

The Northern Lights Newsletter

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Voice of AAI, March 15, 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 issue. The Newsletter Editor will distribute The Northern Lights to the AAI meetings, members, and other service bodies via the AAI email system.

Note from the editor:

Once again, I'm grateful how easily this issue of The Northern Lights has taken form, especially as I've been traveling, and

now back home, am recovering from a persistent cold. I'm grateful for the reminder that editing our newsletter gives me one more opportunity to move out of the driver's seat, letting HP take the wheel. For those of you who submitted responses to this month's theme . . . thank you. For the officers and chairs who submitted reports for publication . . . thank you for your time and energy. For all of you reading . . . thank you!

As editor, my goal is to strengthen communication between AAI officers and chairs and all other members, to clarify any mysteries about the workings of our intergroup. Our newsletter is full to bursting and longer than usual. As editor, I'd appreciate feedback on its content, Goldilocks style: Too much, too little, or just right? . . . and why? Keep in touch . . . and enjoy.

Nancy
Northern Lights Editor
oanewsletter@oa-alaska.org

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/
- AAI/Anchorage Alaska Intergroup <http://oa-alaska.org>

March, our Third Month . . .

Step Three: Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

Our Voices

(A Step Ahead Editor's Note: As part of the 2015 Strategic Plan initiative to increase focus on the Importance of Working All Twelve Steps, members of the OA Board of Trustees are contributing one article per issue to share their experience, strength, and hope on this theme.)

A Better Way

— Teresa K. (from *A Step Ahead*, WSO's newsletter, First Quarter 2015, Volume 19, Number 1; <http://www.oa.org>)

One of my favorite OA literature quotes is from the chapter on Step Three in *The Twelve Steps and Twelve Traditions of Overeaters*. Anonymous: "Once we compulsive overeaters truly take the third step, we cannot fail to recover" (p. 27). I find it a promise on par with any other; however, I understand that promise in the context of my experience as a recovered compulsive eater and what it means to truly take the Third Step.

Before taking the Third Step, I have to know deep in my core that I am powerless over compulsive eating and my life is unmanageable. I know that I am physically allergic to certain foods, and I have a mental obsession that tries to convince me I can eat anything I want without suffering consequences.

When I acknowledge both the compulsion and the obsession, it follows that on my own I am unable to recover. Therefore, if I am to recover, I must access a power greater than myself and

greater than the disease of compulsive eating. Otherwise my condition is hopeless.

But how do I access that power? My experience is that I develop a relationship with that power by working all Twelve Steps—in order and in every single aspect of my life.

So to truly take the Third Step includes the sure knowledge that I must immediately take action to continue the inventory process, which includes Steps Four through Nine. Once I have done that, I continue to take inventory, acknowledge my character defects, and make amends by working Step Ten.

In Step Eleven, I enhance my relationship with that power still further through prayer and meditation. In Step Twelve, that spiritual relationship comes into play in all aspects of my life, and I have a strong, compelling message of threefold recovery to carry to the compulsive eater who still suffers.

If I have experienced recovery on all three levels—spiritual, emotional, and physical—then why must I continue to work OA's Twelve Steps? Very early in my life, food and compulsive eating became my only real coping mechanisms for dealing with life's problems. Today, using food for any reason other than nourishing my body is not an option, so I need a new way to deal with life. Working the Twelve Steps has proven to be my solution to all my problems, real or imagined. I no longer want or need to eat compulsively because I have a better way of dealing with life.

Step Three in the Twelve and Twelve goes on to say, "As we live out our decision day by day, our Higher Power guides us through the remaining nine steps" (p. 27). So when I truly take Step Three, it means I actually use all of the Steps on a daily basis to abstain from compulsive eating and compulsive food behaviors and to achieve and sustain threefold recovery.



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Submissions from within AAI:

- What finally got you to your first OA meeting? What do you most remember about your first OA meeting?
- What are the hallmarks of a strong, healthy meeting? What practices and principles can members encourage in their meetings to strengthen them?
- Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

M: members joining hands

E: energizing each other via a Higher Power

E: entertaining and adopting new ideas to change

T: taking time to learn and grow

I: inspiring each other to carry on

N: nudging one another to trudge the Recovery Path

G: gaining serenity, abstinence and wisdom to give them away

-- Anonymous

What got me to my first OA meeting?

