

The Northern Lights Newsletter

The Voice of AAI



November 2016

Nurturing My Little Plant

Today is November 9, 2016. On September 12, 1991, I completed my 30 days of HOW sponsored abstinence and the first 30-day HOW questions and “stepped up.” In celebration of that ceremony, my wonderful sponsor gave me a little plant to symbolize my growth in the program. Today, 9190 days or 25 years, 1 month and 28 days later, that plant is still alive and growing. It actually needs to be repotted and could use some fresh dirt or plant food.

That plant really has become a symbol of my program. There have been many times, especially during the fall and winter, when it doesn't look quite so perky and I've thought, gee it's really old, maybe it's time to toss it, but I've just treated with a little more kindness - fed it fresh nutrients, watered it carefully, and talked to it - and it perks up and I see its beauty once more. For those who haven't been around long, that's what has happened to me over the past gazillion years - my program seems old and dull and I start thinking maybe it's time to move on. But then I attend an especially inspiring meeting, or go to a workshop or retreat and I get enthused and I step up my program self-care and talk with my sponsor and I again appreciate the beauty of the Twelve Steps.

If you're feeling a bit blah because it's cold outside or your program isn't giving you the results you'd like to see today, please, please don't miss the I.D.E.A. Day (International Day Experiencing Abstinence) Retreat on November 19th. Energize your program, get inspired, and love, love, love the program of recovery through the Twelve Steps all over again.

In Fellowship,
Paula Z., Chair



ANCHORAGE ALASKA INTERGROUP ANNUAL MEETING DECEMBER 3, 2016 - 12:00-1:30

The Annual Meeting of the Anchorage Alaska Intergroup will take place at the Oasis on December 3, 2016 at 12:00.

The following items will be on the agenda and require the input and vote of all groups that are members of AAI. Please discuss these items at your monthly group conscience meeting prior to the Annual Meeting and have your meeting representative attend the Annual Meeting to cast your group's vote.

1. Slate of officers and delegates for 2017. A full slate of candidates for each position will be distributed after the November Intergroup Meeting.
2. Bylaws revisions. A chart showing the current and proposed bylaws revisions and an explanation of the proposed bylaws changes are attached.
3. Intergroup Meetings for 2017. (Proposed Jan, March, May, Sept, Oct, Nov and Dec. 3rd Saturday of month) and other action items.
4. Budget for 2017.

Northern Lights Newsletter Published by:

Anchorage Alaska Intergroup

PO Box 200341

Anchorage, Alaska 99520

oanewsletter@oa-alaska.org

Action Items for Group Conscience

The following items are for individual OA Meetings to take a Group Conscience and send your vote to Intergroup on December 3.

Item 1: IG is proposing the membership ratify a new Intergroup board schedule of seven meetings: Jan, March, May, Sept, Oct, Nov and Dec. (Of course the board could call additional meetings as needed.) We would also like to change the day of the month we are meeting; from the 1st Saturday of the month to the 3rd Saturday of the month. Members will vote on these two things in November in their meetings.

Item 2: The second item was what we should do about the Oasis, since it is costing 69% of the average monthly Seventh Tradition. We identified the following options:

1. A reduction in rent with our current landlord.
2. A different office arrangement with-in our current building, that is less expensive.
3. Approaching Alanon to see if they might be willing to pay more of the current rent.
4. Find a third tenant to share our space.
5. Look for a different space.
6. Or make no changes and accept the costs as they stand.

IG proposes asking for a rent committee to explore these and other options and make a recommendation to the board in early 2017.

Item 3: The third item was the cost of our land line phone, which is rarely used.

Proposed Action: We are asking the members to vote on disconnecting the phone and selling our conference phone. We would have a message service that is less than \$9 a month and use our personal phones for people to call in to meetings. Each group should have a group conscience on this question during November, and have your meeting representative vote at the December Intergroup meeting.



4. IG Elections

Slate of candidates for 2017 AAI Board and Committees:

- Chairman –Jody W
- Vice Chairman- OPEN
- Secretary- OPEN
- Treasurer –Janet R
- Correspondence Secretary - OPEN
- Literature – Beth
- Newsletter Editor - Cynthia
- Region One Delegate-Paula
- World Service Delegate-Janis
- Technology-Kathleen Y

Committees:

- Rent Committee
- Oasis Angel
- Twelfth Step Within
- Outreach: Sue
- Retreat: David A
- Workshops: Jody W

5. Bylaws Revisions

The proposed revision to our bylaws is to adopt the June 2016 World Service Office (WSO) sample bylaws section pertaining to Qualifications.

