

## PICKLES

I think I'm becoming addicted to Pickles - not the eatable kind, but the cartoon script.



When I moved into my current home, I learned that my condo dues include a subscription to cable TV. I never previously had cable, so I spent way too much time channel surfing and found "My 600-pound life." Wow. After watching one episode, I thought I'll never ever again compulsively eat, overeat, or eat any red light food again. But I too was wrong. Watching this show didn't do a thing for my compulsion, but it did increase my compassion for those inside and outside the rooms of OA who share my disease. Each person in the show tried to explain how he or she just couldn't stop eating, no matter how awful it felt and how miserable life had become. Yup, that's me. I am a compulsive overeater and my life was and can still be unmanageable.

The difference between me and the people on the show? Well, of course, I was one of the blessed who found OA and in finding OA I was led to find a power greater than myself who could and would relieve me of my compulsion. I love that Pickles reminded me this morning that I am a compulsive overeater and that no TV show, exercise program, new and improved diet or diet food, or newly learned skill, or travel, or anything outside myself will relieve me of my compulsion. Thanks HP for Pickles and all my OA fellows who share the miracle of their recovery with me. – Paula Z.

## Win the 2016 Region 1 Quilt!



The Region 1 Quilt Raffle is an annual fund-raising activity to support Region 1. Each year every Intergroup in our Region creates a quilt square -- OA Unity at work. **Drawing will be on Sunday,**

**September 18** at the 2016 Region 1 Convention. Need not be present to win. To print out raffle tickets go to <http://www.oaregion1.org/2016-quilt-raffle.html> (Photo is last year's quilt)

**Check out our @OaAlaska Twitter Feed!**

<https://twitter.com/OaAlaska>

**Or on our [OA-alaska.org](http://oa-alaska.org) website...**

### In This Issue

My Morning Meditation...p 2

A Step Ahead ... p 2

Intergroup News ... p 3

Slow and Steady ... p 3

Blessed Beyond Anything ... p 4

Step 6 ... p 5

Tradition 6 ... p 6

Important OA Contact Information ...p 6

Meeting List ... p 7

**...And Much More!!!**

Published by:

Anchorage Alaska Intergroup

PO Box 200341

Anchorage, Alaska 99520

[oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org)



## My Morning Meditation

My morning reading and meditation goes pretty well. I read, pray and meditate. I call it my RPMs. I have to get up to speed!

However, I've noticed my evening prayers are more like "Now I lay me down to sleep" and if I'm still awake my mind is wandering somewhere off in thoughts of my day. It seems divine intervention that a remedy for this is to, consider the Lord's Prayer. It looks something like this;

"Our Father who art in Heaven"(think on Him who is in heaven and what that means) "Hallowed be Thy Name (think of His divinity and holiness)

"Thy kingdom come, Thy will be done" (be aware of how I desire this to be so in my life and heart.)

"On earth as it is in heaven" (in heaven He reigns supreme, seek that rule in my life) "Give us this day our daily bread" (thank you for giving me sustenance today. Thank you that it was enough but not too much) "Forgive us our trespasses as we forgive those who trespass against us." (Please reveal to me anyone that I need to forgive that I haven't forgiven today)

"Lead us not into temptation but deliver us from evil" (thank you for your protection today.)

"For Thine is the Kingdom, the Power and the glory" (all is in Thy hands including myself)

"Forever" (today and always)

"Amen"(I'm willing - so be it - this is my prayer)

This is only some of the thoughts I've had about each part of the prayer but it's helped me that my thoughts of the day are a bit more focused.

- *Anonymous, Anchorage*



## A Step Ahead

The Second Quarter 2016 issue of *A Step Ahead* is now online. This issue covers:

- 2016 World Service Convention, including the latest registration and workshop information, plus a Convention story from our board chair.
- All the business at the World Service Business Conference this May 2–7, 2016.
- Excellent news from our board treasurer
- An important note about the best ways to buy OA books
- An overview and update on OA Virtual Services
- What's new from WSO
- A report on funding for Professional Exhibits, and more!

Find the link at <https://oa.org/whats-new/>



**World Service Convention 2016  
September 1–4**

**Registration is now OPEN!**

<https://oa.org/members/events/world-service-convention/>

***Give Generously*** - Your 7<sup>th</sup> Tradition donation keeps our bookstore, intergroup office, phone line, web site, and OA retreats going, as well as supporting Region 1 and WSO.

**Did You Know?** You can sign up to receive OA emails and the Northern Lights newsletter, at [oa-alaska.org](http://oa-alaska.org).