I was moving into a new house. I had lost all my weight in TOPS, but had already bounced back to my original weight. I was yelling at my children. I was raiding the cupboards. I was annoyed with my husband. I made my way through the maze of packing boxes, and found the phone

book. I looked up weight loss programs in the yellow pages. The TOPS mtg. was on the other side of town, I learned after a call. The Overeaters Anonymous number was right next to it. I called and learned that there was a meeting right up the street from my new house. I went to the meeting, and stayed in program. I've lost weight, but gained sanity, balance, patience, acceptance, peace, and a process (the 12 steps) for facing any situation.

~~ submitted by Anonymous

My first OA meeting! Wow. That was years ago. I don't know what got me there. But it was crazy. The meeting made no sense to me. I hardly remember, besides hearing of it, what got me there. I remember people milling around. (That was probably before it started). I don't know what I expected. But I didn't go back. It wasn't until several years later after 4 pregnancies, more pounds and more life.

One day after church one of the gals had lost a significant amount of weight. I spoke to her about it and she took me to an OA meeting. It was in a small town, small meeting. I got a sponsor and worked the steps. There were lots of emotions. I lost 50#s and kept it off for 3 years. Slipped and slid through another couple years before I left OA.

After 10 years and 60#s we moved to the city and I went to some meetings. I went to 6 different meetings trying to find a "home". I

didn't achieve much recovery in those years; physically or spiritually. I had victories over sugar that would last 6 months to a year. "Eating out of the bag" has been a real struggle for me. It was falling back into that, after a long abstinence that got me desperate. One of my friends that had come to OA through me was getting some recovery. I went to encourage her and she sponsored me! I was committed to going 60 miles once a week to her meeting. I did this for a year. I worked the steps and struggled with abstinence. I lost some weight and got some recovery. I had a good solid year in recovery. I sponsored someone. I didn't get long term abstinence.

My friend that sponsored me quit coming to that meeting. So I started going closer to home. I found a sponsor that had good recovery. It's been so life-changing. I listen to her and she helps me. She encourages me to pray about EVERYTHING! I forget and need constant reminding! I now have one year of abstinence. I have committed meetings and friends in OA. They walk with me through thick and thin. I feel sane today! And it's because of this program!

My sponsor has helped me understand that it's not about food. It's about freedom. I am free today. Free from compulsive eating and compulsive food behaviors. Life is rich and full. I am so thankful. I know there will be ups and downs. I've experienced a few. But God is with me every step of the way. Thank YOU for walking with me. I'm not alone!

-- Anonymous

Meeting Virtually!

Recently, while I was visiting Outside, I received a text, joining four others from our home OA group . . . a virtual meeting of five, via phone. Soon responses began tumbling in, my cell emitting happy chirps

with each one, just what I needed to remember that I am not alone in my oft-experienced bewilderment and angst over food in social situations. Indeed. We are a part of a bigger plan, and we are loved.

Here are our texts:

- Heading to neighbor's soon for brunch. Arg. Anxious. Grumpy. Haven't had breakfast. This is messing with my meal plan. Trying to adjust my attitude. Worried there won't be things I can eat there, but it sounds like there will be...maybe I should have a snack first so food won't be so important. Thanks for being there!
- *Yes snack!! Take some food with you too.*  *I've taken to bringing a food I can eat to potlucks.*
- Take good care of you first. A body friendly snack makes so much sense. Traveling, I've struggled w 3 meals but snacked this morning ... orange and veggies ... before heading out. Thanks. Your text helped me.
- Phew! Varsity level recovery-showing up for life on LIFE'S TERMS! Had a helpful discussion with a friend this morning about powerlessness and surrender. The lack of control is another example of just how powerless we are over food...thankfully a loving Power bigger than I swoops in and saves the day. Always. I'm also heading into a situation with food present I don't want to eat. Surrendering my will with prayer is the only option I can think of. Love to you all!!!
- Yay, sisterhood! I, too, had a situation yesterday where I was out



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of control of my food or at least I perceived that and was fearful about not having what I wanted to eat when I wanted to eat it. Writing about it this morning and talking with OA sisters was a gift. It provided me the reminder I needed that I am powerless over food but that my higher power has what's best in store for me if I am just willing to accept.

