

The Northern Lights Newsletter

The Voice of AAI



December 2016

Holiday Cheer from AAI Chair

The holiday season is here. I put up my Christmas tree yesterday - imperfectly (of course) because I ran out of energy before I ran out of ornaments - and its lovely and bright and I put it in the room I spend the most time instead of in the living room window. That's quite brave for me because Christmas trees are "supposed" to be in front of the living room window, don't you know.

I have a love/hate relationship with December. I love celebrating Christmas eve and Christmas day, but do not love all the work involved. Even though I've cut back on so many traditional activities like baking and binge shopping and wrapping, there's still a lot to do to be ready for the kids and grandkids on December 24th. All will be done, as it always is, but this year I'm counting on it all getting together with less stress and more grace because I've brought HP into the picture and am making an effort to take that pause "when I'm agitated or doubtful, and ask for the right thought or action."

The Annual Intergroup meeting was wonderful. I hope your group rep has given you a great report. We elected a new Intergroup Board - Jody W., Chair; Aaron Vice-Chair; Janet R, Treasurer; Kathleen, Recording Secretary; David A., Corresponding Secretary; Beth, Literature Chair; Cynthia, Newsletter Editor; Janis, WSBC Delegate; and Paula, Region One Representative.

I want to thank everyone who made this year great - we conducted business, tackled difficult issues, made good decisions based on the group conscience and we laughed a lot. I hope that next year will see even more participation by group reps and volunteers to take on the many small tasks that support the whole fellowship. Thanks for letting me be your trusted servant in 2016. Happy holidays! - Paula Z, Chair



Next Intergroup Meeting!!

January 21, 12:00 Noon

At the OASIS

Quotable Quotes

Many folks want to serve God, but only as advisers.

When you get to your wits' end, you'll find God lives there.

Peace starts with a smile.

Coincidence is when God chooses to remain anonymous.

The task ahead of us is never as great as the power behind us.

In this Issue...

Report on Annual Meeting...p 2

New WSO Podcast ...p 2

Retreat Reflections...p 3

Holiday Tools ... p 3

Writing Opportunities Abound ... p 4

Meeting Schedules ... p. 5

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PO Box 200341

Anchorage, Alaska 99520

Annual Meeting Report

Anchorage Intergroup met on December 3. Your group reps and the board voted on the following items:

New Intergroup Meeting Schedule: Jan, March, May, Sept, Oct, Nov and Dec., the 3rd Saturday of the month.

Landline to be disconnected: We will revisit the issue of whether or not to have a message number in future meetings, as it was noted that the old number only had two calls in the past year. Most people use the internet to find out about OA meetings.

2017 AAI Board:

- Chair –Jody W
- Vice Chair- Aaron
- Recoding Secretary- Kathleen
- Treasurer –Janet R
- Correspondence Secretary – David A.
- Literature – Beth
- Newsletter Editor - Cynthia
- Region One Delegate-Paula
- World Service Delegate-Janis



Bylaws Revisions: All proposed bylaws revisions passed. One major change is that committees can now be appointed throughout the year on an as-needed basis.

New Podcast Explores Anonymity and Humility

Anonymity and Humility: these are the spiritual Principles underlying the Eleventh Tradition and the Eleventh Concept of OA Service. Download or stream “**Anonymity Inside and Out**,” WSO’s latest podcast, and hear OA speakers discuss how they use these Principles to give service.

