

# The Northern Lights Newsletter

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Voice of AAI -- May, 2015



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\*\* All material included in this newsletter is selected from within the OA Fellowship, including OA publications and/or OA program-related submissions from members. Personal stories express the experience of the individual members and not of OA as a whole.

\*\*The newsletter name has changed to The Northern Lights as of the March, 2015 issue. The Newsletter Editor will distribute The Northern Lights to the AAI meetings, members, and other service bodies via the AAI email system. Each issue will also be sent via email to Lifeline.

## **Note from the Editor:**

Thank you to those who submitted reports, writing, and graphic art for this issue!! We all benefit. Take time to peruse our June newsletter with members' stories, reports from officers of our AAI (Anchorage, Alaska Intergroup), and announcements of upcoming and ongoing events. Also, you can find next month's topics for the July issue on page 4. We welcome your submissions!

Beginning in July, I will send out two versions of the newsletter – one for those who read on a computer or other device, as well as second with a simplified header which will use less ink for those who want

or need a printed newsletter. Randy, our chair, has explained this more fully in his report on p. 5.

\*\***To unsubscribe** to the member list click on [http://oa-alaska.org/mailman/listinfo/member\\_list\\_oa-alaska.org](http://oa-alaska.org/mailman/listinfo/member_list_oa-alaska.org) and enter your email address in the unsubscribe box.

In service,  
Nancy  
Northern Lights Editor  
[oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org)

## **June, our Sixth Month . . .**

**Step Six:** Were entirely ready to have God remove all these defects of character.

**Tradition Six:** An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

## **Daily Meditation –**

*We walk together on this path of recovery.  
We follow the footprints in the sand of those who have walked before us, and we leave footprints for those yet to come. (from Voices of Recovery, p. 105)*

**Check out these OA sites on the world wide web – from near to far-reaching! You might be amazed at all you discover!**

- OA and WSO/World Service Office <http://www.oa.org>
- Region 1/(AK, Alberta, NW Territories, Saskatchewan, Yukon, British Columbia, OR, ID, WA, MT, WY) [www.oaregion1.org/](http://www.oaregion1.org/)
- AAI/Anchorage Alaska Intergroup <http://oa-alaska.org>

## Our Voices

### **Character Defects: An Examined Life**

- How did you break through denial and fear to face and acknowledge your character defects?
- What character defect has been the most troublesome and caused the greatest threat to your recovery?
- What role has the tool of writing played in coming to terms with character defects?

While doing some writing on the Big Book about the 'spiritual experience' I had a brand new thought! I identified with the person being described - a person who very much wanted to be free of the addiction that was making life impossible, and he was puzzled and despaired over why he couldn't stop. For myself, I had given the 'spiritual experience' a quick nod, "I got that!"

But have I? That I have had powerful encounters with my HP, I have no doubt. I have felt the love and presence of a Divine Being. But the Big Book says, "...ideas, emotions, and attitudes which were once guiding forces...are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them." Does that describe me? Does that describe what I have done with my ideas about food? Portions? Special events? Trigger foods? In familiar BB jargon, I have clung to my old ideas; clearly NOT casting them to one side. Instead, I negotiated, debated, and flat out refused to change my mind in numerous areas. My thinking on God, food plans, diets, recovery - can I offer it all up and be willing to let new ideas dominate me?

And the BB goes on to say, "...while his religious convictions were very good, in his case they did not spell the necessary vital spiritual experience." Gulp. These

convictions were not average or okay or just good, they were VERY GOOD; and **insufficient!!** I realized then that I had 'decided' that if one had had any spiritual experience or conviction, then I could tick this point off on my recovery list and move on.

It is time for me to let go of those old ideas, and let a fresh, new set of ideas be blown through the dusty channels of my mind! Do I think God has only ONE spiritual experience to give? My previous ideas about God, what is good, what is normal, what I think I know, these all have to be pulled out and exposed to the Light and fresh air of recovery!

-- Anonymous in Alaska

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The character defect that seems to affect my recovery the most is pride. I had such expectations of myself and others. I needed to show up perfect, at all cost. Even to the point of pretending or dishonesty. I had unreasonable expectations of others, as well. I wanted people to do things my way. I was very controlling and opinionated. I have come to realize that often pride is in this. When I let go of pride and let God control my world I have such serenity. It's so interesting being around others that like to control. Allowing them to run the show and being willing to be in the background is so healthy for me. There's a part of me that wants to fight it and that's when the serenity prayer is so helpful. Nothing is worth losing my serenity over. May God bless you always on this high road of God's loving control.