## OA Region 1 Convention

September 16-18, 2016

Calgary, Alberta, Canada

Download a brochure at:

[http://www.oaregion1.org/uploads/1/4/0/4/14047174/2016\\_convention\\_brochure.pdf](http://www.oaregion1.org/uploads/1/4/0/4/14047174/2016_convention_brochure.pdf)

## Alaska Area Intergroup News

Dear Secretaries, Group Reps, et al. Since attendance at May's IG meeting was very small, this summarizes some of the discussion and actions that took place at the meeting so you can share IG news at your meetings. I hope this will be helpful. Please contact me if you need further information.

1. Kathleen Y. was elected to the position of Recording Secretary for the remainder of the year. Thank you Kathleen!
2. Contributions to the World Service Office and Region One were discussed. A motion was made, seconded, and approved that from this point forward meetings may either (1) make contributions directly to the World Service Office and Region One or (2) submit their 7th Tradition contributions to Intergroup and Intergroup will make donations to the World Service Office and Region One after Intergroup expenses are paid. If your meeting is not making contributions directly to WSO and Region One, please confirm in writing to the Treasurer that your meeting understands that contributions will be made from your 7th Tradition contributions after AAI expenses have been paid.
3. A large order for literature has been placed by our Literature Chair.
4. There was a lengthy discussion of the revised 2016 budget. Each item in the budget (income and expenses) was discussed to determine how AAI can achieve a balanced budget. The yearly fixed expenses (rent, telephone, post office box, insurance) are approximately \$5,072 and discretionary expense are approximately \$2,285 (outreach, delegate expenses, etc.), while anticipated income is about \$5,245. The revised budget presented was approved. It was noted that as the year progresses the budget can be revised to reflect the actual amount of income and adjustments to expenses can be made if funds are available. It was unfortunately decided that AAI cannot afford to

send a delegate to the Conference in Calgary this year. Hopefully, we will be able to set aside some funds at the end of the year and perhaps undertake some fund raising to assure that our delegate can participate in the Region One Conference next year. Likewise, the motion that was made at the April AAI meeting and tabled to the May meeting authorizing AAI to provide Newcomer Packets to all meeting at no cost was not approved. However, a motion giving AAI permission to provide no cost Newcomer packets on a case-by-case basis was approved. I hope this will be helpful. Please contact me if you need further information. - Paula, Chair

## Subscribe to Lifeline Magazine

*Lifeline*, OA's international magazine, serves as an indispensable "meeting-on-the-go." Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers. Tucked in a purse, a suit coat pocket or a lunch bag, *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed. *Lifeline* is available both as a print magazine and as an online magazine. Order at <https://oa.org/members/lifeline-magazine/>

## Slow and Steady

I've been in OA for seventeen years and have maintained a more than 30-pound (14-kg) weight loss. It still amazes me when I think about it! I have worked the Steps four times (and the Traditions twice) and currently am on Step Nine. Here are five strategies I try to use to make working all Twelve Steps manageable:

- I do all my Step work with the help of my sponsor. I run my ideas, plans, and writing by her and am open to her suggestions.

• I am always clear in my mind about which Step, Tradition, or Concept I'm currently working on.

• Slow and steady works for me. My first Fourth Step was really long, and my sponsor suggested I commit to thirty minutes of writing each week. (Some weeks I would get inspired and write longer.) I could then feel good about my progress if I did thirty minutes. I'm now on Step Nine. Most of my character defects require self-amends, so for many of these I'm doing ninety-day contemplations on a phrase or slogan from Conference-approved literature to replace the character defect. I've been on Step Nine for almost two years, and it's helped me understand these new ways of thinking and acting.

• I keep cycling through the Steps. I love the analogy to a birch tree that gently lets go of its bark when the tree has grown, but if the bark is torn too early, the tree will be hurt. Similarly, I don't want to deprive myself of the wisdom, growth, and change that can come from continually working on the Steps and Traditions. My last cycle helped me see several character defects I wasn't ready to see before.

• I try to tell my home group what Step work I'm doing. This gives me accountability to commit to my change. Plus, other group members give me great suggestions and support.

Our OA Tools are great for helping me stay abstinent and experiencing the physical aspect of recovery, but I need to be willing to work the Steps and Traditions to get more of the emotional and spiritual recovery that is part of our three-legged stool. I came into OA to lose weight and stop bingeing but have gotten so many more wonderful gifts. Step work has been essential for that! I'm realizing that I'm worth that attention, and I think you are too! — *Paul, Eugene, Oregon USA*  
(Reprinted from *Lifeline Magazine*, April 2015)



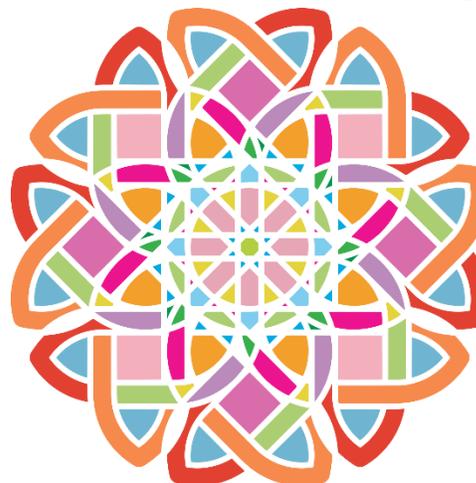
## Blessed Beyond Anything

Having worked the Twelve Steps, what did I learn about the Principles?