<https://oa.org/podcasts/>

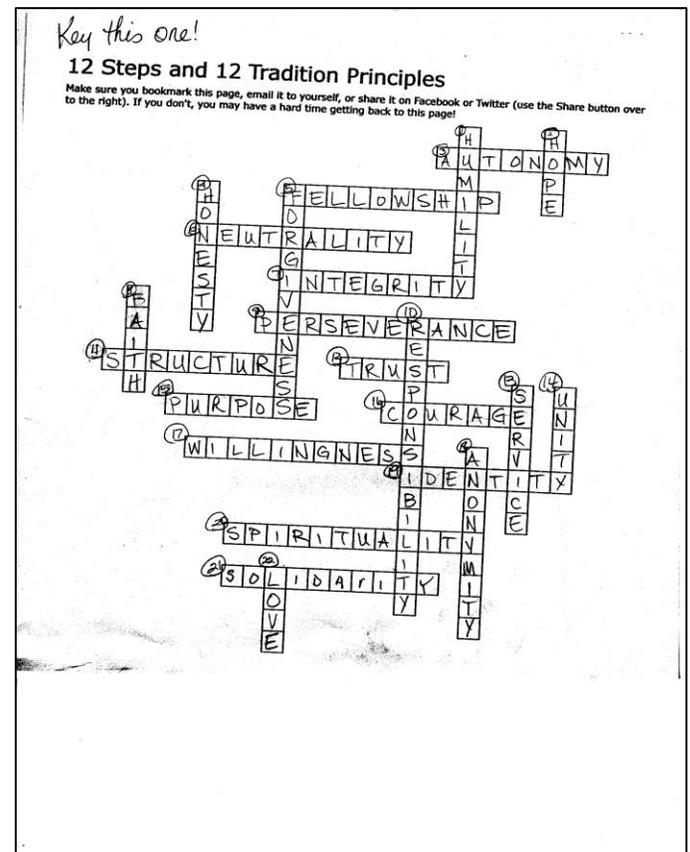


Give Generously... Your 7th Tradition donation keeps our bookstore, intergroup office, phone line, web site, and OA retreats going, as well as supporting Region 1 and WSO ... *Thank you!*

OA Binders Available for Purchase at OASIS

There are several binders left over from the fall retreat, filled with all sorts of information and tools to organize your recovery and keep you on track. Cost is \$25, and scholarships are available. At the OASIS on the literature shelf.

Fall Retreat Crossword Puzzle Key



Why Do I Think Abstinence Is Important?

Three Anonymous Responses from the Fall 2016 Retreat

“It offers me the ability to depend on and need my higher power. It allows me to be present, awake, and see what God would have me be in that moment or day. It brings me clarity and intuitive thoughts. It offers me the opportunity to live wholeheartedly and bring all of myself to God and others. It offers me freedom from the delusion of this disease.”

“Abstinence is important for me to have a clear brain to receive messages from a higher power. To understand the world around me, and myself, better.”

“Abstinence defines me. It means following my food plan (as exactly as I can, doing the best I can if not able to be exact, striving to follow as best I can but not grieving if something isn’t available, or no measuring tool is available). Abstinence provides health for me, and normal body weight, year after year. It gives me the boundaries so that I don’t have to say “just this once” or “I’ll start tomorrow.” Abstinence is black and white (or grey), but my life is in color. I am well. Then I work the steps for sanity.”

OA Contact Information

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Anchorage, AK

Region 1
PO Box 23235
Tigard, OR 97215
<http://www.oaregion1.org/>

WSO
PO Box 44020
Rio Rancho, NM 87174-4020
www.oa.org

How I Do a Writing Meditation

1. I assemble writing tools: paper and pen or a computer.
2. I read a prompt from OA literature: a reading from For Today, an article in Lifeline—anything.
3. I set a timer for five minutes.
4. I write. Here are the rules I follow: The pen never stops moving. If my mind goes blank, I scribble on the page until words come. Grammar, spelling, punctuation, penmanship, and format do not matter.
5. I finish my thought when the timer goes off. I can choose to stop there or continue writing.

— Cheryl B. Reprinted from Lifeline, Nov/Dec 2016

Holiday Tools



I am a grateful compulsive overeater, abstinent since I walked through the doors of OA fourteen years ago. Thank you, God! I am maintaining a 33–35 pound (15–16 kg) weight loss, one day at a time. I have greater emotional and spiritual fitness than when I came. I live a life that is happy, joyous, and free; it’s a miracle I’m not obsessing about what to eat or about my sleeves being too tight around my upper arms (although they aren’t anymore). It’s a miracle I have conscious contact with a Power greater than myself, and I pray every day in thanksgiving.

OA literature reminds me that as the holidays approach, I need to return to basics and do what I did to stay abstinent during my first holiday season. What worked for me then will work for me now: using the Tools. My food plan has changed throughout the years, and will continue to change as I age and my nutritional needs change, but I’ve always had a food plan. I must always go to meetings and read literature, just as I did when I first started.

