

The Northern Lights Newsletter

1

Voice of AAI -- May, 2015



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Our Voices	Pp 2-3
Ask-It Basket	Pp 3
AAI Contacts	Page 4
AAI Reports in Full	Pp 4-6
News and Outreach	Pp 6-7
Meeting Schedule	Pp 8-9

** 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.

Responding to a member who prints copies for her group, I have eliminated the colored header (snazzy but ink-hungry) which appeared on every other page! If you have comments or suggestions for changes in content or format of our newsletter, please let me know. It belongs to all of us.

****To unsubscribe to the member list click on the http://oa-alaska.org/mailman/listinfo/member_list_oa-alaska.org link and enter your email address in the unsubscribe box.**

In service,
Nancy
Northern Lights Editor
oanewsletter@oa-alaska.org

May, our Fifth Month . . .

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

Tradition Five: Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.



~ original graphic by A Nonnie Mouse, Alaska

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>

Our Voices

Changing Relationships: the “New Normal”

- How have your relationships changed in recovery?
- What role did accepting your addiction for yourself play?
- What helped your family and friends accept it for themselves?
- What is your “new normal”?

Setting Healthy Boundaries

- How do you set healthy boundaries in your relationships with loved ones and friends?
- How do you set healthy boundaries at work and at home? Share your experience, strength and hope for establishing healthy boundaries.

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, Alaska

On the subject of how the program has affected my relationships and boundaries. I must say it's been a major improvement. I try to be honest. I always wanted to be "Missy nice girl" before. No matter what. Now, I am honest. I still say, "yes" a lot but it's without resentment because I know I can say "no". My "yes" is honest, clear and true. Not just people pleasing. I don't get bogged down in what I "should" do. I want to be of maximum service but it's not serving anyone if I have a bad attitude. It's not even helping me!

There are people in my life that don't like to be told no. Seriously, does anyone? ever? But it's not honest to be a "yes man". I'm not a light bulb that can be turned on by a switch. I feel like my husband was hoping that when I told him I was going to be honest that would equal willing and ready. It's been a surprise to him that honesty doesn't always work that way. It's an adjustment. I never felt like I could say "no" or "not now", before. It doesn't come easily

even now. The old ways of just doing what others expect, is my go-to response.

~~Healthier Me, Alaska

Topics for our Next Northern Lights . . .

The June theme for The Northern Lights is also one for an upcoming Lifeline. Consider submitting!

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?

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?

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 by May 12.

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/>

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's next scheduled meeting will be held Saturday, June 4, noon at Oasis in Anchorage. Those unable to physically attend can call in via teleconference. Email our webmaster, Randy, for call-in information:
oawebmaster@oa-alaska.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
otreasurer@oa-alaska.org Jody L
ocorrsecretary@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

oaretreat@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 Open
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. (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.

AAI Summary Reports (in full)

Chair's Report

May 2, 2015

I have talked with Informational Technology certified representatives about the issue concerning the usergroup and how long an email is received by members of the usergroup. I have been told that time it takes an email to get to a member is not determined by physical location of the members (one member sitting by another and one getting the email before the other). It is determined by the servers of the members, how long does one server hold onto the email vs the other server. There are a few other reasons (the route, the type of email the members are using, etc.) besides the servers, but the servers is the main reason. The bottom line though is that it isn't the usergroup.

The Policies and Procedures Committee has been working extensively on the board duties and responsibilities policies and procedures. They have a motion to place on the agenda to adopt the revisions. Earlier this year, this body referred the officers' manuals to the Policies and Procedures Committee. I know that this has been discussed within the committee. Hopefully, the committee can tackle these manuals this summer and bring them to this body before a nominating committee is formed so new potential officers understand their duties and responsibilities prior to being selected and perhaps elected. I know these manuals are in the foremost in the members of the committee mind.

I received an email from a member in Whitehorse. She wants the sponsor list. Since we don't have a 12th Step Within Committee at the moment I will send the sponsor form to the member list and begin to compile a sponsor list. I will then ask our AAI Webmaster to add it to our webpage and I will distribute via the member list.

