



February is the Month of Love

February is a month where you hear a lot of talk about love. The kind of love that came to my mind is self-love and self-acceptance. I certainly didn't have enough of that before OA.

The Big Book tell us "Acceptance is the Answer," but what does that really look like, how does that really feel when I'm talking about loving myself when my food is messy, when my body won't ever be perfect, when I never finish my to-do list, when I show up stressed, and when I show up unlovable?

Voices of Recovery January 15 - "OA has given me a newfound freedom, the freedom that comes as a result of practicing unconditional love and acceptance of the person I am today. In my Fourth and Fifth Steps I realized what character traits and behaviors had outlived their usefulness to my life. I saw that my old ways of reaching out to the world kept me from reaching my full potential. In Step Six I became willing to let go of whatever stood in the way of my being present to life.

I am powerless over fixing myself, but I am not helpless. I can pray for the willingness to be willing to surrender and allow the natural progression of change to unfold in God's time. **I can even enjoy myself in the process. OA has given me back my power. Today I choose to practice unconditional self-acceptance while I relish the mystery of change."**



I have slowly learned to love myself. To love the way I do program imperfectly, to even love my imperfect body. OA has helped me find self-love and self-acceptance. That has allowed me to keep coming back and to work my program for this 24 hours, to find happiness in being enough, and to accept the people around me as enough. Keep coming back and you will find your own self-love and acceptance, your own beautiful life.

Voices of Recovery – May 21 - "As we responded with action to the love we had been shown in OA, the results was a new faith in ourselves, in others, and in the power of that love." (OA 12 & 12 P. 17)"

Many OA people loved me until I learned to love myself. It was not until I could love myself that I recovered and did the needed work: used the tools, worked the Steps, lived the Traditions. It has been a long journey, but I have made it to the other side: I am happy, joyous, and free." - *Jody W.*

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... Read ON!

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4105 Turnagain Blvd Suite D-1
Anchorage, AK, 99517

An Invitation from Region One

Intergroup Renewal - Stories - What's Working for You?

Hi Everyone - In support Region 1's efforts at Intergroup Renewal our Active Resource Support Project Team is asking Intergroups, Meetings and Individuals to share their stories, about "What's Working for You?" These stories will be compiled and posted on the Region 1 website, as a resource of experience, strength and hope, in order to help other Intergroups, Meetings and Individuals who are struggling. You can email your stories to me at: ron_pellizzon@telus.net

Thank you for your support. Together we get better. - *Juanita Pellizzon (Southern B.C. interior Intergroup)*

2017 AAI Calendar

Jan 21 – Intergroup: Noon-1:30 – Oasis
Feb 25 - Unity Day Workshop: 1-4 pm - Mt Vernon Commons
March 18 - Intergroup Meeting: Noon-1:30 - Oasis
May 20 - Intergroup/Region One/Workshop: 10 am-4 pm - Mt Vernon Commons
Sept 16 – Intergroup: Noon-1:30 - Oasis
Oct 13-15 - Region One Conference in Seattle
Oct 21 – Intergroup: Noon-1:30 - Oasis
Nov 18 -Intergroup/Idea Day Workshop: 9am - 4 pm - Mt Vernon Commons
Dec 16 – Intergroup: Noon-1:30 - Oasis

Step Two Reading

Clearly a power greater than ourselves had to be found if we were ever to be restored to sanity.'
(OA 12 & 12 Page 12)

For someone as impulsive and driven to find relief as I was, sanity took many forms: waiting instead of acting, looking for the positive in a situation, feelings of satisfaction when the action fell short of the intention, and learning to be aware of my compulsion and think it through. When I relied on

my wits alone, I used all my energy to make things happen. Too often I met with frustration, disappointment, and feelings of failure or self-pity, which led me back to the food. The Higher Power I found in OA revealed a more peaceful approach to living. He enabled me to begin asking for help, contemplate my options, and anticipate the effect of my actions on others. I began to trust in this Higher Power, trust my instincts, and, ultimately, trust other people. Now my faith in that power reveals itself in the smallest decisions during my day. I feel a calmness and a confidence that produce realistic expectations under adversity. Now that's sanity. - *Voices of Recovery, February 5, Page 36*

The corresponding question from the Voices of Recovery workbook, page 19:

"Does more than one way exist to do the things before me? Putting self aside, how might the choice I make affect other people?"

Check out our @OaAlaska Twitter Feed! <https://twitter.com/OaAlaska>

Remarkable Unity

We all have heard the ancient saying that a house divided cannot stand. I see this happening throughout the world today; division seems to be a preferred way of life, though it seldom brings desired results.