The 2016 World Service Business Conference (WSBC) approved a motion which revised the definition of Overeaters Anonymous Groups. All service bodies, including Intergroups, have been asked to review their bylaws and update them to include the revised definition. The WSBC revision deletes the section pertaining to virtual groups

CURRENT ARTICLE IV - THE INTERGROUP BOARD

Section 1 - Membership

The proposed revision would establish an intergroup board consisting of a Chair, Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, WSO and Region One Delegates, Newsletter Editor and Literature Chair.

Our current bylaws establish an executive board (consisting of the Chair, Vice-Chair, Recording Secretary, Corresponding Secretary, and Treasurer) and an intergroup board (consisting of the executive

board, delegates, newsletter editor, literature chair, and standing committee chairs).

The proposed revision would eliminate the need to elect all committee chairs at the December annual meeting. It would enable the intergroup to elect committee chairs for committees that are needed for specific tasks during the year, such as a retreat chair or an outreach chair and allow that chairperson to commit to a specific task or project without having to make a year-long commitment to the position.

CURRENT ARTICLE VI - COMMITTEES Section 3 - Standing Committee Chairs

The proposed revision would adopt the WSO June 2016 section on Committees which state that the “board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the IG Board.”

The current bylaw sets out a list of standing committees. Roberts Rules of Order defines a standing committee as a committee “appointed for a definite time, as a session or a year.”

The revision, in conjunction with the definition of the intergroup board would give the intergroup and members more flexibility in giving service as needed to the fellowship.

Please discuss the proposed revisions, which are attached in a chart on page 6, with your meetings for a group conscience to vote for or against these changes at December’s Anchorage Intergroup meeting.

Visit us online!

OA Website <http://oa-alaska.org/>

Twitter Feed

<https://twitter.com/OaAlaska>



November 19 Idea Day Retreat

**“Resources to Help You Keep
Coming Back”**

- ❖ **9 am to 4:15**
- ❖ **Potluck Salad Luncheon
(bring a nutritious salad
topping)**
- ❖ **3322 Commons Way, Mt
Vernon Commons
Clubhouse** - for directions
call Paula @ 907-830-2815
- ❖ **Suggested Donation: \$25** a
person. Scholarships are
available, call Jody W @ 907-
229-0702

A Big-Enough God

When I was new to recovery, I would call my sponsor and complain about circumstances and how hard it was to stay abstinent. My sponsor would suggest that I get a bigger God. It took me a while to really understand what she meant; I believed in God, but realized I wasn’t able to trust him. Through working the Steps, going to meetings, and talking to OA members, I learned to allow my HP to love me, just as I learned to love myself, and I did find a bigger God. I set aside my old way of thinking of God for a new way of thinking: I now call my God “love.” This helped me get around the limitations and expectations of the God I was raised with. When I renamed him, my concept of God grew.

True love has no limits, no judgements, no shame. When I pray, saying “love” instead of “God,” I feel a deep connection. It works for me. I love the fact that we all get to have our own concepts of a Higher Power, and I have never had a problem working with people of different faiths. Currently, my husband and I are living in Delhi, India. There are few OA meetings here, so telephone meetings are my lifeline. I am blessed to have a new sponsee in this country. She shared with me her frustration with food and weight gain, so I shared about my OA recovery and abstinence. She asked me to sponsor her. When I first told her about the Second and Third Steps, she said she could not do them, because she had lost faith in her God long ago. I said, “Let’s just start with Step One.” We worked through the Doctor’s Opinion (Alcoholics Anonymous, 4th ed., pp. xxv–xxxii) and Step One in the literature, and then I had her listen to recorded meetings about Steps Two and Three. She realized she had been treating her HP as a Santa Claus—not the same as having faith.

We had some very interesting conversations about God, so I learned a lot about her religion and its teachers. We didn’t have any conflicts in discussing our faith in our loving Higher Powers. We have plans to go to her temple together so she can do a ceremony there to turn her will and life over to the care of her God as she understands him. If you are struggling to find a concept of a Higher Power, don’t give up. Listen to your heart. Listen to others. Spend time in nature. Be willing to go to any lengths to find your own Higher Power. We are told to be honest, open, and willing. When I did this, I found a Higher Power big enough to keep me abstinent, one day at a time. - Bonnie O., Gig Harbor, Washington USA (*Reprinted from Lifeline, Nov/Dec 2016*)

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 ... ***As if your life depends on it!***

A Report from World Service Convention, Boston, 2016

About 1200 OA members from around the world met in early September to celebrate our recovery with 4 days of festivities. Several folks from Alaska were able to make the trip and what a wonderful experience it was! Seventy-two workshops, skits (with a revolutionary theme), keynote speakers, hospitality and fellowship abounded.

