



# The Northern Lights Newsletter



Voice of Anchorage Alaska Intergroup/AAI  
September, 2015

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

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

## **Note from the Editor:**

As always, let me know of questions or suggestions you might have for our newsletter. Also, submissions are always, always welcome and published anonymously.

As most of you know, our AAI retreat will be held October 10, 11, and 12 at the Marriot Residential Inn, Anchorage, with the theme Embracing the 12 Steps and 12 Traditions. More information is located in News and Outreach. Many, many thanks to those who are working to make this event a reality!!

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

**\*\*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.

## September, our Ninth Month . . .

**Step Nine:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition Nine:** OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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## Daily Meditations –

*Not everything that is faced can be changed, but nothing can be changed until it is faced. ~ James Baldwin*

There is a reason for each of the twelve steps. I cannot pick and choose the ones I want to take and skip the rest. The thought of doing steps four, five and nine have many a brave soul quake, and I am no different. But my longing to change my life is stronger than my fear. Like other oppressed people, I must gather the courage to face the forces that oppress me – childhood, pain, old ways of thinking and responding learned long ago.

Taking these steps is an ongoing process, revealing new truths each time around. It is an interesting search and a rewarding way to live.

-- *For Today, p. 171*

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## Our Voices

### **Prompts for September:**

#### **Working the Steps and Traditions**

- How do you work the Steps and Traditions on a regular basis?
- Which Tools do you use to help you in your program?
- Are there any Steps or Traditions with which you have particularly

struggled? How? What have you learned?

- How has your program changed over time?

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!

#### **Anonymity**

I just completed a meeting with a topic of the 12th tradition, which is anonymity. Some of the ideas I hadn't thought of as anonymity are: OA doesn't care how much money I have or don't have. Members value me if I'm poor, the same as if I were rich. It values me the same if I am unemployed, a famous person, or an executive. The member who just binged is as important as one who has years of abstinence.

The excess emotional, spiritual and physical baggage we carry when we first enter may make one feel shame. I need to let go of the shame, and become one among many. Thus I can reach out to others for help. This anonymity brings humility, and teachability. I can reach out to you, no matter who you are, to get help, and offer help. We get well together.

Yes!!

~Anonymous in Alaska

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## Topics for our Next Northern Lights . . .

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

#### **Who belongs to OA?**

In Overeaters Anonymous, you'll find members who are extremely overweight, even morbidly obese; moderately overweight; average weight; underweight; still maintaining periodic control over their eating behavior; or totally unable to control their compulsive eating.

OA members experience many different patterns of food behaviors. These "symptoms" are as varied as our membership. Among them are:

- obsession with body weight, size and shape
- eating binges or grazing
- preoccupation with reducing diets
- starving
- laxative or diuretic abuse
- excessive exercise
- inducing vomiting after eating
- chewing and spitting out food
- use of diet pills, shots and other medical interventions to control weight
- inability to stop eating certain foods after taking the first bite
- fantasies about food
- vulnerability to quick-weight-loss schemes
- constant preoccupation with food
- using food as a reward or comfort

Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the [Twelve Steps](#), the [Twelve Traditions](#) and [nine tools](#) of Overeaters Anonymous.

#### **How do OA members lose weight and maintain a healthy weight?**

The concept of abstinence is the basis of OA's program of recovery. By admitting inability to control compulsive eating in the past and abandoning the idea that all one needs is "a little willpower," it becomes possible to abstain from overeating—one day at a time.

While a diet can help us lose weight, it often intensifies the compulsion to overeat.

The solution offered by OA does not include diet tips. We don't furnish diets, counseling services, hospitalization or treatment; nor does OA participate in or conduct research and training in the field of eating disorders. For weight loss, any medically approved eating plan is acceptable.

OA members interested in learning about nutrition or who seek professional advice are encouraged to consult qualified professionals. We may freely use such help, with the assurance that OA supports each of us in our efforts to recover.

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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**

[oachair@oa-alaska.org](mailto:oachair@oa-alaska.org) Randy  
[oavicechair@oa-alaska.org](mailto:oavicechair@oa-alaska.org) Crystal  
[oa treasurer@oa-alaska.org](mailto:oa treasurer@oa-alaska.org) Jody L  
[oa corr secretary@oa-alaska.org](mailto:oa corr secretary@oa-alaska.org) Wendy H  
[oa min secretary@oa-alaska.org](mailto:oa min secretary@oa-alaska.org) Jody J

#### **Board**

[oa newsletter@oa-alaska.org](mailto:oa newsletter@oa-alaska.org) Nancy  
[oa literature@oa-alaska.org](mailto:oa literature@oa-alaska.org) Dave  
[oa region 1 delegate@oa-alaska.org](mailto:oa region 1 delegate@oa-alaska.org) Alice  
[oa wsodelegate@oa-alaska.org](mailto:oa wsodelegate@oa-alaska.org) Open

