



# The Northern Lights Newsletter



Voice of Anchorage Alaska Intergroup/AAI  
October, 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 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 all who submitted to this newsletter, a sharing of the voices of Anchorage Alaska Intergroup. **Service positions are rotated annually with elections in December. More information and a nomination form are available in this newsletter. See page 12!**

As always, let me know of questions or suggestions you might have.

In service,  
Nancy, Northern Lights Editor  
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**\*\*To unsubscribe** to the member list please email our webmaster at [oawebmaster@oa-alaska.org](mailto:oawebmaster@oa-alaska.org). Thank you for your understanding and patience.

## **October, our Tenth Month...**

**Step Ten:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**Tradition Ten:** Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

## Daily Meditation

### **The OA Promise:**

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.



~ original graphic by A Nonnie Mouse, Alaska

## Our Voices

### **Prompts for October:**

**Step 10 -- Continued to take personal inventory and when we were wrong, promptly admitted it.**

- **How do you work Step 10? What strength, hope and experience can you share with others in program?**
- **How has your ability to understand and work step Step 10 changed over time?**

- **Have you struggled with any aspects of Step 10? How? What have you learned?**

### Step 10

For me step 10 is about realizing I need to apologize and doing it. Just recently I was uncomfortable with a visit that was going on too long (not willing to let God control) so I interrupted. I falsely assumed that another person felt the same way. When I realized what I had done I knew I needed to apologize. I was anxious to do it! Before program, when I did something wrong I would excuse my behavior. Minimize my culpability. This time, I went directly to the person (in my self will and pride) I had interrupted. He was quick to forgive. The amazing thing about all this is that this exercise draws us nearer our fellows.

Allowing myself to wrong others and simply walk away is isolating. When I am faithful in keeping short accounts this way, others find they can trust me to be honest and this is freeing for myself and others.

Another side to step 10 I'm beginning to understand is dealing with other sick people. They haven't realized yet that they are in the clutches of a dangerous illness and in their desire to fix the world they hurt others. They don't have to ask for my forgiveness for me to forgive them. I can pray for them. I've been there. I understand how painful it is to serve self. What bondage for them! Though it's often my pride that gets offended I don't have to hold onto this. I admit my feelings to God. Not wanting to punish this person or hold onto the experience.

Onward and upward!

Thankful Thankful Thankful in Alaska



Pause and Pray, whether we are the Paws or the Prey ~--original graphic by A Nonnie Mouse, Alaska

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### What is another topic important to your recovery?

Recently I received a text from a sponsee who had suddenly stopped calling 3 years ago. Although she had lost 70 lb being sponsored, and also had improved relationships all around her family, she just abruptly switched back to compulsive overeating.

Now, with the 70 lb back, plus 20 more, she has contacted me. I did ask for an apology for leaving me without a word of closure, but the amends really is due only to herself.

It appears that the improved family relationships have held, but not the physical recovery. She deserves to have the physical as well as the emotional/spiritual components.

I am open to sponsoring her again, but my own sponsor tells me that if this becomes a pattern, I might tell her that I cannot help her, and that she will need to find another sponsor. I hope that I will have the courage, if that is God's will, to tell her that.

I hope that my mission is to do God's will, not to feather my own cap, nor obtain cudos nor become an OA star. I also seek to not make this about me. I'm working on that.

~Anonymous in Alaska

### Where is the Spiritual in a Business Meeting?

Recently, someone asked, "Where is the spiritual in a business meeting?" It is a good question. In most business meetings, outside OA, that I have been a part, I have sometimes wondered if there were spiritual principles involved. I have come to see spiritual principles, God, in every aspect of life. Fortunately, in OA we blessed to have the spiritual principles: in our Steps, Traditions, and Concepts. The spiritual principles are clearly explained in the AA 12 and 12 and OA 12 and 12, as well as other approved literature.

