i>		<i>Leslie 907-586-3259</i>

Ketchikan

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Wednesday	6:00pm	<i>Pioneer Home, 141 Bryant St.</i>		<i>Lesley 907-225-3278</i>

Kotzebue

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Wednesday	5:30pm	<i>Maniilaq Health Center, Conference Room</i>		<i>Wanda 907-442-3671 or 907-442-7330</i>
Friday	7:30am to 8:00am	<i>Maniilaq Health Center, Conference Room Meditation Room</i>		<i>Same as above</i>

Mat-Su

	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Monday	Noon	<i>Mat-Su Regional Hospital, Matanuska Room (by cafeteria)</i>	Big Book	<i>Janis 907-376-5288</i>
Wednesday	6:00pm	<i>Alano Club Snohomish/Fishhook Rd Wasilla</i>	Topics	<i>Gail 907-357-4644</i>
Saturday	9:00am	<i>Mat-Su Regional Hospital . Pioneer Peak Room, 2nd floor</i>	Varies	<i>Paula 745-8337</i>

Anchorage

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
Monday	12:10	<i>Covenant Evangelical Church, 12th & C</i>	Steps	See note below
Monday	6:00pm	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd.</i>	Lifeline	<i>Bob-349-2890</i>
Tuesday	7:00-7:30am	<i>Kaladi Bros 6921 Brayton Dr.</i>	OA Express	<i>Carolyn V.9244-3432</i>
Tuesday	5:30pm	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd</i>	OA/HOW	<i>Paula 522-9910</i>
Wednesday	5:30pm	<i>North star Hospital 2530 Debarr Rd</i>	Steps/Trad/Lit	<i>Sue 333-1669</i>
Thursday	Noon	<i>1st Congregational Church, 2610 E. Northern Lights</i>	Steps/Stories	<i>Janis 907-376-5288</i>
Thursday	6:30PM	<i>Lutheran Church of Hope, 1847 W. Northern Lights</i>	There is a Solution	<i>Carolyn V. 244-3432 Eden L 441-0021</i>
Friday	6:00	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd</i>	Writing	<i>Carolyn M 561-2637</i>
Saturday	9-10:30am	<i>St. Mary's Episcopal Church, Lake Otis & Tudor</i>	AA Big Book	<i>Kathleen 929-3646 Gayle 337-2974</i>
Sunday	9:30am	<i>Kaladi Bros 6921 Brayton Dr.</i>	As Bill Sees It. VOR & For Today	<i>Donna 250-6124 Sarah 223-1437</i>

As far as the Monday noon mtg. goes, I'm going to try to keep it open until at least March or April. I'll be there, or get someone to be there, each week. So, on the next newsletter, please change the schedule to reflect that I'm responsible for that mtg.: Alice, 243-3056 or 250-3138, or alice9_19_39@yahoo.com.

Committed to abstinence, long-term, one day at a time Alice