In OA, we seek unity. Unity does not mean conformity. Through practicing the concept of unity, I have learned patience and openness; differences among us do not mean right and wrong, but only that one person prefers one solution over another.

Imagine—two or more solutions to problems.

Unity also means

acceptance, though I have to keep in mind that my acceptance may not mean I like a situation or solution (continued on p. 3).



Here we are all united by the fact that we are compulsive eaters who have major problems with food. And we are not only united at this one meeting in this one room—we are united around the planet, united with compulsive eaters in other countries speaking other languages. It's all quite remarkable!

The Twelve Traditions and Steps each have a spiritual aspect to them, and I have found this to be true: When I find spiritual solutions to my problems, those solutions seem to last. Thank you, OA unity.

—Sara F., Virginia USA (OA Lifeline)

Tradition Two *For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*

January Intergroup Meeting Overview

January 21, 2017

1. An additional \$600 scholarship will be available for the WSO delegate this year, bringing the total to \$1,000
2. Newsletter submissions should be sent to Cynthia by the tenth of each month. "Cynthia B." SnowMagnolias@yahoo.com
3. The budget for 2017 passed and is balanced
4. The PO Box was eliminated and our new mailing address is: 4105 Turnagain Blvd, Suite D-1, Anchorage, AK, 99517
5. The Calendar for 2017 is set, including a date for the Region One Delegates to meet with us and hold a workshop on May 20th.
6. The phone line has been cancelled. Until future notice call into member cell phones to be a part of meetings. Jody W – 907-229-0702.

7. Intergroup adopted goals for 2017: *“Doing more for the Newcomer and the Lapsed Members.”*

Question for Meetings:

- What should Intergroup add to help do more for the newcomer and lapsed member?
- What (if anything) would meetings be willing to do?

Suggested Actions for Consideration:

- Create a “Newcomer Corner” in the Newsletter?
- “Call Five and Keep Them Alive.” Call five people you haven’t seen in a while (weekly or monthly) and call newcomers.
- Meetings might consider a rotating service position that makes calls to newcomers and lapsed members?
- Any other ideas you might have.

8. WSO Delegate has resigned for personal reasons. WSO Position is open, please consider signing up: WSO requires two years of back to back abstinence and service above the group level.

9. *Meetings: We need updates if your Secretary changed at the first of the year.* Please contact Aaron or Paula Z with the information.

10. *Meetings: We need sponsor names and contact information to post on the website.* Please contact Jody W or Paula Z with the information.

11. Year End Contributions to WSO & Region One will be \$500 for each group. Discussion about future percentages will continue at the March meeting.

12. The next Intergroup Meeting will be March 18, at the Oasis which is held at the Turnagain Arts Building.

Visit us online!

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

Free Unity Day Workshop

February 25, 2017

1:00-4:00p

Mt. Vernon Commons Club House (Head North on Arctic, right on 34th, two blocks to the Mt. Vernon Commons Parking)

Food, Nutrition, and Food Plans

How does my body image, self-esteem, and/or perfectionism help or hurt my program?

No Charge - Seventh Tradition will be collected

To be on a conference calling list, call Jody before the event, at 907-229-0702

WSO Public Information Poster Contest

Submit an entry into OA's first Public Information Poster Competition. Deadline for entries is March 31, 2017, 11:59 p.m. MDT. Then, watch for details how you can vote April 15–May 15, 2017 for the winner. The winning design will be professionally printed and sold at bookstore.oa.org. The winning designer or service body will be awarded twenty complimentary copies of OA's New PI Poster. For complete details, <https://oa.org/files/pdf/PI-Poster-Contest-Flyer-v2.pdf>

Northern Lights Submissions

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

Mar. 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.)

2017 AAI Board

Chair –Jody W

Vice Chair- Aaron

Recording Secretary- Kathleen

Treasurer –Janet R

Correspondence Secretary – David A.

Literature – Beth

Newsletter Editor - Cynthia

Region One Delegate-Paula

World Service Delegate-Open



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 for helping us carry the message!

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

Important Notice: Please check the OA-Alaska website for Feb. meeting changes. Kaladi's (Anchorage) on Brayton Drive is under repair!