It was sometimes hard to decide where to go next: one of the hourly OA meetings, a workshop on abstinence, special focus meetings (anorexia/bulimia, men’s issues, LGBT), the literature room (with the new 12 Steps workshop book which quickly sold out, and the new book of stories from Lifeline). In the hallways and lounges, OA-er’s were meeting and making friends, exchanging contact information. As a fund raiser, baskets were raffled off and 2 Alaskans were winners!

The hotel was right downtown, across the street from a store with a salad bar which was very popular. In between sessions and before and after the convention, we rode the “duck boats” into the Charles River, walked the Freedom Trail, and visited art museums and historical sites. I was able to visit a former sponsee who lives nearby and caught up with another Alaskan who moved south some years ago.

For me, this convention was a badly needed “shot in the arm”, and the workshops on body image, relationships, and conceptions of a Higher Power were very powerful. I was able to room with my sponsor from out-of-state: what a luxury to do my tenth step in person! Surprisingly, one of the most powerful parts for me was the dance. Three hours of dancing without shame, without concern about how we looked out there on the dance floor; just hundreds of people thrilled to be alive and able to enjoy music (even those who have had physical changes as a result of the disease of compulsive eating).

It’s the most amazing feeling to say “I put my hand in yours...” and be standing in a circle of over 1000

people saying the same thing. My sponsor and I agreed we will meet again in Orlando, Florida (HP willing!) from August 20-23, 2020. Hope you can join us! - Mary Ann K., Anchorage

Outreach	oa_outreach@oa-alaska.org	Tanya
Technology	oa_technology@oa-alaska.org	David A.

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

OA 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.

Suggested topics:

- How has your sexuality been affected by your physical, emotional, and spiritual recovery?
- How are your intimate relationships different as a result of your physical, emotional, and spiritual recovery?
- What aspects of sexuality have been the most difficult to face in the light of recovery, and how did you deal with these issues?
- How do you stay abstinent when dating, in a relationship, or during a breakup?
- How has your physical, emotional, and spiritual recovery affected your body image?
- How do you celebrate your sexuality as a recovering member of OA?
- What is your experience of feeling connected to your body before OA? In OA?
- How do you relate your recovering body image and sexuality to your relationships?
- Are the decisions you make for yourself at a healthy body weight different than those you made when you were over- or underweight?

<i>AAI Officers</i>	<i>Email Address</i>	<i>Name</i>
Chair	oachair@oa-alaska.org	Paula Z.
Vice-Chair	oavicechair@oa-alaska.org	Jody W.
Corresponding Secretary	oacorrsecretary@oa-alaska.org	Becky G.
Recording Secretary	oaminsecretary@oa-alaska.org	Kathleen
Treasurer	oatreasurer@oa-alaska.org	Janet R.
OA WS Delegate	oawsodelegate@oa-alaska.org	Open
Region 1 Delegate	oaregion1delegate@oa-alaska.org	Open
Literature	oaliterature@oa-alaska.org	Open
Newsletter	oanewsletter@oa-alaska.org	Cynthia
Webmaster	oawebmaster@oa-alaska.org	Open
12 th Step Within	oa_twelfth_step_within@oa-alaska.org	Open

- How has your physical recovery affected your emotional and spiritual recovery?

Submit your story by Jan. 7, 2017 to info@oa.org with subject line “Body Image.”



Northern Lights Submissions

Please send your articles, and/or suggestions regarding our newsletter, to Cynthia B., at snowmagnolias@yahoo.com. The next deadline is December 10, 2016. 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.)

OCTOBER 1, 2016 PROPOSED BYLAWS REVISIONS (From WSO)

CURRENT ARTICLE III, SECTION 2

Section 2 - Qualifications

The following are the qualifications of eligibility for membership in the Intergroup.

1. Those groups within the region or the geographic definition of Intergroup that have formally registered with World Service Office and indicated their intention to belong to Intergroup are considered members. An OA group is defined as the following:

- As a group, they meet together to practice the Twelve Steps and Twelve Traditions of OA.
- All who have a desire to stop eating compulsively are welcome in the group.
- No member is required to practice any action in order to remain a member or to have a voice (share at a meeting).
- As a group, they have no affiliation other than OA.
- A group may be formed by two or more persons meeting together as set forth in Article IV, Section 1 of Overeaters Anonymous, Inc., Bylaws Subpart B.
- Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:
 - otherwise meet the definition of Overeaters Anonymous groups;
 - are full interactive; and
 - meet in real time.