- *So much wisdom and support here. It makes me full of gratitude for all of you and this program in my life. Food has been a roller coaster but you all and HP keep me accountable and sane.*
- I just wanted to share something that made me giggle. I am out on a walk I was looking out over the ocean with the mountains and the low lying fog bank in the bright sunshine and then I turned and looked over my other shoulder and there was an outhouse and a big pile of dirt. I choose to look at the ocean. What I choose to focus on becomes my reality :)
- Oh. .. you all da best. Just made it through bakfast filling up this last day w our son and his wife, instead of seconds on food. Remarkably filling! XO from Outside.
- Thank you all. So much love and wisdom here. I ended up fine. And I had a nice time with good people.

All that wasted worry! Thank you for understanding!!! Happy day to all of you dear sisters.

- *Happy day to you as well.*



-- Anonymous

The most memorable thing that has happened to me was very recent. My home group is a newer meeting and after going to regular meetings and listening to the same scripts over and over every week, our group had discussed in the past changing what we read at the beginning. A number of our group members were experiencing some hard times and we chose to change the passage we normally read from the Big Book. For the first time in 6 months the room was silent as the passage was being read. No one was fussing with their phones or papers, only absolute silence as we listened. I loved that we were able to change a simple passage up and create a real moment we were able to share together.

-- Anonymous

Our Next Northern Lights . . .

The April theme for The Northern Lights will be . . . your favorite sayings from program. What words have inspired you, anchored you, shored you up in your journey of recovery? What have you learned through . . .

- slogans
- quotes
- readings
- gems from your sponsor or others in program.

Share your strength, hope, and experience with the rest of us.

Also . . . you may write and submit about any topic important to your recovery.

If you're thinking about submitting, please do! In addition to writing, we welcome sketches, cartoons, and pictures! Submit to Nancy at oanewsletter@oa-alaska.org by April 12.

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

The WSO staff creates Lifeline from OA members' letters. Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating. Send your letters to Lifeline, PO Box 44020, Rio Rancho, NM 87174-4020 or email <http://overeatvmweb1.inetuhosted.net/contact/>

Ask-It-Basket

~from Ask It Basket and Archive, oa.org

Q: I attended a couple of OA meetings a few years ago. At the time, I decided it wasn't for me; but the fact is I cannot control my eating. I had a heart attack in 2008, but still I am unable to execute any control. I don't understand how someone can be addicted to food! Everyone has to eat! Because I am diabetic and insulin dependent, I cannot abstain from carbohydrates. What if I become hypoglycemic? But I have an idea. Can I

get a meal plan from my doctor and have abstinence by sticking to that plan?

A: Your insight to get a food plan from your doctor is right on. We recommend members with a medical condition consult a medical professional for a plan of eating that can work.

A plan of eating is one of nine Tools in OA to help us to recover from compulsive eating one day at a time. It is not the same as abstinence, but a Tool to help us be abstinent. See the pamphlets A Plan of Eating and The Tools of Recovery, which are available at some meetings and at bookstore.oa.org.

In OA, "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of working the Twelve Step program of OA" [Business Conference Policy Manual, 1988b (amended 2002, 2009, and 2011)].

When I first came to OA, I was hypoglycemic, so I couldn't do what seemed to be the norm at that time: three meals a day with nothing in between. I also couldn't diet, because I was a yo-yo dieter who lost weight only to gain it back plus more. So instead I asked my medical professional's advice for a plan of eating, which I could follow only with the help of OA meetings, other members, my sponsor, and my Higher Power. Working the Steps helped me to be abstinent and live well one day at a time. As it is stated in Our Invitation to You: "We have found that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness."

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I hope you read our literature and keep coming back to meetings. There is nothing like another compulsive eater to understand what you are going through. Together we can do what we could never do alone.

— Members of the Board of Trustees provide answers to Ask-It Basket questions; from *Lifeline*, March, 2015; <http://www.oa.org>

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

ochair@oa-alaska.org Randy
oavicechair@oa-alaska.org Crystal
outreasurer@oa-alaska.org Jody L
oacorrsecretary@oa-alaska.org Wendy H
oaminsecretary@oa-alaska.org Jody J

Board

oanewsletter@oa-alaska.org Nancy
oaliterature@oa-alaska.org Dave
oaregion1delegate@oa-alaska.org Alice
oaawsodelegate@oa-alaska.org Open

Standing Committee Chairs

oa retreat@oa-alaska.org Open
oa_special_events@oa-alaska.org Open
oa_publication@oa-alaska.org Open
oa_oasis@oa-alaska.org Open
oa_twelfth_step_within@oa-alaska.org

Open

oa_outreach@oa-alaska.org Tanya

oa_lifeline@oa-alaska.org Sue

oa_finance@oa-alaska.org Open

oa_policies_procedures@oa-alaska.org Cassie

oa_technology@oa-alaska.org David

oa_archives@oa-alaska.org Open

oa_librarian@oa-alaska.org Open

*** Several positions in our intergroup remain open, including meeting representatives to attend intergroup. (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.