Honesty. I learned to look truthfully at ugly things that I am powerless over yet make my life unmanageable. It takes honest vision to fully understand there is a problem and that I have no way to solve it myself.

Hope. I came to believe I can have a relationship with a Higher Power who can do things for me that I can't and that I can be restored to sanity. There is hope that the painful parts of my life can change and that HP has a better plan for me.

Faith. It was a leap of faith that something would sustain me when I stopped my way of doing things. But what I couldn't imagine doing forever, I could do for one day. Those days added up to a miracle.



Aligning my will with God's and going through scary places in recovery is faith working in my life.

Courage and integrity. Note the

word "fearless" in fearless moral inventory; fear and faith don't coexist. It takes courage and integrity to look back at unflattering moments and share them with another person. To overcome my fear, become vulnerable, and present my true self is the basis for real relationships and connection.

Willingness. It's the whatever-it-takes clause in the contract with God and being ready, in God's time, to let go not only of hurtful things we want to change but also defects we enjoy. That's a scary concept. It's also one filled with honesty, hope,

faith, courage, and integrity—amazing how these Principles work together.

Humility. When I earnestly ask for help, God goes to work, but not necessarily in ways I expect. Humility is acceptance of who we really are and the need to live in harmony with God’s will to find serenity.

Self-discipline and love for others. Life is easier when I avoid doing things that make me owe amends and when I admit my part as soon as possible. The “my part” piece is a revelation—no matter what, I can act with a loving approach.

Perseverance. Even when God’s plan feels difficult, by saying, “I can do it today” and doing the next right thing, the todays add up. If I turn back, I’ll never get to the destination.

Spiritual awareness. I came to understand that God is with us always. Spiritual awakening is having a living God in my life; I am taken care of and will get what I need. We are enough and are loved for who we are. I experience God in me connecting with God in others. Connection with God requires work and practice. To hear and understand God’s will, I need to clear my mind.

Service. I don’t only carry the message—I am the message. I don’t need to sell program. I just need to live these Principles. And to keep this recovery, I need to share my experience, strength, and hope with others. I came to OA thinking I had a problem with food yet learned I had a problem with life. I’ve been blessed beyond anything

I ever thought to wish for. — *Michelle C.*  
(Reprinted from *Lifeline Magazine*, April 2015)

### ***Northern Lights Submissions***

Please send your articles (any topic) to Cynthia at [oanewsletter@oa-alaska.org](mailto:oanewsletter@oa-alaska.org). The next deadline is July 1, 2016. Please keep formatting to a bare minimum to make my cutting and pasting easier.

*Thank you!*

## **Who Knew?!**

**AAI HAS A LARGE SELECTION OF CDS?**

**ARE YOU DOING STEP WORK? CHECK OUT THE REGION ONE BOXED SETS FOR GREAT STEP STUDIES SUCH AS LAWRIE C’S STEP STUDY AT THE 2009 REGION ONE CONVENTION.**

**WANT TO HEAR A POWERFUL PITCH? LISTEN TO TERYL B’S SPEECH FROM THE 2013 REGION ONE CONVENTION. TERYL FACILITATED A RETREAT IN ANCHORAGE.**

**WANT A GREAT PITCH AND SOME LAUGHS?**

**TRY MICHAEL K’S FRIDAY NIGHT ADDRESS AT THE 2007 REGION ONE CONVENTION. MICHAEL WAS SO GOOD THAT WE BOUGHT HIM TO ANCHORAGE TWICE TO FACILITATE RETREATS.**

*Step 6* *Were entirely ready to have God remove all these defects of character.* The OA Website offers a Step 6 retreat podcast. The Step Six workshop speakers share their individual stories of recovery and the vital part Step Six, “one of the most difficult of the Twelve Steps” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, page 53), plays in that recovery process. One of the speakers discusses why she found it so hard to be entirely ready to part with her defects, explains the concept of the payoff that kept her holding on to them and the key of an attitude of willingness: “Having such an attitude we cannot fail” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, page 58). The other speaker provides guidance on how to take our Fourth Step defects and resentments and discover the assets many of these defects actually were until our compulsive eating turned them into defects. She helps explain how the Steps help us recapture the assets that were part of ourselves, so we can live

happy, joyous and free, without the fear that we will be nothing without these defects. Access this podcast at <https://oa.org/podcasts/step-six-june-14-2015/>