--Anonymous

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### Serenity in a Nonstop World

- What is the role of serenity in your program?
- What are the benefits of serenity?
- When does the Serenity Prayer help you most?

I don't need too many boundaries in my new normal. People can pretty much do as they please. However, I do have my own boundaries for myself: Firstly, my abstinence comes first., "No thank you" is all I need to tell anyone who wants to (generously) offer me off-limits food. The no thank you is talking to myself especially. Secondly, I need to attend some meetings. I do try to find meetings, which don't impinge on my husband's needs, but I do need to get to some no matter what.

I have people who frequent my house. While they can pretty much be themselves, if I perceive something really negative, I need to speak up. This is an amends, but I don't have a right to knowingly injure them so I need to be careful for their feelings.

A boundary in my new normal is refraining from giving advice. I can share my experience, strength, & hope, but to give advice is inappropriate for 2 reasons: One, I am treating him/her like a child, and two, if my advice doesn't work out, he/she may blame me, or feel I owe something.

When I meet a new person I don't hug too long, or give too much information. That can evolve as trust is established. I think this is a safety boundary for everyone concerned.

Before program I didn't know this.

I have been given boundaries for talking to the ghosts of the past. For example, "you have a right to be jealous of me, but you may not hit me." Also, when I feel an

emotional boundary of mine has been breached by a cutting remark, I can ask, "What did you mean by that remark?" I use a soft, curious, not an offended voice. Generally this exchange clears up any doubt or hard feelings.

--Anonymous

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I certainly have seen the progressive nature of my compulsive eating. In my earlier days, I could follow diets and lose weight. That became harder and harder to do. My eating in one diet club got more dangerous as I manipulated their food portions/choices to eat as much sugar as I could and still be within my guidelines, eating little or no fat, low calorie vegetables, and then straight-lining sugar - the leanest candy I could find. I began having blood sugar crashes and thought I had developed diabetes!

Even after coming to OA and finally abstaining from sugar, I would still binge, only now it was on other foods that were "legal" - even raw veggies if that was all I could "permit" myself to eat. Always, it was ME who "gives me permission" to give in to this insane idea that overeating will be satisfying and pleasurable. I don't know if that was ever true, but TODAY, in my current status as a compulsive overeater, a binge is precisely unsatisfying! It increases my cravings even when I am full as a tick! It is precisely unsatisfying because now I just want MORE, MORE, MORE! The paradox here is that the most satisfying thing I can eat is a weighted and measured moderate meal. I have passed the point years back when I could stop when I wanted to. When I "Release the Kracken!" (my disease) I am at its mercy. It is not merciful. The true compulsive, obsessive nature of this malady is obvious. "Just one more" is the constant Chinese Thought Torture that hammers at my mind - another and another

and another and another again, and again, and again. My brain and my body see, to have broken all bonds - I can't pay attention to or ignore the bloating of my stomach to answer the call of more! Now when I "come to" and finally leave the kitchen (only when it's all gone) I really wish to be bulimic and get rid of it all to both avoid the consequences of weight gain and the intestinal anguish I have waiting.

I have no doubts left regarding Step One and my powerlessness over this killing disease. It is incurable, and I will always have the desire to overeat. But by the grace of God and OA and AA, There IS A Solution! I have the desire to be in recovery. So I will have these two forces within me: one that tries to destroy me with compulsive eating; one that reaches for recovery through the 12 Steps. Which one am I going to assist today?

-- Anonymous in Alaska : )

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*Expectations have threatened my recovery and my sanity. They've been the source of innumerable resentments and fears over the years. Whether I'm expecting good or expecting bad, I don't leave much room for my Higher Power to work. Expectations of myself and others both take me out of the present moment and I miss the good that is NOW. Gratitude helps banish this troublesome pest and reminds me that life on God's terms is doable each day.*

-- Anonymous

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## **Topics for our Next Northern Lights . . .**

**The July theme for The Northern Lights is also one for an upcoming Lifeline (November/December) but can certainly**

**apply to any time of year. Consider submitting!**

### **Great Big Gratitude List**

It's time to count our blessings together! Describe the gifts of the program you have received and share your gratitude for these gifts.

