



The Northern Lights Newsletter



January 2017

WELCOME TO OA IN 2017

My name is Jody W and I have been tasked with being the Chair of AAI in 2017; AAI stands for the Anchorage Area Intergroup and was chosen decades ago to identify the group of people in OA at that time. But this is just a name; in addition to Anchorage we have members in the Mat-Su Valley, Kenai, Seward, Homer, Fairbanks, Kotzebue, and occasionally Southeast. We are an open welcoming group, and we invite anyone, Alaska wide, those from the lower 48, and those worldwide to use our resources, reach out for meetings, workshops, sponsors, and fellowship. We encourage your participation and feedback on every board issue, and welcome suggestions on how we can better serve your needs.

Our board goals have yet to be fully stated for 2017, but I can safely say the AAI board would like to help each person reading this message feel welcome and supported by OA and AAI.

My personal goal is to make AAI less about paperwork and board meetings, and more about carrying the message and program. I hope we can continue to provide thoughtful workshops and most importantly help the newcomer on a more consistent basis, while reaching out to the members who are struggling and especially those who have stopped coming to meetings.

Please contact me at the board email and I will get back to you as soon as possible. I am very open to suggestions, and feedback.

Welcome to Overeaters Anonymous
Welcome Home!



In service - Jody W

Unity Day Workshop

February 25, 2017

1:00-4:00p

**Mt. Vernon Commons Club
House**

- ❖ **Food, Nutrition and Food Plans**
- ❖ **How does my body image, self-esteem, and/or perfectionism help or hurt my program?**

Free – Seventh Traditions will be passed

Watch your email for a flyer coming soon!

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PO Box 200341, Anchorage, AK 99520



Next Intergroup Meeting Jan. 21 at the OASIS from Noon-1:30

Everyone’s participation is welcomed – please send a meeting representative as we discuss the following proposed Agenda Items.

Unfinished Business

- ❖ 2017 Budget (attached)
- ❖ Calendar
- ❖ Disconnecting landline phone service to Oasis; Options
- ❖ Rent Committee

New Business

- ❖ Work Shop – February 25
- ❖ Technology Committee
- ❖ Other Committees
- ❖ Goals

Updates: Since our last AAI meeting, with regard to the rent committee, Jody W. has volunteered to contact the property manager, to find out any options we might have with regard to the Oasis.

Janet is checking on the post office box options to determine if we can get a mailbox at the Oasis.

We opted to get rid of the existing phone landline, but we still need to resolve how people get in touch with us – only through the internet, or should we keep a recorded greeting or voicemail only? What about conference calls? It's fine to use our cell phones for an hour or two for conferencing, but can we really use them all day for a workshop?

Aaron is working on a list of sponsors to be made available to the members. To be forwarded when ready.



STEP 1 *“We admitted we were powerless over food—that our lives become unmanageable.”*
When I first came to OA I had already lost ninety pounds, but I was struggling and knew I needed help. As soon as I walked through the door to my first meeting, I knew I was in the right place. I thought I had taken Step One that first night—certainly I was powerless over food or I wouldn’t be here.

I continued to eat the same way I had been eating. I ate all foods, but limited the quantities of my favorites. I didn’t have any binge foods—no, not me. Of course, I still struggled, even though I was working the Steps. I started eating more at meals. As long as it was part of a meal, I was still abstinent, right? I only ate three meals a day.

Eventually, my Higher Power got a message through my food fog. He made me realize that I was playing with fire, still controlling my food. I had not taken Step One.

Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles happen when we work the Steps honestly!

For Today, I will be honest about my binge foods.

Have I become honest with myself about my compulsive eating (under and over)? Can I list the behaviors I know in my heart are problems for me? (Reprinted from Voices of Recovery, Jan 1)

Ask-It Basket

Would it break any OA tradition to get the OA logo as a tattoo? Does the visibility of the tattoo matter?

Here is in part the Copyright Policy: “All OA literature, including digital media, and the OA logo are protected under US copyright law, and that copyright is owned solely by Overeaters Anonymous, Inc.” The policy doesn’t say anything about personal use, such as a tattoo; it only refers to OA literature.

Regarding the visibility of the tattoo, you are the judge of your own anonymity.

Visit us online!