#### **Standing Committee Chairs**

[oa retreat@oa-alaska.org](mailto:oa retreat@oa-alaska.org) Gail F.  
[oa special\\_events@oa-alaska.org](mailto:oa special_events@oa-alaska.org) Open  
[oa\\_publication@oa-alaska.org](mailto:oa_publication@oa-alaska.org) Open  
[oa\\_oasis@oa-alaska.org](mailto:oa_oasis@oa-alaska.org) Open  
[oa\\_twelfth\\_step\\_within@oa-alaska.org](mailto:oa_twelfth_step_within@oa-alaska.org)  
 Open  
[oa\\_outreach@oa-alaska.org](mailto:oa_outreach@oa-alaska.org) Open  
[oa\\_lifeline@oa-alaska.org](mailto:oa_lifeline@oa-alaska.org) Sue  
[oa\\_finance@oa-alaska.org](mailto:oa_finance@oa-alaska.org) Open  
[oa\\_policies\\_procedures@oa-alaska.org](mailto:oa_policies_procedures@oa-alaska.org) Cassie  
[oa\\_technology@oa-alaska.org](mailto:oa_technology@oa-alaska.org) David

[oa\\_archives@oa-alaska.org](mailto:oa_archives@oa-alaska.org) Open  
[oa\\_librarian@oa-alaska.org](mailto: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)**

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September 5, 2015

The transition to the new web host hasn't been without a few hiccups, but it is getting resolved. One of the issues is that when we send an email to the lists, we receive an email back stating that the email could not be send to some addresses, but that is only because our old web host hasn't deleted us from his server. The emails are getting through. Another issue that some members have brought to the attention of the webmaster is they are receiving spam. The filter has been checked and it is current. I believe the forwarder is the reason. One way to eliminate the situation could be to delete the forwarders, but then members would have to sign in to the AAI account to check their email account. If members wish to have their forwarder to be removed please email our webmaster at [oa webmaster@oa-alaska.org](mailto:oa webmaster@oa-alaska.org). Thank you for your understanding and patience.

Our telephone service at the OAsis is currently not working. There is no dial tone. I have contacted GCI about the issue. I have scheduled with GCI to meet a technician September 4<sup>th</sup>. Hopefully, by the time of the AAI meeting that this situation

will be resolved. If not then we will have to use cell phones during the AAI meeting.

The Retreat Committee met Wednesday and Gail will be proposing a motion today. I want to thank Gail F and all the members of the retreat committee for their service. We have acquired the meeting room, retreat leaders hotel room, and airline tickets. Currently, we have had 5 members (including the retreat leader) respond to whether or not they are staying at the hotel. Gail should be providing additional information about the cost of the rooms and if we will be receiving a discount.

Also, on the agenda is a motion for AAI to approve the officer and Group Representative Manuals. The Chair and Group Representative Manuals have previously been approved. However, the duties and responsibilities of the Chair in our policies and procedures were adopted at the August AAI meeting, so the Chair Manual has been updated accordingly. Also, the toll free number was included in both the Chair and Group Representative Manuals. The manuals are a response to our need to inform potential officers, help current understanding of their duties and responsibilities, and avoid misunderstandings.

Additionally, Alice has proposed a motion and policy and procedure that are included on the agenda. It concerns asking new officers to take an oath at after they have been elected. This issue was discussed at the August AAI meeting. I want to thank Alice for her proposing a possible way to address the commitment it takes for accepting the duties and responsibilities of a position for which one has been elected.

A concern, at a meeting I attend, brought up while discussing this motion and policy and procedure was that some members have felt

overwhelmed by the duties and responsibilities of a position. AAI may want to address this issue before the nominating committee is formed. Concepts 3 and 9 (long version) address how members are selected in the nominating process. 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."

Concept 9 long version tells us that willingness is essential to serving and that the best way to encourage members to serve is to allow them to grow into service. For example, a committee member may eventually be nominated to serve as the committee chair. Further, 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. Intergroup bylaws and policies help groups define the abilities, past service and abstinence requirements an individual should have to be considered for a particular position." Our policies and procedures provide guidelines for selecting members to serve as executive officers. In addition, our bylaws provide information about our responsibilities as officers. I am sure all of us want members who are willing to serve to feel comfortable about the performing duties and responsibilities of a position. Of course, that is true for the intergroup level as well as a group level.

I am grateful to serve you.

