



Report from AAI Chair

Our election for the Intergroup board is coming up on December 16, 2017 and we have volunteers for all of the positions except for the Newsletter and the World Service Representative. You can self-nominate at the meeting (even if someone else has volunteered for a particular position).

If we don't get a volunteer for Newsletter it will be suspended in 2018.

Service is an important part of our program. Providing service to the group really enhances your program, so please consider doing your part.

We had thirteen people at the Workshop; two from the Kenai and three from the valley. Thank you to everyone who came and shared, it made the learning very meaningful. The link will be sent out soon, so you can listen to the recordings on your own. Look for an email from Kathleen Y.

Thank you to everyone who helped setup and takedown the tables and chairs. To Janis for donating a new coffee pot and all the coffee and tea needs. And last but not least, thank you to Paula for securing the Mt. Vernon space for us again and working with us the day of the event.

Thank you to the members of the 2017 AAI Board of Directors. You have done exceptional service for the group. Your 2017 Board was: V Chair-: Aaron, Treasurer: Janet R, Recording Secretary: Kathleen Y, Corresponding Secretary: David, Newsletter: Cynthia, Literature: Beth, Paula Z: Region 1.

Reach out to others during the holidays, your call or text might make all the difference in the world for both of you. I'm sending each of you a wish for a joyous holiday season and a spiritual and serene new year. - Jody W

Don't Miss It!

**Intergroup Meeting and Elections
Saturday, Dec 16, Noon-1:30 at the Oasis**

Help Needed for OASIS Remodel Jan. 10th

Help us prep and paint the Oasis, starting after the noon meeting on Wednesday January 10th. Denise has volunteered to organize the remodeling and donated the paint. We need your help to move everything out into a donated van to make room for painting, and we need volunteers to paint. Then new carpet will be laid on Friday the 12th.

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...and more, read on!

Northern Lights Newsletter Published by:
Anchorage Alaska Intergroup
4105 Turnagain Blvd. Suite D-1, Anchorage, AK, 99517

Holiday Meetings?

The Anchorage Monday Noon meeting (Starbucks on Old Seward and Dimond) will convene on Christmas and New Year's Day. Please post your holiday meeting changes on the OA website and be sure to let your attendees know at your meetings if there are any planned changes over the holidays.



Newcomers Story: Step One Relief

On May 28, 2017, I attended my first OA meeting. The courage to attend arose when I discovered the pamphlet [Maintaining a Healthy Weight](#). I finally admitted I did not like my body or my weight. I realized I could not manage my weight by myself. Most importantly, I realized and admitted that not liking myself made me have nasty, weird thoughts about myself and my relationships with other people. I needed to ask for help both from a group and from a Power greater than my self-determination and ego.

I started reading about [Step One](#) even before I asked a woman to be my sponsor. The more I read, the more I realized I needed to honestly examine why I ate the way I did despite knowing the harmful consequences. The “why” would lead me to know my powerlessness and unmanageability. Working Step One, by reading, writing, talking with my sponsor, and asking my Higher Power to stay close to me, helped me uncover a long list of unhealthy, false beliefs and denial about my compulsive eating.

Becoming aware of these unhealthy beliefs, however, did not change my actions, even though I was now even more uncomfortable with myself. Feelings of shame and guilt and the nasty, jealous thoughts about others continued. Still, as I grew in awareness, I felt only support and understanding from my sponsor and other members of my OA group. Step One, I found, was not an exercise in self-punishment. Step One was opening my eyes to acceptance. As [Voices of Recovery](#) states, “I don't have to beat myself up for being a compulsive

overeater any more. I also don't have to waste time trying to ‘fix’ myself in ways that don't work” (p. 71) and “What a relief to discover that it wasn't just a matter of willpower!” (p. 84).

I felt the relief. In fact, relief, hope, and freedom started for me in Step One. Hope was tangible in the faces and sharing of my sponsor and others at meetings, and I was not alone. Freedom rose from trusting that a Power greater than me would do what I couldn't do for myself.