As my emotional and spiritual needs change, I choose Step or Big Book meetings. As my responsibility to carry the message of OA becomes

evident, I choose to attend Traditions meetings. Sometimes I need to hear the experience, strength, and hope shared in speaker/qualifying meetings too. Members at meetings said that during the week leading up to Thanksgiving, they made more phone calls; some even called people on the day itself, and those people were glad to hear from them. I've tried it, and it's true. People are glad to be remembered and glad to be reminded we're in a Fellowship that helps us get through everything abstinently.

I'm going to do it again this year. It will be the message I carry when I call a newcomer, my sponsees and sponsor, and at least one person I haven't seen in a while. At my first meetings, members told me that because holidays are few, we don't get as much practice at being abstinent on them as we do every other day. People shared their imperfections and how, through their Higher Power, they found the willingness to continue their recoveries instead of going back out there to eat. They told me that OA is the only place they continue to recover from their mental obsession.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous says, "Another power, stronger than ourselves, had to be found to relieve us of it, if we were to stop eating compulsively and stay stopped" (p. 3). I learn best when I see something demonstrated. The people at my first meetings showed me the only way to continue to recover was by "passing it along," and they did, one day at a time. Is this not an awesome program? To think that I can continue to learn, grow, and recover by just showing up. I wish you all the willingness to show up this holiday season. — *Lisa D., Salem, New Hampshire USA. Reprinted from Lifeline, Nov/Dec 2016*

Virtual Sponsorship by Email, Telephone, Skype, Online...

Are you looking for a sponsor or sponsee but can't find one in a face-to-face meeting? For more information: <http://www.oaregion1.org/current-member-services.html>

Or email:

Region1VirtualSponsorship@gmail.com

OA WSO Needs Your Story

OA is developing a new publication and wants to hear your experience, strength, and hope on the topics of body image, sexuality, and relationships. Help others by sharing how maintaining abstinence, using the Twelve Steps, and relying on a Higher Power has meant a life free from shame and isolation and one full of beauty, love, and self-acceptance. Stories of approximately 500 words are preferred, and submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc. Submissions are not returned. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate. Submit your story by Jan. 7, 2017 to info@oa.org with subject line "Body Image."



Lifeline Articles Too...

Deadline January 15, 2017: "Finding Support, Giving Support" and "Great Ways to Use Virtual Services" are the focus of the May/June 2017 issue. Send us your story about giving support or receiving support from a sponsor, OA buddy, or group. Or, tell us how you use virtual services, such as telephone and online meetings, to work your program and strengthen your recovery. Send your story to info@oa.org.

Northern Lights Submissions

Please send your articles, and/or suggestions regarding our newsletter, to Cynthia B., at snowmagnolias@yahoo.com. The next deadline is January 10, 2017. Write about any topic of your choosing. Please send a Word document with minimal formatting. Thank you! (As in our meetings, the opinions shared by individual OA members do not necessarily reflect OA as a whole.)

*We don't change the message;
the message changes us.*



ANCHORAGE ALASKA INTERGROUP

MEETING SCHEDULE

To update a meeting send the information to oawebmaster@oa-alaska.org

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>Cynthia 764-1677</i>
<i>Monday</i>	<i>6:00 pm</i>	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)</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 and Sharing</i>	<i>Paula 830-2815</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>Mike 947-8881</i>
<i>Friday</i>	<i>Noon</i>	<i>Kaladi Bros., 6921 Brayton Dr.</i>	<i>AA Big Book & OA Book</i>	<i>Aaron 529-6774</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>Paula 830-2815 Debbie 3014180</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>Janet 243-3231</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 LOA 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>Big Book</i>	<i>Brenda 240-6331</i>

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
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Homer

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

Kenai

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

Fairbanks

Day	Time	Address	Type	Contact (907)
Wednesday	5:30 pm	Fairbanks Lutheran Church 1012 Cowles St		Beth 457-6222
Saturday	10:00am	Noel Wien Library 1215 Cowles St In order to preserve anonymity, there is no lettered sign identifying our group. Please check for picture of owl on back of someone's chair.		Beth 457-6222

Keep Coming Back – Together We Get Better!