**TRADITION 6: *An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.***

“The sixth tradition helps OA groups fulfill our primary purpose of carrying the OA message. If meeting time is take up with pitches for religious groups or other twelve-step programs, if newcomers can’t tell the outside literature from the OA literature at our meetings, if members put their phone numbers on OA telephone lists only to be bothered by sales calls, the OA message of recovery soon gets lost. Those who suffer from the misery of compulsive eating need to hear about the solution found in working the twelve steps during our meetings and phone calls. They also need to know that there are no strings attached, no gimmicks, no stockholders demanding that money be made. There are many treatment programs for people with eating disorders available outside OA. Most recognize the value of the twelve steps and take measures to involve their clients or patients in OA meetings. Although some outside enterprises may endorse OA, OA does not endorse any of those outside enterprises. We welcome all who come to our meetings with a desire to stop eating compulsively, no matter what other forms of treatment they might be involved in as individuals. OA has no affiliation with any form of treatment or therapy.” *(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pp. 154-155.)*



***Keep Coming Back- It Works When You Work It!***

<b>Important OA Information</b>
Anchorage Alaska Intergroup PO Box 200341 Anchorage, Alaska 99520 (907) 279-1942 (800) 279-1942 <a href="http://www.oa-alaska.org">www.oa-alaska.org</a>
Oasis (Office) 4105 Turnagain Blvd. Suite D-1 Anchorage
Region 1 PO Box 23235 Tigard, OR 97215 <a href="http://www.oaregion1.org/">http://www.oaregion1.org/</a>
WSO PO Box 44020 Rio Rancho, NM 87174-4020 <a href="http://www.oa.org">www.oa.org</a>

<b>AAI Officers</b>	<b>Email Address</b>	<b>Name</b>
Chair	<a href="mailto:oachair@oa-alaska.org">oachair@oa-alaska.org</a>	Paula Z.
Vice-Chair	<a href="mailto:oavicechair@oa-alaska.org">oavicechair@oa-alaska.org</a>	Jody W.
Corresponding Secretary	<a href="mailto:oaorrsecretary@oa-alaska.org">oaorrsecretary@oa-alaska.org</a>	Becky G.
Recording Secretary	<a href="mailto:oaminsecretary@oa-alaska.org">oaminsecretary@oa-alaska.org</a>	Kathleen
Treasurer	<a href="mailto:oa treasurer@oa-alaska.org">oa treasurer@oa-alaska.org</a>	Janet R.
OA WS Delegate	<a href="mailto:oawsodelegate@oa-alaska.org">oawsodelegate@oa-alaska.org</a>	Open
Region 1 Delegate	<a href="mailto:oaregion1delegate@oa-alaska.org">oaregion1delegate@oa-alaska.org</a>	Wendy H.
Literature	<a href="mailto:oa literature@oa-alaska.org">oa literature@oa-alaska.org</a>	Dave T.
Newsletter	<a href="mailto:oa newsletter@oa-alaska.org">oa newsletter@oa-alaska.org</a>	Cynthia
Webmaster	<a href="mailto:oa webmaster@oa-alaska.org">oa webmaster@oa-alaska.org</a>	Randy
12 <sup>th</sup> Step Within	<a href="mailto:oa_twelfth_step_within@oa-alaska.org">oa_twelfth_step_within@oa-alaska.org</a>	Open
Outreach	<a href="mailto:oa_outreach@oa-alaska.org">oa_outreach@oa-alaska.org</a>	Tanya
Technology	<a href="mailto:oa_technology@oa-alaska.org">oa_technology@oa-alaska.org</a>	David A.



## ANCHORAGE ALASKA INTERGROUP

### MEETING SCHEDULE

**04/14/2016**

To update a meeting send the information to [oawebmaster@oa-alaska.org](mailto:oawebmaster@oa-alaska.org)

**Anchorage**

**(907) 279-1942 or (804) 279-1942**

<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 &amp; 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 &amp; 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 &amp; 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>

<b>Saturday</b>	<b>9:30 am</b>	<b>Wasilla: Alano Club Snohomish/Fishhook Rd</b>	<b>Big Book</b>	<b>Brenda 240-6331</b>
<b>Sunday</b>	<b>6:00 pm</b>	<b>Palmer: St. Michael's Parish, 432 E Fireweed Ave, in the office, the Knights of Columbus Rm.</b>	<b>Speaker/ Topic</b>	<b>Randy 745-7485</b>

**Homer**

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

**Kenai**

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

**Fairbanks**

<b>Day</b>	<b>Time</b>	<b>Address</b>	<b>Type</b>	<b>Contact (907)</b>
<b>Wednesday</b>	<b>5:30 pm</b>	<b>Fairbanks Lutheran Church 1012 Cowles St</b>		<b>Beth 457-6222</b>
<b>Saturday</b>	<b>10:00am</b>	<b>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.</b>		<b>Beth 457-6222</b>