I have not always practiced these principles perfectly. However, I try. My first sponsor (and every sponsor since) and I have studied the spiritual principles of the Steps, Traditions, and Concepts. I have come to see that our Traditions are not simply for groups, intergroups, regions, and WSBC. They are for the individual and how I interact with others.

The Principles in the Twelve Traditions (as listed in the Service, Traditions and Concepts Workshop Manual)

Here are my thoughts on a few Traditions, but truly, all the Traditions represent spiritual principles.

#### Tradition One: Unity

Each Tradition is important, but this one is vital to me. How I understand it, the group must survive or else I will not. I must put the needs of the group above my own. I cannot practice this program alone, in my

house with my Big Book. I need you. Bill W. states that we are like passengers on an ocean liner. We are bound together by our common problem (compulsive eating) and the common solution (the 12 Steps). Your recovery has an effect on me and vice-versa. We are linked together. Our recoveries affect each other. Together we get better.

If it is true that I need you so that I can continue to recover, then yes, the group must survive. This means that I need to use caution when speaking out. Yes, we all must speak out if violations of our principles are occurring, but I must consider the best way to share my experience, strength, and hope. I haven't always been as graceful as I could have been in speaking out. I must also consider how I share my experience, strength, and hope at meetings. Do I go off topic or forget to share our message?

### **Tradition Two: Trust**

We have no leaders besides God. However, God works through us. We are truly democratic. So, I must prepare myself. How do I do that? I become informed. I learn the spiritual principles of our fellowship. I have to learn how our fellowship operates. I've learned how to conduct a business meeting. Also, if an issue comes up in a meeting, I try to learn all about it. This means I listen to others' experience, strength, and hope. Sometimes it means that I seek out knowledge outside OA. During steering meetings, intergroup meetings, and other OA business meetings everyone needs to share their experience and knowledge (both of which God provides us). I need and want everyone to share their experience and knowledge. If not, the group may make a decision, but it might not be God's, and it could have negative consequences.

Sometimes I have struggled when members are sharing ideas that oppose our principles. For example, if a member wants to make decisions without a group conscience. Sometimes it is a simply error. It could be a member who decides something for a group or committee, not relying on a group conscience. That member has now become a leader. Or it could be a member who doesn't want to follow a policy and procedure or bylaw. Again, the member has become a leader because they are defying a group conscience.

I came to OA a defiant brat. I didn't want to follow any rules besides my own. And I liked to push my way onto others. I didn't want to listen to others and their ideas, mine were right, and theirs were wrong, at least I thought so. But today, I don't want to make the decisions. I prefer the group conscience, when it is informed, which means I must become informed, and then share the knowledge and experience with the group, and listen to others.

### **Tradition Four: Autonomy**

Every group has the right to be wrong. That is a shortened definition of autonomy. Region 1 or WSO cannot shut us down if we don't follow spiritual principles. Now they probably won't publish our group information if we violate the Traditions. However, if a group wants to rewrite "Our Invitation to You" or design a meeting format that works for the group, then there is nothing they can do about it. If a group decides to do something that would affect OA as a whole, however, then yes, they might give the group "gentle reminders" of our principles. They simply wouldn't consider the group, if it continued to violate our principles, a non-OA meeting.

### **Tradition Seven: Responsibility**

In the AA 12 and 12, we read that the early alcoholics didn't like the idea of paying

anything for coming to meetings. They felt it was mixing business with spirituality. However, if the rent isn't paid there can be no meeting. There can be no sharing the message with each other if there isn't a meeting, then where is the spiritual?.

I didn't want to pay for my way through life. I once bummed off a younger brother for a year without working. I was full blown into my illness. OA has taught me to be responsible. I learned how to be a group secretary and show up 15 to 20 minutes before the meeting begins to set-up, find speakers, unlock the door, and other duties of the position. I learned to follow the dictates of the group, not to buck the system.