2. Each group shall be entitled to vote through its elected Intergroup representative.

WSO PROPOSED REVISION

Section 2 - Qualifications

(A) Qualifications for group membership in an intergroup: Groups

registered with the World Service Office (WSO) that are within its region or geographic proximity may affiliate with an intergroup, except that virtual groups registered with the WSO may affiliate without regard to geographic proximity. Each intergroup has the autonomy to determine which groups may affiliate with it; that decision should always be guided by OA Traditions and Concepts.

(B) The Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Article V, Section 1, as written and as it may be amended by a future World Service Conference.

(C) These points shall define an Overeaters Anonymous group:

- As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
- All who have a desire to stop eating compulsively are welcome in the group.
- No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- As a group they have no affiliation other than Overeaters Anonymous.
- It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

<p>3. No group may be registered with another Intergroup</p>	
<p>CURRENT ARTICLE IV - THE INTERGROUP BOARD Section 1 -Membership 1. The executive board shall consist of a Chair, a Vice-Chair, Recording Secretary, Corresponding Secretary, and Treasurer. 2. The Intergroup board includes the executive board, Delegate(s), Newsletter Editor, Literature Chair, and Standing Committee Chairs. 3. Meetings shall be chaired by the Chair of the board. In the event the Chair is unable to chair any meeting, the Vice-Chair will lead the meeting. In the event the Vice-Chair is not available, the Corresponding Secretary or next executive board member, will open the meeting and hold an election for a temporary Chair.</p>	<p>AAI PROPOSED REVISION Section 1 - Membership 1. The intergroup board shall consist of a Chair, a Vice-Chair, Recording Secretary, Corresponding Secretary, Treasurer, WSO and Region One Delegates, Newsletter Editor, and Literature Chair. 2. Meetings shall be chaired by the Chair of the board. In the event the Chair is unable to chair any meeting, the Vice-Chair will lead the meeting. In the event the Vice-Chair is not available, the Corresponding Secretary or next executive board member, will open the meeting and hold an election for a temporary Chair.</p>
<p>CURRENT ARTICLE VI - COMMITTEES Section 3 - Standing Committee Chairs 1. Standing committee chairs may include, but are not limited to: a. Oasis Angel b. Twelfth Step Within c. Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People] d. Lifeline e. Retreat f. Publications Committee g. Finance Committee [Budget and Ways and Means] h. Policies and Procedures i. Technology j. Archives 2. A standing committee chair will solicit 2 or more active OA members to join him or her in carrying out the purposes of the Intergroup in the most effective and efficient manner.</p>	<p>AAI PROPOSED REVISION Section 3 - Standing Committee Chairs 1. The board may establish committees as are needed for the welfare and operation of the intergroup. Each committee is responsible to the IG board.1 2. Standing committee chairs may include, but are not limited to: a. Oasis Angel b. Twelfth Step Within c. Outreach [Public Information, Professional Community, Institutions Health Fairs, and Young People] d. Lifeline e. Retreat f. Publications Committee g. Finance Committee [Budget and Ways and Means] h. Policies and Procedures i. Technology j. Archives k. Workshops and Special Events 3. A standing committee chair will ask and encourage OA members to join him or her in carrying out the purposes of the Intergroup in the most effective and efficient manner.</p>

ANCHORAGE ALASKA INTERGROUP

MEETING SCHEDULE

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

Anchorage

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

Day	Time	Address	Type	Contact (907)
Monday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book	Cynthia 764-1677
Monday	6:00 pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	AA Big Book	Tanya 317-7451
Tuesday	5:30 pm	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	OA/HOW	Meg 248-0300
Wednesday	Noon	OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd, #D1 (in back)	Writing and Sharing	Paula 830-2815
Thursday	6:30 pm	Lutheran Church of Hope, 1847 W. Northern Lights Blvd	There is a Solution	Mike 947-8881
Friday	Noon	Kaladi Bros., 6921 Brayton Dr.	AA Big Book & OA Book	Aaron 529-6774
Saturday	9:00-10:30am	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Paula 830-2815 Debbie 3014180
Sunday	9:30 am	Kaladi Bros., 6921 Brayton Dr.	As Bill Sees It. VOR & For Today	Janet 243-3231

Mat-Su

Day	Time	Address	Type	Contact (907)
Monday	Noon	Wasilla: Alano Club Snohomish/Fishhook Rd	Big Book LOA Book	Terri 376-3227
Wednesday	6:00 pm	Wasilla: Alano Club Snohomish/Fishhook Rd	Topics	Gail 357-4644
Saturday	9:30 am	Wasilla: Alano Club Snohomish/Fishhook Rd	Big Book	Brenda 240-6331
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

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!