Not Receiving the Northern Lights

Newsletter? You can download both full color and printable versions of *The Northern Lights* at www.oa-alaska.org. If you would like to receive *The Northern Lights* via email, send your email address to Cynthia, snowmagnolias@yahoo.com

**Region One Convention
October 13-15 2017
Seattle WA**

For more information:

<http://www.oaregion1.org/region-1-convention.html>

Inspiration for Newcomers (and More Seasoned OA's)

Titanic Transformation

"I hate meetings!" I exclaimed when it was my turn to share. "But I know I need to be held accountable, and I think OA is where I should be."

I was disgusted with myself for the umpteenth time in my life. Over the last three years, I had gained back 36 of the 82 pounds (16 of 37 kg) I'd worked so hard to lose nine and a half years ago. It was after the death of my former husband and the subsequent joy of finding and marrying the man of my dreams that I started to relax my firm resolve. After all, I wanted to please this new man in my life. I wanted to shower him with my culinary delights and home-baked goodies. At first I ate just a little, then an occasional extra dessert. But after eating my way through cruises to Alaska, the Mediterranean, Russia, Europe, and Great Britain, I knew I'd lost the battle of trying to eat like a normal person. I felt entitled to eat all those culinary masterpieces from around the world—I paid for them!

To support my new husband, I attended his meetings in another Twelve Step program. Slowly, I began to see how this program could relate to my food compulsions. I contemplated going to an OA

meeting, but . . . arrrgh! A meeting? I'd rather sew. Actually work the Steps? Service? No way. Abstinence? Was I really that desperate?

Despite my negativity, the God of my understanding worked on me patiently, inserting little pearls of wisdom into my head during my husband's meetings. I watched with delight as people accepted coins to celebrate their days, months, or years of sobriety. I knew something was missing in my life. I wanted a coin too! I went to my first OA meeting and participated in the readings. I felt love and acceptance from a few people. They invited me to come back. They sold me some literature. I went home feeling odd—a transformation was starting to take place. I was curious.

I started purchasing and downloading all the OA literature I could find. I listened to podcasts. I went to meetings, a marathon, and an intergroup meeting. Miracles began to change my life.

When I was growing up, my parents were devout about their religion, spending a lot of time studying religious books, going to meetings, and volunteering their time, and they forced me to be involved as well. When I realized where my negativity and resistance were coming from, I prayed and cried and gave it to God and then boom, boom, boom—three miracles came in a row: After attending two meetings a week for a few weeks, I found a sponsor; I bought a workbook and began working the Steps; and I took an "OA spa day" and drove through the countryside to three different meetings on a sunny day. Each meeting had a different approach to the OA program, so I went home and researched the differences.

Then miracle number four happened. The cravings and compulsions I felt for excess food just left me. I'm slowly, steadily losing weight. Could it really be this easy? How many podcasts had I heard say that this is a simple program? Wow. I took my 30-day coin. I took my 60-day coin. In a little over two weeks, I will take my 90-day coin. I'm happy, joyous, and free. It can happen for you. It's happening for me. — *Loriann P., Colton, Oregon USA (OA Lifeline Aug. 2, 2016)*

ALASKA OA MEETINGS

Please Update Your Meetings by Emailing Aaron@dtanc.com

Important Notice: Please check the OA-Alaska website for Feb. meeting changes in Anchorage.
Kaladi's on Brayton Drive is under repair!

Day	Time	Location	Address	Contact	Phone	Topic
ANCHORAGE						
Sunday	9:30 AM	Kaladi Brothers Coffee House	6921 Brayton Dr	Mary Ann	907-345-8630	Literature Study
Monday	12:00 PM	Kaladi Brothers Coffee House	6921 Brayton Dr	Wendy	907-382-5682	Literature Study
Monday	6:00 PM	Intergroup Office - Oasis	4105 Turnagain Blvd. E	Tanya H	907-317-7451	Big Book
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	Kaladi Brothers Coffee House	6921 Brayton Dr	Aaron	907-529-6774	None
Saturday	9:00 AM	St Mary's Episcopal Church	2222 Tudor Rd	Debbie	907-301-4180	Big Book
FAIRBANKS						
Wednesday	5:30 PM	Fairbanks Lutheran Church	1012 Cowles St	Kristi	919-200-3774	None
Saturday	10:00 AM	St. Matthews Church		Kristi	919-200-3774	None
HAINES						
Friday	11:00 AM	Human Resources Building	103 Third Ave S	Jennifer	907-766-2242	None
HOMER						
Tuesday	5:30 PM	United Methodist Church	770 E End Rd	Julie	907-235-6696	None
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	3:00 PM	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

Day	Time	Location	Address	Contact	Phone	Topic
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						
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

Keep Coming Back - It Works When You Work It



And You're Worth It!!!