I am grateful that the meetings I attend we are responsible by paying our rent and splitting our 7<sup>th</sup> Tradition. We have decided to split everything over our prudent reserve; we send 60% to intergroup<sup>i</sup>, 30% to WSO<sup>ii</sup>, and 10% to Region 1<sup>iii</sup>. We feel it is being responsible to pay our own "bills."

### **Tradition Nine: Structure**

This spiritual principle reminds me that I am a servant. I am only a small part of a greater whole. I serve a group as a member of that group. An intergroup representative serves his or her group and represents his or her group at intergroup. An intergroup serves the groups who bind themselves together to form an intergroup. An intergroup committee serves an intergroup. I don't make any decisions, I serve. A group, intergroup, region, WSBC performs a group conscience, and I must obey, and not defy the group conscience. I am a servant, not a senator.

### **Tradition Eleven: Anonymity**

Anonymity is not simply, "Who you see here, what you hear here, when you leave here, let it stay here." It isn't just the fact

we don't allow our last name and faces to be published in the media. For me, it is that our principles are supreme, not mine or your personality. Our group must survive, so we limit or deflate our personalities. We deflate our ego. Our groups yes, are important, and without them, we do not recover, but our principles are more important. Anonymity means, also, that we are equal.

For example, AAI (Anchorage Alaska Intergroup) asked our webmaster create our member list (email system to email our members newsletters, AAI information, flyers, etc.) so anyone (on the member list) could email other members information. AAI decided not to place too much importance on one person, a Chair or any one member, to send information to our membership.

Everyone who wants to be part of the member list can send an email to other members by addressing an email to [member\\_list@oa-alaska.org](mailto:member_list@oa-alaska.org). In fact, the entire AAI email system was designed so we put the importance on anonymity, not on A member or the member who holds the position for a short term, but instead, on the position (which is nothing more than the duties and responsibilities, agreed upon by a group conscience). That is a part of anonymity.

In early AA history, members were doing what they wanted and the groups found themselves floundering. Some groups endorsed outside issues, some had money problems, some had adopted religious dogma, some allowed members to make decisions for the group, and so on. AA almost went the way of the Washingtonians. The program nearly fell apart in the 40s. Meetings were asking questions of New York Office (Bill W.) about how to handle

disputes concerning religion, publicity, and money.

Bill took the experience of the meetings and members and in 1946 wrote the 12 Traditions. He published them originally in the Grapevine. Members and groups disliked the 12 Traditions. Why should we follow a bunch of rules?, they asked. They felt they were free to do what they wanted. Bill canvassed the US trying to convince members and groups to use the 12 Traditions. However, they wanted nothing to do with them. In fact, the told him, when he showed up to a meeting, that he could share his experience, strength, and hope, but not those damn Traditions. It wasn't until 1950 that AA adopted the 12 Traditions. In 1953, Bill wrote and published the AA 12 and 12.

So, can we kick a member out for deviating from our spiritual principles? No. But we learn, that "The A.A. member [or O.A. member] has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live." (A.A. 12 and 12, pg. 130) I think the same is true for a group. If it doesn't adhere to spiritual principles, it too suffers and dies.

~Anonymous in Alaska

### [Topics for our Next Northern Lights . . .](#)

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

**Share your experience from this Fall's Anchorage retreat.** What did you learn? What opportunities did the retreat offer to

carry the message? What gems sparked your recovery?

### **From Lifeline's Monthly Writing topics – due 11/14/15**

#### **Recovery Is Attractive**

How do you carry the message of recovery to others through attraction rather than promotion? What role does threefold recovery—spiritual, emotional, and physical—play in attraction? How did someone first carry the message to you through attraction or threefold recovery? How does the OA Responsibility Pledge inspire you?

#### **OA's Virtual Fellowship**

Share your experience, strength, and hope related to finding recovery and inspiration in OA's virtual Fellowship.