I haven't received any information about who has the quilt square for Region 1. In the future or now this body may want to adopt a policy and procedure for selecting a

member to take on this task. Region 1 sends AAI a quilt square every year for us to design and return. The square is added with other squares from Region 1 intergroups and made into a quilt. The quilt is then raffled. So, we can anticipate receiving it again in the future. It would be a shame if we cannot be a part of the yearly quilt that is raffled each year. Perhaps, this body will decide to form an ad hoc committee each year who would be responsible for the quilt square. That is the easiest solution that adheres to our present Bylaws.

I am grateful to serve you.

Humbly submitted by
Randy S, Chair

Region One

May 1, 2015

"I got a call from the region 1 quilt chair. I will tell her that apparently, no one knows who picked up the materials from the post office, and to whom they were delivered.? I guess that in the event that the package is not located, Anchorage Alaska Intergroup will not have a square for the Region 1 Quilt, which is to be won by someone, the name of whom will be drawn at convention in September. That's too bad. Of course, it's not the end of the world, but just unfortunate.

In 2012 and 2013 each, someone from Alaska won the quilt from each respective year.

Regretfully regarding the quilt square,
Alice, Region 1 Delegate

P.S. In 2014, many folks from Alaska attended the Region 1 Convention.? In 2015, hardly anyone has told me that he/she plans to attend the convention, and possibly help at the registration table. God will provide, anyway. But if someone has a

second thought, and can go, please let me know. (The dates for the convention are 18 and 19 of September, in Bend, Oregon.)

Outreach Committee Chair Report

May 1, 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.

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 process has been slow moving, originally the idea of an email group seemed like a logical way to keep things moving. I have found out that this is not the case. It does seem that this committee would be able to provide ideas faster

through meeting in person. With that said this committee has approved a letter sample and we will be editing it in the coming month and be meeting (at a time and place to be announced) to decide what materials to present to the AAI board. I am very much looking forward to completing this and moving onto finding ways to reach out to young people.

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

Policies and Procedures Report

May 1, 2015

I am proud to report we have held some committee meetings this last month and are making progress on the AAI Officers/Duties Responsibilities and Procedure Manual. We have completed the Executive Board Chairs and have reviewed several of the Committee Chairpersons duties. We removed items that no longer apply and/or are covered by another position. Items were also added to certain positions to better align with what their current duties are. This is just the first step in getting the manuals completed, but we feel confident this task will be completed before the deadline. More meetings will be planned, and we will bring our progress to each AAI meeting for approval.

Sincerely,
Cassie
Policies and Procedures Chairperson

AAI Literature Report

May 1, 2015

On April 6, 2015, ten 3rd edition Overeaters Anonymous books were ordered from OA. The cost was \$135 + \$16.20 shipping bringing the total to \$151.20. To cover

shipping costs, they are available at the Oasis for \$13.75 each.

Sincerely,
Dave T
Literature Chair

News and Outreach

Announcements below can also be found online:

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

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

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/oapodcasts/>

3-4pm EST = Noon – 1pm Pacific Time

2nd 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/ for more information.

Quarterly Relationship Workshops -- Traditions Provide Principles for Harmonious Relationships

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.

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.oa.org/newcomers/young-persons-in-oa/>

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

Lifeline

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.

Win the 2015 Region 1 Quilt!

Our 2015 Convention theme is "*The Journey Is the Destination*." What will our 2015 quilt will look like? (--not pictured below!)



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>

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

Are you going? Are you registered with World Service Office – find the registration form on www.oa.org, World Service Business Conference. It's not too late to register. Is your hotel room booked? Questions??

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 & 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>Wednesday</i>	<i>6:00 pm</i>	<i>North star Hospital 2530 Debarr Rd., Private dining room, past seating area.</i>	<i>Steps/Trad/Lit</i>	<i>Sue 333-1669</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 & 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 & 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 & 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>