### **Giving Thanks**

What role does gratitude play in your recovery? How did gratitude open your eyes to the gifts of the program? What has been your experience with keeping a gratitude list?

### **Celebrating Holidays**

How do you maintain abstinence during holidays and celebrations? Share your strategies for shifting the focus away from food, dealing with triggers and joining in the fun.

Also . . . you may write and submit about any topic important to your recovery. In addition to writing, we welcome sketches, drawings, cartoons, graphic art, and photos! Submit to Nancy at [oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org).

Lifeline is always looking for submissions and accepts letters/articles, artwork and photos (no faces, please) for publication. More information and monthly topics are online at <http://www.oa.org/lifeline-magazine/monthly-topics/>

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## Ask-It-Basket

~from Ask It Basket and Archive, oa.org

**Q:** At a recent meeting, a member shared that the new [Overeaters Anonymous, Third Edition](#) is wonderful. She has it on her e-reader, and since the e-book has an option to share comments with all other readers, she responded with comments. Since the comment function is there, she assumed it is an OA-approved feature and that it is okay to comment. Is it? Is this cross talk or a break in anonymity?

**A:** OA has no opinion on outside issues. In addition, OA does not endorse any outside enterprises. If the member chose to share a comment, that is her choice. Members who mention that they are in OA are choosing to break their own anonymity. The opinions of the OA members do not represent OA as a whole.

— Members of the Board of Trustees provide answers to Ask-It Basket questions

## AAI and Region 1

### AAI Officers

(\*\*\*a complete list of all all AAI email addresses, including group rep's can be found at <http://oa-alaska.org>)

#### **Executive Board**

<a href="mailto:oachair@oa-alaska.org">oachair@oa-alaska.org</a>	Randy
<a href="mailto:oavicechair@oa-alaska.org">oavicechair@oa-alaska.org</a>	Crystal
<a href="mailto:oa treasurer@oa-alaska.org">oa treasurer@oa-alaska.org</a>	Jody L
<a href="mailto:oa corr secretary@oa-alaska.org">oa corr secretary@oa-alaska.org</a>	Wendy H
<a href="mailto:oa min secretary@oa-alaska.org">oa min secretary@oa-alaska.org</a>	Jody J

#### **Board**

<a href="mailto:oa newsletter@oa-alaska.org">oa newsletter@oa-alaska.org</a>	Nancy
<a href="mailto:oa literature@oa-alaska.org">oa literature@oa-alaska.org</a>	Dave
<a href="mailto:oa region 1 delegate@oa-alaska.org">oa region 1 delegate@oa-alaska.org</a>	Alice
<a href="mailto:oa sodelegate@oa-alaska.org">oa sodelegate@oa-alaska.org</a>	Open

### **Standing Committee Chairs**

<a href="mailto:oa retreat@oa-alaska.org">oa retreat@oa-alaska.org</a>	Open
<a href="mailto:oa special events@oa-alaska.org">oa special events@oa-alaska.org</a>	Open
<a href="mailto:oa publication@oa-alaska.org">oa publication@oa-alaska.org</a>	Open
<a href="mailto:oa oasis@oa-alaska.org">oa oasis@oa-alaska.org</a>	Open
<a href="mailto:oa twelfth step within@oa-alaska.org">oa twelfth step within@oa-alaska.org</a>	Open
<a href="mailto:oa outreach@oa-alaska.org">oa outreach@oa-alaska.org</a>	Open
<a href="mailto:oa lifeline@oa-alaska.org">oa lifeline@oa-alaska.org</a>	Sue
<a href="mailto:oa finance@oa-alaska.org">oa finance@oa-alaska.org</a>	Open
<a href="mailto:oa policies procedures@oa-alaska.org">oa policies procedures@oa-alaska.org</a>	Cassie
<a href="mailto:oa technology@oa-alaska.org">oa technology@oa-alaska.org</a>	David
<a href="mailto:oa archives@oa-alaska.org">oa archives@oa-alaska.org</a>	Open
<a href="mailto:oa librarian@oa-alaska.org">oa librarian@oa-alaska.org</a>	Open

\*\*\* Several positions in our intergroup remain open, including meeting representatives. (A conference phone is now available for call-ins.) Downloads for intergroup reps, our bylaws/policies/procedures, and other important information are available on our AAI site, <http://oa-alaska.org/> under the Anchorage Alaska Intergroup tab.