#### **Let's Meet at Convention**

Share your favorite stories from Conventions past. What opportunities does Convention offer to carry the message? What gems from Convention, Conference, workshops, or retreats sparked your recovery?

**Also, of course . . . 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 oa.org (Frequently Asked Questions)

**Q:** What happens if an intergroup (and its groups) doesn't have a member willing to become secretary?

**A:** When I was Intergroup chair and there was no secretary, I asked someone to be "acting secretary" just for that meeting. This could be repeated until the secretary job was filled. If someone is willing but feels intimidated, I have also found it helpful to point out that a secretary doesn't have to do the equivalent of stenography and write down everything verbatim. All that is needed beyond time, place, and attendance is a general summary of committee reports, the motions made (including the maker of the motion), and whether the motion passed or not. I also offer my help with the minutes if needed. I was very reluctant to raise my hand and volunteer when I was new to service. If approached privately, I felt free to voice any concerns. Often this was enough so I felt comfortable accepting the job. Likewise, for a meeting or group, the secretary position could be filled week to week until one is found to take the position for 6 months. Encouraging privately is an appropriate approach as well.

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

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## 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:ochair@oa-alaska.org">ochair@oa-alaska.org</a>	Randy
<a href="mailto:oavicechair@oa-alaska.org">oavicechair@oa-alaska.org</a>	Crystal
<a href="mailto:otreasurer@oa-alaska.org">otreasurer@oa-alaska.org</a>	Jody L
<a href="mailto:ocorrsecretary@oa-alaska.org">ocorrsecretary@oa-alaska.org</a>	Wendy H
<a href="mailto:oinsecretary@oa-alaska.org">oinsecretary@oa-alaska.org</a>	Jody J

### Board

<a href="mailto:oanewsletter@oa-alaska.org">oanewsletter@oa-alaska.org</a>	Nancy
<a href="mailto:oaliterature@oa-alaska.org">oaliterature@oa-alaska.org</a>	Dave
<a href="mailto:oaregion1delegate@oa-alaska.org">oaregion1delegate@oa-alaska.org</a>	Alice
<a href="mailto:oaawsodelegate@oa-alaska.org">oaawsodelegate@oa-alaska.org</a>	Open

### Standing Committee Chairs

<a href="mailto:oaetreat@oa-alaska.org">oaetreat@oa-alaska.org</a>	Gail F.
<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.

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## [AAI Summary Reports \(in full\)](#)

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### **Chair's Report**

October 3, 2015

I want to thank Gail F and all the members of the retreat committee for their service. The Retreat Committee has been tying up all the loose ends of the retreat plans so that we will have a super recovery experience. The Embracing the 12 Steps and 12 Traditions Retreat should be a great retreat. Our retreat leader has modified the retreat schedule, so please take note of the changes. Members from Kotzebue and Whitehorse will be attending. The Retreat Committee met Wednesday and Gail will be proposing a motion today to purchase a recording device for our Recording Secretary and to be used for recording retreats and other special events. I have asked David, our Technology Committee Chair, to record the retreat, which is in accordance with our policies and procedures.

If you are experiencing spam with the forwarder from the AAI email account to your personal, then contact our webmaster. He will remove the forwarder. However, you will have to log into the AAI account to receive emails. The forwarder is used to let you know that you have received an AAI email. It is a flag, to inform you to log into the AAI account to read and/or respond to the received email. It was decided to use the AAI email accounts. The argument for the account is that the account moves with the position to reduce misdirected emails. Everyone should know how to contact, for example, the AAI Chair, even after this year election. If members wish to have their forwarder to be removed please email our webmaster at [oawebmaster@oa-alaska.org](mailto:oawebmaster@oa-alaska.org).

Thank you for your understanding and patience.