Before I could surrender to the program, I needed to experience my powerlessness. I needed to own all the ways my life had become unmanageable because of compulsive overeating. Step One allowed me to write my own OA prayer and write and rewrite my own plan of eating. I shared both with my sponsor as I worked the First Step. I continue to use the [Tools](#). My first action plan was “Ways I take care of myself that do not involve food.”

I am a newcomer, already feeling welcome and accepted in OA. I am so grateful for phone calls from members who barely knew me, for my willing sponsor, for our literature, for the [Step One podcast](#) on oa.org, and for all OA members who have kept this program healthy and growing. I will return the gift I have been so generously given.

— Mary Beth S. (reprinted from *OA Lifeline*)

OA Contact Information

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www.oa-alaska.org

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

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



7th Tradition Carries the Message In addition to paying for your meeting's rent, newcomer packets, and other group expenses, your group's donations keep our bookstore, intergroup office, web site, OA retreats, and workshops going - as well as supporting Region 1 and WSO. Thank you for giving generously!



Peaceful Ways

I joined OA in 1981 weighing more than 250 pounds (113 kg), and I've been abstinent for thirty-five years. Because of this Fellowship, sponsors, the Steps, the Tools, slogans, and a loving HP, I have been able to be peaceful with food. I have horrible examples of how I behaved before program. For example, at our oldest son's wedding, I actually argued to have a second dessert!

Here are examples of how I have negotiated abstinence since then:

At our second son's wedding I had been blessed with steady abstinence. My good friend said, "You aren't even going to taste the special dessert?" I said, "You aren't even going to take a sip of the champagne toast?" She's an alcoholic, so I think she got my point.

To the many organizations that practically require a donation of home-baked goods, I always make the same reply: I do not bake, but I'll be glad to buy something or give an equal amount of money. Most groups accept this, and I don't have to make abstinence more difficult.

At Halloween, Christmas, and Easter, I avoid giving sweets; most children get so many sweets from others that they don't need any from me.

When we moved to a place that has a famous local treat, I was asked to sample it just to see how great it tastes. My response was why torture myself by

knowing how great it tastes when I have no intention of ever eating it again.

We wanted to celebrate New Year's Eve with four couples, but the initial plan was to drink and snack until dinner at midnight, so we said we couldn't come. They asked why, and I said I would probably make everyone uncomfortable by not drinking, not snacking, and not eating a midnight dinner. Miraculously, they accommodated me and planned an earlier dinner. I was grateful and surprised.

These examples should not imply that I find abstinence difficult or burdensome, but instead show that I have ways to stay peacefully abstinent. The idea that I'd ever be able to eat normally again has been smashed like the Big Book says (*Alcoholics Anonymous*, 4th ed., p. 30). I also have a good, green memory of illness: the torture of cravings and compulsions, the self-hatred, the rages, the depression, the victimhood, and the insanity. Through the Steps, the Fellowship, and a loving HP, my cravings have been removed. As long as I continue to do what I have done every day for thirty-five years, I will stay peacefully abstinent.

I have weighed 130 pounds (59 kg), give or take a little, for many years. I hope my experience can be of use to others. I know it has been a help to me.

— *B.D., San Antonio, Texas USA*

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Step Twelve: Principle Focus

The last line of our Twelfth Step reads, “to practice these principles in all our affairs.” Twenty years ago, when I first came to OA, this part of the Twelfth Step seemed a lofty goal. What were these Principles? And what a tall order, to practice them in all my affairs!

To do as instructed, I first had to become familiar with the Principles; only then could I practice them. I knew I would need the help and guidance of my sponsor, OA friends, and my Higher Power. Today, the Principles of the Steps enrich my life and enable me to live it sanely. At last I have a guide for living that shows me the route to becoming the person my Higher Power’s love would like me to be.

The Step Principles are so beautiful in their simplicity: Step One, honesty; Step Two, hope; Step Three, faith; Step Four, courage; Step Five, integrity; Step Six, willingness; Step Seven, humility; Step Eight, self-discipline; Step Nine, love; Step Ten, perseverance; Step Eleven, spiritual awareness; Step Twelve, service.