**There will be no scheduled AAI meeting in July.**

## AAI Summary Reports (in full)

### Chair's Report

June 4, 2015

We have someone interested in being nominated as our Retreat Committee Chair, Gail F. Gail will need to be nominated at the June AAI meeting. She has some ideas about the retreat. Some of her ideas include hosting it in the fall at an Anchorage hotel. Some of the themes she wants to discuss with the committee are: The 12 Steps and 12 Traditions, The Big Book Comes Alive, and God As We Understand God. Some of

the speakers she is suggesting to the committee are:

[http://www.oalaig.org/speakers/gail\\_p-02212015.mp3](http://www.oalaig.org/speakers/gail_p-02212015.mp3)

[http://www.oalaig.org/speakers/ken\\_g-20140802.mp3](http://www.oalaig.org/speakers/ken_g-20140802.mp3)

<http://www.oalaig.org/speakers/roy-l3.mp3>

<http://www.oalaig.org/speakers/ira-h.mp3>

[http://www.oalaig.org/speakers/kim\\_c-20150404.mp3](http://www.oalaig.org/speakers/kim_c-20150404.mp3)

AAI doesn't meet in July, if we plan to host a retreat this year, we might want to move quickly, so that we can acquire a retreat center and speaker.

Also, we have a motion on the agenda to provide a printable version of the Northern Lights. Currently, the adopted Northern Lights template has a picture of the Northern Lights in the header. Also, it includes other pictures, art, and clip art. A member pointed out that those items consume an enormous amount of ink. She prints copies of our newsletter for her meeting. The proposed motion tries to resolve the issue by providing the adopted format and a printable version of the Northern Lights. This is in keeping with Traditions 1, 2, and 9. We listen to all voices, we become informed, we take a group conscience, allowing God to speak through us, and we serve those to whom we are responsible.

I am grateful to serve you.

Humbly submitted by  
Randy S, Chair

### **Vice Chair's Report**

June 6, 2015

I regret I cannot attend this month's Intergroup meeting as I will be traveling

during that time. I was able to find the emails I had started compiling a month and a half ago, sent out the provided Group Info Word Document that the Chair provided to me. As of right now I am still waiting to see the returned forms, I will keep calling and reaching out to the groups when I go to meetings and keep reaching out to get those filled documents back for the Intergroup records.

Thank you for all your service and for allowing me to be of service as well,

Respectfully,  
Crystal

### **Region One**

June 6, 2015

Present: Members/ Intergroup Chairs from Calgary, Canada, Bend, Oregon, Montana, Portland, Oregon, Anchorage, Alaska. Merry, Chair, is in England. Ruth Vice-Chair, chaired.

At oa.org:

- Check OA bulletin popup for newest updates
- Hear 2015 keynote speaker from WSBC
- Monthly podcasts
- New poster 5 for \$10.

Encourage groups to increase 7th Tradition, for translations, website maintenance, printing a few salaries, copies.

Convention: Chair is Linda (I have her info.)

Promote quilt tickets chances at meetings. Those tickets are not submittable online. Quilt supports scholarship fund Print chances at oaregion1.org

Region 1 Convention, September 18-20, Bend, Oregon

- Will be held at River House, on the Deschutes River.
- Theme will be: The Journey is the Destination.
- Fall is lovely in Bend.
- Take river hikes!
- Ruth testified she gained spirituality at a convention.
- Only 2-3 registered now.
- Needed: volunteers for registration table

2016 Convention will be in Calgary.

Lifeline articles are due 6/15: Character Defects

Checklist:

What can be done for OA?, By individual?, By group?, By Intergroup?, By Region?, By WSO?

Online sponsorship: sponsors needed.

Assembly: I'm giving AAI Chair my certificate of eligibility, also request for financial help.

In Service,  
Alice  
Region 1 Delegate

### **Outreach Committee Chair Report**

#### **Policies and Procedures Report**

#### **AAI Literature Report**

6-6-2015

On May 4th \$55.75 was deposited in the OA literature account. On May 29th there was a \$4.25 service charge. On June 3rd \$151.00 was deposited in the account giving a current balance of \$887.79

The status of available literature is good.