Jody J. has a motion on the agenda is a motion for AAI to approve the Nominating Committee Chair Manuals. This manual, if approved, should eliminate misunderstandings concerning the nominating process. As the manual states, the nominating of officers is a very important responsibility. The Concepts 3 and 9 guide us in the nominating process. According to Concept 9, "Conflicts may arise when a group fails to clearly define its service needs and the manner in which individuals are chosen to serve. According to Concept 3, "OA members who are placed in these decision-making positions are generally members who have served in other roles; thus, the selecting body trusts that, based on past performance, these members will make the choices for the group as a whole." Hopefully, this manual will help guide our Nominating Committee.

Speaking of the Nominating Committee and the Nominating Committee Chair, I want to apologize to this body for not appointing a Chair to this committee last month, as stated in our Bylaws. According to our Bylaws, the Nominating Committee is an ad hoc committee, and in September, the AAI Chair is instructed to appoint, with the approval of AAI a Nominating Committee Chair. After praying for direction, I am appointing Paula Z. as our Nominating Committee Chair. I hope, later in the agenda, that you approve her to this position. I want to thank Paula for being willing to serve as our Nominating Committee Chair.

Additionally, Gail is making a motion to purchase a recording device for the Recording Secretary to record AAI meetings and the Technology Committee Chair to record retreats and other special events. It will be kept by the Recording



Secretary. Lastly, Gail will make a motion for AAI members to say the 3<sup>rd</sup> Step Prayer, instead of the Serenity Prayer, at the beginning of the meeting.

I was reminded this month that members who serve in OA have no power. We are guided by our Higher Power, who works through us. Yes, AAI can develop policies and procedures concerning how the business aspect of OA in our intergroup operates. AAI can define the duties and responsibilities of officers. However, our structure differs from the traditional business model. We have no CEO, to whom all officers serve. We serve those who elected us, we serve the membership and groups of this intergroup. We are responsible to them, not a CEO. We are elected, not to a title, but a set of duties and responsibilities, which we perform to the best of our abilities.

I am grateful to serve you.

Humbly submitted by  
Randy S, Chair

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

October 3<sup>rd</sup>, 2015

I am pleased to inform this body that through email, texting and face-to-face visits with some people and groups, I have been able to send and receive a few of the group information forms, one from the Monday Night Anchorage, one from Monday Noon Valley meeting and Sunday 9:30AM at Kaladi's as well. There are still more coming in and I am in such gratitude about the people willing to give me some of their time to gather this Intel on some of our meetings. I have also reached out to multiple other meetings, for those I have contact emails for since I could not make

phone calls at the time. There is a few more promised forms coming from a couple of the meetings and I will gladly make sure they all get into the Webmaster's email as well as the Secretary. I will be sending copies back to the contact or the IR rep so they can easily update when the New Year arrives.

I will continue to attempt to get the other meetings information as well, but it has been nice to see the forms coming back and filled out to the best of the person's or groups ability.

The other concern I have was brought forth in a meeting that I stayed with them for their group conscience initial to gather the necessary Group Information. A member wanted to know why coming to Intergroup matters, we vote on things but if they don't have reps there then they hear about it after the fact but she was confused about why it needs to exist in the first place because there are many groups that exist without the aide of AAI. This seems to be a semi recurring theme with some of the groups about why they don't attend intergroup. That as well as its confusing and complicated to be involved as well as some cause for concern as to the behavior of those in Intergroup, when there is new comers in attendance they only have that one experience of Intergroup and it is many times not a positive one. A member shared that she has heard more than once that Anchorage Intergroup has actually scared people away from the higher call of service but also OA as a whole. This is something I hope can change. Another aspect that was heard at a meeting was Intergroup is a business, but this is a spiritual program and if we are not meeting in spiritual principles then we are not meeting within the basic and simple core of the program. I shared that higher levels of service helps me to

learn to 'play in the sandbox with others' and helps me work through my defects in a healthy and safe environment, but as I am understanding from others people of the fellowship do not consider it a safe environment to learn and these are all the concerns of more than one individual.

In Humble Service,  
Crystal D.