To live a life grounded in these Principles, what works for me is to continually study them. Every month I focus on one Principle; I reflect, write, and read about it, and discuss it with my sponsor and OA friends. For example, since September is the ninth month of the year, I focus on love, the Principle of Step Nine. I do the same thing for all the other Step Principles every month of the year. This way, their meanings continue to evolve for me.

There have been times in my life when one Principle would stand out, seeming to be just the one I needed most or the one that would help me through a difficult time. Courage has been key for me, and I like to think of it as *Confronting Our Unfortunate Realities Aware of God’s Embrace*. Other times, I have needed hope: *Hold Onto Positive Energy*. Integrity speaks to me daily: *Intuitively Nurturing Truthfulness, Embracing Goodness and Rightness In all That You do*. Another favorite is humility, which I like to think of as *Honestly Understanding My Instincts, Limits,*

Insecurities, Triumphs, and Yearnings. Of course, faith keeps me centered daily, *For Always I Trust Him*.

These Principles of the Twelve Steps now guide me every day, lighting the way to peace and serenity.

— Elaine Z.



Grateful for Service

This will be my last month editing and publishing the Northern Lights Newsletter. Two years ago the position was open right up until the election. To my surprise, HP moved me to raise my hand and nominate myself for the position. Possibly the shortest campaign ever! Needless to say, I learned a lot from this service position. While I can navigate a computer and the internet fairly easily, I hadn’t edited a newsletter since the days when “Cut and Paste” meant exactly that, cutting out strips of printed word and pasting them onto the layout board, or taking a stripped down asci file on a floppy disk to the professionals to set up the newsletter (don’t worry if you don’t follow any of that!)

Anyway, for those people who enjoy writing and setting up documents, who enjoy working independently, and who are introverts like me, this is an ideal service position. I really enjoyed looking for Lifeline articles (did I mention your Lifeline subscription will be paid for?) and reviewing 12 Step writings to find things that I thought would be interesting and helpful. I also enjoyed receiving positive feedback and encouragement from my fellow OA’s. Having new experiences is a part of the recovery process, and perfection does not even enter the equation – so if you are ready for an adventure that truly supports abstinence, ask HP if this service job would be right for you. Meanwhile, I thank you for allowing me to grow in service to my fellow OA’s, and for reading and contributing to

the Northern Lights these past two years. – *Cynthia,*
Northern Lights Editor

ANCHORAGE ALASKA INTERGROUP OF OVEREATERS ANONYMOUS, INC.
AGENDA
December 16, 2017

THE PRIMARY PURPOSE OF THIS ORGANIZATION IS TO AID THOSE WITH THE PROBLEM OF COMPULSIVE EATING, THROUGH THE TWELVE STEPS OF OVEREATERS ANONYMOUS, AND TO SERVE AND REPRESENT THE OA GROUPS FROM WHICH THE INTERGROUP IS FORMED

1. Welcome (please silence your electronic devices) If you are representing a meeting, you may participate fully in all discussions and voting. Don't hesitate to be involved, that is why you are here. Each member is equally valuable. Please raise your hand and wait to be recognized by the Chair before speaking. This will help us operate efficiently, and give everyone a chance to be heard.

- a. Steps
- b. Concept Twelve
- d. Introductions: Please state your name, the OA meeting you represent and/or your IG position

2. **Approval of Minutes from the November Meeting**

3. **Reports: Please share anything you need to report**

- a. Chair
- b. Vice Chair
- c. Treasurer: November
- d. Corresponding Secretary
- e. Recording Secretary
- f. Literature Chair - \$_____ in account
- g. Newsletter Editor
- h. Committees or Meetings

4. **Unfinished Business**

- a. Nominations for 2018 – Slate of Candidates
- b. Proposed Budget for 2018
- b. Paint and Carpet remodelling will take place in January. Denise needs help moving things out of the office on Wednesday January 10, after the meeting. She will be painting on Thursday, January 11. Carpet will be installed on Friday, January 12. Things will need to be set into the office Friday afternoon or Saturday, January 13. Al-A-Non will have their meeting starting at noon. Carpet will be completely paid for by landlord, paint is being donated by Denise.
- c. Other Old Business?