In service of OA,  
Dave T.  
OA Literature Chair

### **News and Outreach**

Announcements below can also be found online:

<http://www.oa.org/>

<http://www.oaregion1.org/>

### **Request for Speakers at Region 1**

#### **Convention, Bend, OR,**

(A forward from Pat, Region 1 Secretary)

Subject: Speaker Request for the 2015 Convention in Bend

### **Hello Wonderful Delegates and Terrific Intergroup Chairs,**

**I am forwarding this request for speakers for the Bend Convention to you. I am hopeful that many, if not all of you, are coming to Assembly and staying for the Convention. It would enrich the workshops to include the ESH of from as many far flung members as possible at the Convention. Please consider being a speaker. ~ Pat, Region 1 Secretary**

*Hi, my name is Ali C. Could you send this email to Region 1 to ask them if they would be willing to speak at a workshop at the Region 1 Convention in Bend, OR, Sept 19, 2015? We have not been able to fill the workshops up. If they cannot speak, perhaps they can email me with a name of someone else I can contact. The open subjects are: surrender, sponsorship, step 4-5, 100 pounder, step 9-11, LGBT, and body image. We need two people for each workshop and all the rest of the workshops only have one person to speak.*

*Thank you so much for your service. We appreciate it. Let me know by June 15th.*

*I am grateful for your attention to this...*

Thanks, Ali C.

[77saturn77@gmail.com](mailto:77saturn77@gmail.com)

PS. By the way, many of you have already signed up ... Thanks!

## Virtual Workshops Podcasts Second Sundays of 2015

Got recovery? Find out how it works! Download and listen to the preview of thirteen hours that can change your life!

<http://www.aa.org/aaopodcasts/>

3-4pm EST = Noon – 1pm Pacific Time

2<sup>nd</sup> Sunday of each month

424-203-8405 Pin code: 925619#

Starting with “Step Zero” and Step One and working through all Twelve Steps, members share how working the Steps changed their lives physically, emotionally, and spiritually. Check the OA Datebook calendar at [oa.org/datebook-calendar/](http://oa.org/datebook-calendar/) for more information.

## Quarterly Relationship Workshops -- Traditions Provide Principles for Harmonious Relationships

September 12<sup>th</sup>, December 12<sup>th</sup>, 2015

Saturdays – 1:00pm ET

Phone: 424-203-8405 Pin code: 925619#

## Free Abstinence Downloads

OA released four new resources last year to support members in becoming abstinent and living a life free from compulsive eating and compulsive food behaviors. Available to the fellowship for free, the materials can be used by members, groups, service bodies, sponsors and sponsees, and OA workshop presenters to increase the focus on our primary purpose, which is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Find all four free downloads on the Group Support page of [aa.org](http://aa.org).

- . Strong Abstinence Checklist
- . Abstinence Literature Resource Guide
- . Abstinence PowerPoint Presentation

. Just Released! The Difference Between Abstinence and A Plan of Eating Workshop, including leader’s guide, handouts and a PowerPoint PDF presentation.

**Young Persons in OA:** Compulsive food behaviors often start in the teen/young adult years. For information and resources, visit OA’s “Young Persons in OA” page under Newcomers.

<https://www.aa.org/newcomers/young-persons-in-aa/>

**Region 1 Convention 2015 – Bend, Oregon  
September 18-20  
Hosted by the Central Oregon Intergroup**

Are you planning to attend Convention, September 18-20, 2015, in Beautiful Bend, Oregon???? Convention can change your life!!!

Would you like to provide some service at Convention? We need your help in a variety of areas!!

There are lots of details in organizing a Convention and together we can do anything. If you are able to help out, either your Intergroup or you personally, please contact our Vice Chair, Ruth D at [vchairR1@gmail.com](mailto:vchairR1@gmail.com)

## Win the 2015 Region 1 Quilt!

Our 2015 Convention theme is "*The Journey Is the Destination.*" What will our 2015 quilt will look like?

## YOU could be the Lucky Winner!

Drawing will be on Sunday, September 20 at the 2015 Region 1 Convention in Bend, Oregon.\*

**Buy a BUNCH of 2015 Quilt Raffle Tickets!** 1 for \$1.00 ~ 6 for \$5.00 ~ 25 for \$20.00.

**What??? Only \$20 for 25 tickets?**

**YES!**

**Be a "Secret Santa"!! Buy them for your Sponsor/Sponsees/Friends. Print LOTS of them to distribute enthusiastically at OA meetings and events.**

Instructions are on the tickets: fill in your contact information on the Quilt Raffle Tickets, mail them and your check or money order to OA Region 1.