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**Region 1 Chair Report**

October 3, 2015

Region 1 Representative Report from Assembly & Convention, Sept. 16, 17, 18, 19 & 20, 2015.

On 9/16/15 I arrived in Bend by taxi, after my husband & I had been sightseeing in Washington & Oregon. I had left my husband at the nearby Redmond Airport for him to fly back to Anchorage.

I checked into the Riverhouse Hotel-truly unique as the Deschutes River literally runs through the hotel property. Some of the hotel is on each side of it. Lovely!

I appeared at the room of short-timer Region 1 Chair, Merry Rogers, who gave me my 8-section packet, whereupon I went to my room to meet my roommate, Pat Menotti, from Lake Country, Washington.

On Thursday morning, 9/17, Assembly began at 8:30 AM. There were about 31 intergroups represented by regional representatives, representatives, about 6 visitors, and 5 board members. Attendance was up by 9 from 2014.

The order of business, after the welcome, was the serenity prayer, the steps, traditions, concepts, approval of last year's minutes, & reading of the mission statement, and go

over the rules of the assembly.

The next order of business was to approve many changes in the policies & procedures of the region meetings. Many of the changes were simply to improve the language. There were also bylaws changes made and approved. There were reports from committees.

Then the treasurer, Deborah, presented the proposed budget for 2016. This took considerable time. The total operating expenses for 2016 is projected to be \$36,369.00. In studying the budget, I realize that much of the budget is spent on travel & lodging for the board to meet. At first that seemed foolish; but meetings are an important part of OA. Region 1 is contributing \$600 to AAI, for part of my (\$1,000) in bills for this event.

The 3-year focus for WS Board of Trustees was reviewed. For 2014 the focus was Abstinence Made Easy. 2015 was Steps Made Simple. 2016 will be Carrying The Message.

The Intergroup reports were available to place in our notebooks. Anchorage report was especially attractive, with icons on it.

Next, were nominations for the two positions being vacated, by the rotation time--chair and treasurer. Beverly M from Tigard, Oregon was elected Chair, by secret ballot. Deborah Rupert, also from Tigard, Oregon, was elected to a 2nd term as treasurer.

There was a YouTube showing of "the abstinent kitchen", mostly consisting of measuring devices.

It was recommended that each individual OA meeting set goals, review them

occasionally. When intergroups have difficulty filling committee functions, meetings can be those committees. Also, on intergroups, the board members and committee chairs can each have a notebook with the respective job descriptions, to pass on to the next servant.

Merry announced and promoted 2016 Convention in Calgary, Alberta, Canada, September 16-18, 2016.

Only 5 intergroups in Region 1 were not represented at this 2015 Assembly.

The Simplicity Project instructed each representative to make a 3x5 card with the essentials of each person's program on it to carry always.

The last section of the binder has fabulous pages with some helpful titles: 1) 15 questions: Are You a Compulsive Overeater? 2) a complete list of OA publications, 3) "Been Slipping & Sliding?" Tool for sponsors/members 4) Strong Abstinence Checklist 5) How to be an effective trusted servant, 6) Automatic Recurring Contributor Program, 7) Website guidelines 8) Report from WSBC strategic planning workshop --all kinds of ideas for retreats or workshops, & 9) Traditions applied in personal life. There is also a map showing where ALL the region are. One more: a list of abstinent foods convenient for travel.

The convention was fabulous, with speakers galore. The registration table went well this year. Communication with the convention committee was the key to success. I brought back the complete collection of cd's from the convention. I played on my violin & sang "One Day at a Time".

I attended a meditation workshop, where I

learned that meditation slows brainwaves, enabling a higher power to influence.

There were 5 Alaskans who came to convention. I am to contact the Juneau Intergroup, since no one from there came. Both my planes were delayed, so I came in at 2:00 AM Monday morning.