...from AAI Bylaws/Policies and Procedures (April, 2014)

***available online:

<http://oa-alaska.org/> → Anchorage, Alaska Intergroup → Bylaws and Policies and Procedures

ARTICLE III - MEMBERS OF INTERGROUP

Section 1 – Membership

Membership of the Intergroup with voice and vote includes the following:

1. The Intergroup executive board.
2. Newsletter Editor.
3. Literature Chair.
4. Standing Committee Chairs.
5. Intergroup representatives, which consist of one member from each group.

6. World Service Business Conference Delegate(s), and Region One Delegate(s).

Section 2 - Qualifications

The following are the qualifications of eligibility for membership in the Intergroup.

1. Those groups within the region or the geographic definition of Intergroup that have formally registered with World Service Office and indicated their intention to belong to Intergroup are considered members. An OA group is defined as the following:

- a. As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA.
 - b. All who have a desire to stop eating compulsively are welcome in the group.
 - c. No member is required to practice any action in order to remain a member or to have a voice (share at a meeting).
 - d. As a group, they have no affiliation other than OA.
 - e. A group may be formed by two or more persons meeting together as set forth in Article IV, Section 1 of Overeaters Anonymous, Inc., Bylaws Subpart B.
 - f. Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:
 - 1) otherwise meet the definition of Overeaters Anonymous groups;
 - 2) are full interactive; and
 - 3) meet in real time.
2. Each group shall be entitled to vote through its elected Intergroup representative.
3. No group may be registered with another Intergroup.

Section 3 - Intergroup Representatives

- 1. An Intergroup representative will be selected from the group conscience of the group they represent.
- 2. The duty of the Intergroup representative is to represent the group at Intergroup meetings and to carry communications between the Intergroup and the home meeting.

AAI’s next scheduled meeting will be held April 4 at The Oasis in Anchorage at noon. Those unable to physically attend can call in via teleconference. Email our webmaster, Randy, for call-in information:
oawebmaster@oa-alaska.org

Officer and Chair Reports

Region 1 Delegate

March 7, 2015

I attended the Region 1 meeting this morning by phone. These were the points discussed:

- Lifeline needs submissions. It's easy at oa.org.
- At oa.org is a newly renovated online bookstore . There is a new oa-approved literature catalogue .
- All the workshops & marathons put on by the Board of Trustees are available as podcasts at oa.org.
- The "find a meeting" portion of oa.org has been revised and works better than previously.

Respectfully submitted,
Alice Wright
Region 1 Delegate

Further , I hereby move that AAI invite the Region 1 Board to meet in 2017 in Anchorage.

Alice
Region 1 Delegate
oaregion1delegate@oa-alaska.org

AAI Chair

March 7, 2015

A member from Whitehorse contacted me this month. She found us via our web page, got my email, and sent an email asking for information of upcoming AAI events. I responded that we would add her to our member list usergroup so



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that she will get newsletters, flyers, and other information. In addition, I explained our Sponsor List. She stated that she would pass it along to other members in Whitehorse. Also, I emailed her, attaching our January and February Northern Light Newsletter. I think it is exciting to hear from other members from outside the AAI area. Besides, hearing from a member in Whitehorse, we have a Juneau area member on one of our standing committees. She is a non-voting member. She simply wanted to listen to ideas and suggestions discussed (and perhaps share some) and share them with her intergroup.

Two standing committees, Outreach and Policies and Procedures are meeting online. Both committees have more than the minimum three members. That is great! We have members who are willing to work together; looking for ways we can carry the message, and trying to improve how we currently carry the message. Because committees meeting online are new to AAI, both committees are examining how to meet and work together. How can they meet online and yet make it work like a face-to-face committee meeting? Our Technology Committee is looking for members. Please contact David to join the committee. I want to thank Tanya, Cassie, and David and all the members of the committee for their service.

“Each standing or special committee, according to our bylaws states, shall be responsible for calling and holding meetings (face-to-face, via the telephone, SKYPE, or e-mail), and establishing its method of procedures, subject to the approval of the Intergroup board and the guidelines of the Twelve Traditions and Twelve Concepts of OA.” The committees are developing procedures for meeting, which

adhere to our Twelve Traditions and Twelve Concepts, and will be subject to the approval of AAI. They meet, discuss issues referred to them or issues brought up in the committee, and votes on those issues (a group conscience), which it then proposes (makes a motion) to AAI (all the groups) to decide, God working through us (a group conscience).