5. **New Business/Committees:**

- a. Fundraising Committee for 2018 – Need Committee and goals
- b. Retreat Committee for 2018 – Sierra & Teri
- c. New meetings Committee for 2018 – Kay is Chair of this committee
- d. New Survey?
- e. Other New Business?

6. **Service Needs/Announcements:**

Next Meeting will be January 20, 2018 at the Oasis

7. **Adjournment and Serenity Prayer**

ALASKA OA MEETING LIST

Day	Time	Location	Address	Contact	Phone	Topic
ANCHORAGE						
Sunday	9:30 AM	Oasis (Intergroup Office)	4105 Turnagain Blvd. E	Mary Ann	907-345-8630	Literature Study
Monday	12:00 PM	Starbucks – Dimond	Corner of Old Seward Highway and Dimond Blvd	Aaron	907-529-6774	Literature Study
Tuesday	5:30 PM	Intergroup Office - Oasis	4105 Turnagain Blvd. E	Meg	907-248-0300	OA H.O.W.
Wednesday	12:00 PM	Intergroup Office - Oasis	4105 Turnagain Blvd E.	Paula	907-830-2815	For Today, Writing
Thursday	6:30 PM	Lutheran Church of Hope	1847 W Northern Lights Blvd.	Mike	907-947-8881	Literature Study
Friday	12:00 PM	12100 Cafe	12100 Old Seward Highway	Janet A.	907-351-6841	None
Saturday	9:00 AM	St Mary's Episcopal Church	2222 Tudor Rd	Susan L.	907-301-4364	Big Book
FAIRBANKS						
Wednesday	5:30 PM	Fairbanks Lutheran Church	1012 Cowles St	David	907-687-2776	Topic
Saturday	10:00 AM	Back entrance off 2nd Avenue	1030 2nd Avenue	David	907-687-2776	Literature Study
HAINES						
Friday	11:00 AM	Human Resources Building	103 Third Ave S	Jennifer	907-766-2242	None
HOMER						
Friday	12:00 PM	Homer United Methodist Church	770 E End Rd	Angela	907-299-6404	None
JUNEAU						
Monday	5:30 PM	Faith Lutheran Church	2500 Sunset Dr.	Patty	303-646-7182	None
Wednesday	12:00 PM	Unity Center	119 Seward St	Wendy	907-364-2240	None
Saturday	10:00 AM	Juneau Public Health Center	3412 Old Glacier Hwy	Leslie	907-586-3259	None
KENAI						
Monday	5:30 PM	URS Club	Kenai Spur Hwy	Ellen	518-884-9936	None
KETCHIKAN						
Saturday	10:00 AM	Pioneer Home	141 Bryant St	Lesley	907-225-3277	None
PALMER						
Sunday	6:00 PM	St Michael's Catholic Church	432 E Fireweed Ave	Randy	907-745-7485	Speaker/Discussion
Thursday	6:00 PM	St Michael's Catholic Church	432 E Fireweed Ave	Randy	907-745-7485	AA 12&12, OA Steps and/or Traditions
SEWARD						

Day	Time	Location	Address	Contact	Phone	Topic
Tuesday	6:00 PM	Seward United Methodist Church	321 4th St	PJ	907-299-3082	None
SOLDOTNA						
Thursday	5:30 PM	Central Peninsula Hospital	250 Hospital Pl	Christine	907-322-2778	None
UNALASKA						
Tuesday	12:00 PM	Baha'i Center Unalaska	390 Bayview Ave	Rob	907-581-3109	None
WASILLA						
Monday	12:00 PM	Alano Club	901 Snohomish Dr.	Janis	907-441-5629	Big Book, OA Second and/or Third Edition
Wednesday	6:00 PM	Alano Club	901 Snohomish Dr.	Gail	907-357-4644	Topic
Saturday	9:30 AM	Alano Club	901 Snohomish Dr.	Randy	907-745-7485	Big Book, OA Steps and / or Traditions Study

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.*