Deborah, Region 1 Treasurer, wrote a \$600 check to Anchorage Alaska Intergroup to help with my expenses to Assembly (not convention). My total expenses in coming to Assembly & Convention are: \$977.73. I am giving the receipts for that amount to our treasurer. I hereby move that AAI reimburse me fully for my expenses.

Respectfully Submitted,  
Alice W  
Region 1 Representative

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**Retreat Committee Chair Report**  
**(submitted previous the October retreat)**

October 3, 2015  
It looks like everything is in order for the upcoming Embracing the 12 Steps and 12 Traditions Retreat on October 9, 10, and 11, 2015.

We have having committee meetings nearly every week.

We will be presenting a motion asking intergroup to pay for a device to record the Intergroup meetings as well as other functions that need to be recorded.

Ira has notified us that we may want to bring our AA 12 and 12, OA 12 and 12, as well as our Big Book to the retreat. He also said he would like to tweak the retreat schedule a little.

In service,  
Gail  
Retreat Committee Chair 6

## News and Outreach

Announcements below can also be found online:

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

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

## **2016 NOMINATIONS FOR AAI OFFICERS AND STANDING COMMITTEE CHAIRS**

We will be electing officers, delegates, and committee chairs at the December intergroup meeting to be our trusted servants for 2016. We welcome and encourage everyone to consider joining Intergroup as an officer, delegate, or committee chair.

We have qualified members in Anchorage, Homer, Kenai, Palmer, Seward, and Wasilla so talk with your sponsor, have a chat with HP, and let's all work together to create a welcoming, positive Intergroup that builds on 2015's hard work.

AAI can nominate candidates in two ways:

1. By the nominating committee proposing a slate of officers; and
2. By a person being nominated from the floor at AAI meetings prior to the election.

Members can nominate candidates in two ways:

1. By submitting the name of a person to the nominating committee; and
2. By self-nominating his or her name to the nominating committee.

The nominating committee will contact all members nominated for positions to find out if the person wants to stand for election to the position, and if the person meets any requirements for the position that are set out in the bylaws or policies and procedures. No one will be nominated for a position without the nominee's permission.

The officer and standing committee chair positions to be filled are:

- OFFICERS CHAIR, VICE-CHAIR, TREASURER, RECORDING SECRETARY, CORRESPONDING SECRETARY, LITERATURE CHAIR, NEWSLETTER EDITOR
- CHAIRS OASIS, POLICIES AND PROCEDURES, FINANCE, OUTREACH, PUBLICATIONS, RETREAT, TWELFTH STEP WITHIN, TECHNOLOGY, LIFELINE, TAPE LIBRARY, ARCHIVE
- DELEGATES WSBC (World Service Business Conference), REGION ONE

The next committee meeting is tentatively scheduled for Wednesday, October 21st, at 4:30 p.m. at the Oasis. Confirmation of the date and time of the next meeting will be e-mailed to all meeting secretaries. All are welcome to attend in person or by phone by calling: 1-712-432-3900, Conference ID: 79097#.

The Nominating Committee is required to present a slate of candidates at November 7, 2015 IG meeting. Please submit all nominations to any of the nominating committee members by October 30, 2015.

**NOMINATING COMMITTEE  
MEMBERS**

Crystal - 354-3759

Gail - 357-4644

Jody W. - 229-0702  
 Tanya - 317-7451  
 David - 240-2224  
 Jody J. - 232-5254  
 Paula - 830-2815

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### **Virtual Workshops Podcasts Second Sundays of 2015**

Got recovery? Find out how it works!  
 Download and listen!

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

**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.

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### **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#

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### **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](http://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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## 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>Wednesday</i>	<i>Noon</i>	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</i>	<i>Writing</i>	<i>Aaron 529-6774</i>
<i>Thursday</i>	<i>6:30 pm</i>	<i>Lutheran Church of Hope, 1847 W. Northern Lights Blvd (Childcare available.)</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</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>Angela 299-6404 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>Angela 299-6404 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>