According to our bylaws, ARTICLE IV - THE INTERGROUP BOARD, Section 2 - Qualifications for the Intergroup Board, to be qualified to serve on the Intergroup Board, a member must be: committed to working the Twelve Steps and Twelve Traditions of OA, familiar with the Twelve Concepts of OA Service, familiar with the Bylaws of AAI, and be a regular attendee of an active group. According to Section 3 - Responsibilities of the Intergroup Board, The responsibilities of the Intergroup Board are to: 1. Serve as guardians of the Twelve Steps, Twelve Traditions and Twelve Concepts with respect to the functions of the Intergroup board. All of us, you and me, are guardians of our principles.

I am grateful to serve you.
Humbly submitted by
Randy S, Chair
oachair@oa-alaska.org

Vice-Chair

March 7, 2015

I have been compiling a contact list for the meetings, trying to figure out who has representatives and who does not. I am starting with the contacts from the website and going

from there, starting in the Mat-Su Area and Anchorage, then moving out into the other areas.

I am hoping that the Policies and Procedures committee and this body will be able to clarify the position so I can do one job well instead of not doing any of the multiple jobs

Below is an abbreviated response that I sent to the Policies and Procedures committee in response to my concerns:

I am deeply concerned about the amount of responsibilities which are placed on the Vice Chair, getting to know what the responsibilities are has led me to think that instead of reaching out to the community for more people to start getting into Intergroup service whether in the committees or AAI positions, they are just lumped into the Vice Chair's position, and even if I wasn't looking at this monster for myself that doesn't seem healthy for us as an area, it's no wonder no one wants the job and honestly, if I had been more cognizant of my decision and not just excited for the service opportunity, I would have said, "No, find me something else. I have stepped in and said I am going to do it but I think it is something that should really be reconsidered, that one person cannot safely do all those things and if they are, they are just trading one compulsion for another and there cannot be health and serenity in that."

Blessing in Service,
Crystal
oaicechair@oa-alaska.org

Outreach Committee Chair

March 6, 2015

Committee Chair: Tanya H

Committee members: Alice, Cassie, David, Jody, Mandy, Randy, Wendy H, Wendy, Jason
Currently how is the committee reaching out to the Professional community, Institutions, and Young People with public information?

This committee's goal is to present a packet to the board, for revision and or approval that can be mailed to Health & Medical professionals.

Discussion is underway on what to include in this package and how the letter should look. We hope to continue to work toward getting this accomplished and possibly present it at the next AAI meeting.

We will need to assemble a list of professionals and institutions that may benefit from the knowledge of the program of Overeaters Anonymous and would appreciate any input for specific professionals, institutions, and types of physicians we could send packages to. We have had suggestions of:

Endocrinologists
Child Psychologists
School Nurses
Alaska Premier Health
Base Physicians

How is the public being informed of the program of Overeaters Anonymous?

This need is currently not being met.

How are health and other professionals being informed about the program of Overeaters Anonymous?

This need will be met through the approval of packets to be sent out to health and medical professionals.

Is Overeaters Anonymous currently being represented at any health fairs or medical conferences?

No, we will work toward fulfilling this need once a manual is purchased with instructions for OA approved displays to be used at health fairs.

How is the Outreach committee assisting in the publicity and operations of special Overeaters Anonymous meetings inclusive of or specific to young people?

Currently there are no meetings for young people. This committee is generating ideas on how to bring the program of OA to young people. Sending letters to health providers who deal with young people would be where we



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start. Ideas have come up in regards to creating a display for health fairs that may be adapt to take to schools and present during health classes.

Additional items:

At the January 2015 AAI meeting the Outreach Committee was asked to create a possible script for answering the hotline number. That script has been worked on hopefully we will have the script to AAI shortly.

In summary: It has been an interesting month and I would like to thank everyone for their hard work and wonderful ideas. This committee is producing a script as well an attached summary of frequently asked questions that was derived from OA's Outreach Manual. Once more people answer the Hotline we would like to see what questions are being asked and add to this list. We also welcome any verbiage changes that might be more appropriate to say when speaking with someone on the phone.