Or bring them with you to the Convention.

\*Need not be present to win.

**\*\* DOWNLOAD Raffle Tickets from this link!\*\***

<http://www.oaregion1.org/2015-quilt-raffle.html>



(from <https://www.oa.org/lifeline-magazine/>)

*Lifeline*, OA's international magazine, serves as an indispensable "meeting-on-the-go." Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers. Tucked in a purse, a suitcoat pocket or a lunch bag, *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed.

The true stories in *Lifeline*, written by OA members, share the challenges and triumphs of recovery from compulsive overeating. *Lifeline* publishes a list of [monthly topics and questions](#) to encourage members to share their stories of experience, strength and hope. The [Lifeline Writers Guidelines](#) provide additional assistance to would-be writers, describing the submission process and giving guidance on how to write articles. A [sample issue](#) of *Lifeline* appears online, sharing with newcomers and Web-site visitors the support available in *Lifeline's* pages. *Lifeline* readers can locate articles from the previous year by referring to the [2014 Lifeline index](#).

*Lifeline* is available both as a print magazine and as an online magazine.

To subscribe or renew *Lifeline* in print, [click here](#).

To subscribe or renew e-*Lifeline*, [click here](#).

Current e-*Lifeline* subscribers [click here](#) to view *Lifeline*.

## ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE

### Anchorage

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Monday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book</i>	<i>Kathy 330-9442</i>
<i>Monday</i>	<i>6:00 pm</i>	<i>St. Mary's Episcopal Church, Lake Otis &amp; Tudor</i>	<i>AA Big Book</i>	<i>Tanya 317-7451</i>
<i>Tuesday</i>	<i>5:30 pm</i>	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</i>	<i>OA/HOW</i>	<i>Meg 248-0300</i>
<i>Thursday</i>	<i>6:30 pm</i>	<i>Lutheran Church of Hope, 1847 W. Northern Lights Blvd</i>	<i>There is a Solution</i>	<i>Carolyn 279-1942</i>
<i>Friday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book &amp; OA Book</i>	<i>Rachel 632-3236</i>
<i>Saturday</i>	<i>9:00-10:30am</i>	<i>St. Mary's Episcopal Church, Lake Otis &amp; Tudor</i>	<i>AA Big Book</i>	<i>Twyla 444-7251</i>
<i>Sunday</i>	<i>9:30 am</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>As Bill Sees It. VOR &amp; For Today</i>	<i>Candy 350-5255, Jean 345-9805</i>

### Mat-Su

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Monday</i>	<i>Noon</i>	<i>Wasilla: Alano Club Snohomish/Fishhook Rd</i>	<i>Big Book</i>	<i>Terri 376-3227</i>
<i>Wednesday</i>	<i>6:00 pm</i>	<i>Wasilla: Alano Club Snohomish/Fishhook Rd</i>	<i>Topics</i>	<i>Gail 357-4644</i>
<i>Saturday</i>	<i>9:30 am</i>	<i>Wasilla: Alano Club Snohomish/Fishhook Rd</i>	<i>Speaker/Topic</i>	<i>Brenda 240-6331</i>
<i>Sunday</i>	<i>6:00 pm</i>	<i>Palmer: St. Michael's Parish, 432 E Fireweed Ave, in the office, the Knights of Columbus Rm.</i>	<i>Speaker/Topic</i>	<i>Randy 745-7485</i>

# ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE (cont.)

## *Homer*

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Tuesday</i>	<i>5:30 pm</i>	<i>Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs</i>	<i>Steps/Trad/Lit</i>	<i>Julie 235-6696 Nancy 399-5944</i>
<i>Friday</i>	<i>Noon</i>	<i>Homer United Methodist Church, 770 East End Rd. Knitting Room, upstairs</i>	<i>Open</i>	<i>Julie 235-6696 Nancy 399-5944</i>

## *Kenai*

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Monday</i>	<i>5:30 pm</i>	<i>URS Club, Suite #71, in the Old Sears Mall</i>		<i>Ellen (518) 884-9936</i>