Humbly submitted by  
Randy S, Chair

**Vice Chair's Report**

September 4, 2015

I have received the paperwork for the meetings to fill out, had to find it from when the Chair first sent it to me, thank you for that. I also still have a few emails to get into contact with some of the groups but I have not been able to. I have continued to share briefly at some of the meetings that have an IR is very important but so far I haven't heard much back. With the recent acquisition of more time, I am going to dedicate a little time in the coming week to get all the information this body is hoping to have on the meetings but I am very aware that I have done this job to the best of my ability but I hope to do it better in the last couple months of my position, so I apologize for that.

Thank you for your service,  
Crystal Dietz

**AAI Literature Report**

9-5-2015

As of September 4<sup>th</sup> 2015 as deposit of \$81.25 was made into the OA Literature account. The current account balance with First National Bank is \$1,206.74

Our current stock of OA literature is good. I need to order more of the OA book, third edition.

Sincerely,  
Dave T.  
OA Literature Chair

**Retreat Committee Chair Report**

September 5, 2015

The retreat Committee has met two times since the last intergroup meeting. I will enter a motion to ask for up to \$100.00 to buy a gift for the retreat leader and for a few office supplies.

Janice has offered to make posters for the retreat.

Gail has offered some greeting cards as one of the exercises will be to write ourselves letters and they will be mailed to us one year after the retreat.

Gail and Janice also volunteered to pick up Ira and his wife up at the airport and take them to the hotel.

In service,  
Gail  
Retreat Committee Chair

**News and Outreach**

Announcements below can also be found online:

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

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

**Anchorage Alaska Intergroup Retreat!!!**

**Theme: Embracing the 12 Steps and the 12 Traditions**

When: October 9, 10, 11

Where: Marriott Residential Inn, 1025 E. 35<sup>th</sup>, Anchorage

Cost: 7<sup>th</sup> Tradition for registration

Questions: Contact Gail F, Retreat Committee Chair, call 907.357.4644, email [oaretreat@oa-alaska.org](mailto:oaretreat@oa-alaska.org)

Flyer available online: <http://oa-alaska.org/oa-events/>

Gail writes:

Our speaker is from Los Angeles. He will be blending Step 1 and Tradition 1, and doing the same with each step and tradition set. The schedule is tentative. We will be sending a final schedule after our retreat leader approves it. We have talked with him about his plan for the retreat and it sounds great. We have been impressed with service and his ability to blend the step and tradition (to show how they work together).

Our focus is recovery, the message of the 12 Steps and 12 Traditions. We will be passing around a 7th Tradition basket to cover the cost of the retreat, so members pay what they can. We want everyone to attend, and money won't be a reason a member doesn't attend. Members are responsible for their lodging and food. Members can contact the Marriott Residential Hotel at <http://www.residenceinn.marriott.com/extended-stay-suites/>.

The Retreat Committee is excited about this retreat and so is our retreat leader. We look forward to seeing all our friends at the retreat. Together, we recover! Let's share our recoveries together!

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## **Region 1 Convention 2015 – Bend, Oregon**

### **September 18-20**

Hosted by the Central Oregon Intergroup

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

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

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

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## **Win the 2015 Region 1 Quilt!**

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

Hi Fellow OAers

Don't forget to buy your raffle tickets. You will want a chance to win this beautiful hand-made quilt. Each square was made by an individual from different intergroups, each one telling its story of the journey from darkness to light.

The proceeds will go to help spread the word of Overeaters Anonymous to those who still suffer. The cost of raffle tickets is: \$1.00 each, 6 for \$5.00 or 25 for \$20.00. Remember, you do not have to be present to win.

You can see pictures of some of the squares at [www.oaregion1.org/2015-quilt-raffle.html](http://www.oaregion1.org/2015-quilt-raffle.html). Also, if you click on the individual intergroups, you can see each intergroup's square. You can also print out raffle tickets there. You can bring your tickets to the convention at Bend, OR, Sept. 18 – 20<sup>th</sup> or send them, along with your check, to the address printed on the tickets.

We hope to see many of you at the convention.  
Region 1 Quilt Committee,  
Carol & Arlene

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## **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!**

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>

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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.
- 

**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/>

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## Lifeline Subscriptions

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

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

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

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

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

# ANCHORAGE ALASKA INTERGROUP MEETING SCHEDULE

## Anchorage

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
<i>Monday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book</i>	<i>Kathy 330-9442</i>
<i>Monday</i>	<i>6:00 pm</i>	<i>St. Mary's Episcopal Church, Lake Otis &amp; Tudor</i>	<i>AA Big Book</i>	<i>Tanya 317-7451</i>
<i>Tuesday</i>	<i>5:30 pm</i>	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</i>	<i>OA/HOW</i>	<i>Meg 248-0300</i>
<i>Thursday</i>	<i>6:30 pm</i>	<i>Lutheran Church of Hope, 1847 W. Northern Lights Blvd (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 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>