We are in the early stages of creating a packet that can be mailed out to Health Care professionals and institutions. I believe that this a great start to helping spread the message. We will need to compile a list of specific health care providers and institutions that may benefit from the knowledge of the program of OA or specific kinds of providers we should be sending this information to. Suggestions form OA members with contact information and provider types would be greatly appreciated.

There have been a number of committee members that are interested in reaching out to young adults and we make look at taking a greater interest in that once the packets are completed. We are currently generating ideas on how to reach out to young people.

Copies of the manuals specific to this committee would be a great help. I look forward to the continued work of this committee to help spread the message to those who still suffer.

New committee members and suggestions are welcome, if you have either please email me at oa_outreach@oa-alaska.org.

Tanya H
Outreach Committee Chair
oa_outreach@oa-alaska.org

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Policies and Procedures Chair

During the February AAI meeting, the Policies and Procedures Committee was tasked with creating manuals for each position. We are looking for input from current or past officers, and would greatly appreciate your assistance with this task. Please submit to us a description of your roles and responsibilities as you see them now or in the past. This will give us your point of view and input so we can better organize our roles, and to ensure that duties are not being unduly overlapped or missed. This process will take a while to

complete, but with all of us working together, we should be able to do it in an efficient manner and let us better help the next generation of officers to follow.

Thank you,
Cassie
Chair, Policies and Procedures
oa_policies_procedures@oa-alaska.org

Technology Committee

Good day to all! This is David asking for volunteers for our tech committee! I must stress that I am looking for and need people who are specifically not tech oriented. If you have no clue about computers and how they work I am especially interested in placing you on the committee. We will be focusing on the website, it's design, and ways we can make it more accessible to people with little to no technology experience. I will also be looking to collect suggestions and ideas about how we can utilize tech to get our message out. However regardless of your experience or age, I really would like to hear from you! Please respond to this email if you are interested!

David
Technology Chair
oa_technology@oa-alaska.org

News and Outreach

Announcements below are available at <http://www.oa.org/> and <http://www.oaregion1.org/>
Visit and see what else is going on in our OA world!

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.oa.org/oa podcasts/>

3-4pm EST = Noon – 1pm Pacific Time

424-203-8405 Pin code: 925619#

More virtual workshops will continue each 2nd Sunday in 2015. Starting with “step zero” and Step One in January and working through all Twelve Steps, members will share how working the Steps changed their lives physically, emotionally, and spiritually. Check the OA Datebook calendar at oa.org/datebook-calendar/ for more information.

Quarterly Relationship Workshops -- Traditions Provide Principles for Harmonious Relationships

March 14th, June 13th, September 12th, December 12th, 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 oa.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.



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Region 1 Convention 2015 – Bend, Oregon – Hosted by the Central Oregon Intergroup

Are you planning to attend Convention 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

World Service Business Conference -- WSBC – April 27th, 2015 – May 2nd, 2015 – Embassy Suites, Albuquerque, New Mexico

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ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE

Anchorage

Day	Time	Address	Type	Contact (907)
Monday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book	Kathy 330-9442
Monday	6:00 pm	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Tanya 317-7451
Tuesday	5:30 pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	OA/HOW	Meg 248-0300
Wednesday	6:00 pm	North star Hospital 2530 Debarr Rd., Private dining room, past seating area.	Steps/Trad/Lit	Sue 333-1669
Thursday	6:30 pm	Lutheran Church of Hope, 1847 W. Northern Lights Blvd	There is a Solution	Carolyn 279-1942
Friday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book & OA Book	Rachel 632-3236
Saturday	9:00-10:30am	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Twyla 444-7251
Sunday	9:30 am	Kaladi Bros., 6921 Brayton Dr.	As Bill Sees It. VOR & For Today	Candy 350-5255, Jean 345-9805

Mat-Su

Day	Time	Address	Type	Contact (907)
Monday	Noon	Wasilla: Alano Club Snohomish/Fishhook Rd	Big Book	Jody 376-3593
Wednesday	6:00 pm	Wasilla: Alano Club Snohomish/Fishhook Rd	Topics	Gail 357-4644
Saturday	9:30 am	Wasilla: Alano Club Snohomish/Fishhook Rd	Speaker/Topic	Brenda 240-6331
Sunday	6:00 pm	Palmer: St. Michael's Parish, 432 E Fireweed Ave, in the office, the Knights of Columbus Rm.	Speaker/Topic	Randy 745-7485



Voice of AAI, March 15, 2015

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>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>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>