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

Twitter Feed

<https://twitter.com/OaAlaska>

2017 AAI Meeting Schedule and Important Dates

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 10:00a/4:00p –
May 20 (tentative date) - Intergroup/Region One/Workshop 10 am-4 pm - Mt Vernon Commons
Sept 16 - Intergroup - Noon-1:30 - Oasis
Oct 12-14 - 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

- Once you realize you are in too deep, you are in too deep.
- Without God, I can't—without me, God won't.
- If food was the problem, abstinence would be the answer.
- If you focus on recovery, you will lose the weight; if you focus on the weight, you will lose recovery.
- If you don't want to worry about what the scale on the bathroom floor says, get one for your kitchen counter!
- If you want to know why you are eating compulsively—stop eating compulsively.

— Rob H., Maryland USA, reprinted from OA Lifeline, Jan 2017

Fairbanks OA'ers Need Sponsors!!!

If you would be willing to sponsor someone in Fairbanks, please email oafairbanks@gmail.com.

For Discussion and Journaling

In moments of feeling “terminally unique,” the author of I Belong (p. 13) would ask, “Do you look for similarities or differences? If we look for recovery and work for recovery, we will find it, no matter how different we think we are.” What similarities do you share with your OA fellows? Where do you see recovery? Write down your observations. – From OA Lifeline Jan 2017

FRESH TALK

We have all heard many OA slogans over and over. I'd like to share a few fresh slogans I've heard in OA meetings, both face-to-face and telephone. I love these:

- Without abstinence, the rest is just conversation.
- Stay in the middle of the herd.
- My spiritual awakening was preceded by many rude awakenings.
- You can't teach what you don't know.
- You can't lead where you don't go.
- You can't be what you are not.
- You can't give what you haven't got.

OA Contact Information
Anchorage Alaska Intergroup PO Box 200341 Anchorage, Alaska 99520 www.oa-alaska.org
OASIS (Office) 4105 Turnagain Blvd. Suite D-1 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



Northern Lights Submissions

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

God and say sorry for not recognizing sooner. For now, God is telling me to listen, reminding me I've tried it on my own and couldn't do it. I am so close to that first snowballing bite.

I am of fixed design, a compulsive overeater. In God's eyes I am perfect, and now I need to see and feel that love for myself. I can choose to be unattached to my design and not let it rule me, but I can't do this on my own. I will heed God's advice and take guidance from those who have walked this same path and succeeded in choosing how to behave and how to feel.

So am I a true compulsive overeater? Yes. Do I feel I can change? Yes. Change does not mean I will stop being an overeater; what will change is how I surrender to who I am. For now, surrendering comes through following the Twelve Steps and using the OA Tools. Will I ever have the flexibility of a normal eater? God knows, but I don't. For now, I put my trust in abstaining and watch as my faith and love for myself grows.

—Beth M., England (Reprinted from *OA Lifeline*, Jan '17)

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!

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>

Fixed Design

I went to my first meeting twelve days ago. I have loved the lifeline of daily conversation with my sponsor and the introspection from daily tasks that really help me stay mindful and clean.

I have been asking for spiritual help for the last eight years. God has been guiding me, and today, I have a much more open, loving, and flowing life. I worked hard and made necessary changes to get here. Now, God has guided me to the wonderful family of OA, where help is at hand, and I want to remain happy and healthy.

Do I know I am a compulsive overeater? Yes. Do I think I will always be like this? No. I guess part of me feels that I will change; I won't be like this forever.

“If anyone questions whether he has entered this dangerous area, let him try leaving liquor alone for one year” (*Alcoholics Anonymous*, 4th ed., p. 34). Could I abstain from overeating for a year? Have I ever done this? No. That seems a huge feat for me, so I must have a problem.

I didn't quite realize the effects of my bingeing and food comas. Now that I've eaten abstinently for twelve days, I feel amazing and free. My mind is at peace.

I have some space to delude myself that I can be like a normal eater again—could I just have one bite? God shows me the spiraling after that first bite, and I have seen the warning so many times before. Today, I realize God has been trying to give me help all this time. With tears in my eyes, I thank



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January 2017

Overeaters Anonymous
Anchorage, Alaska Intergroup
2017 Budget - Proposed for discussion

ACTUAL vs BUDGET YTD	Month = 0												YTD	Budgeted YTD	Budget		
	Jan.	Feb.	Mar.	Apr.	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec					
OPERATING INCOME																	
The Tradition to AAI																	5,000.00
Revt from OASs																	144.00
Subtotal																	5,144.00
Bank Interest																	0.48
Other																	-
TOTAL INCOME																	5,144.48
FIXED EXPENSES																	
Rent																	3,437.00
Telephone																	110.00
Insurance																	187.50
Post Office Box																	200.00
State of AK Business Report																	25.00
Website**																	240.00
Other																	-
NET TOP INCOME																	4,194.50
FLEXIBLE EXPENSES																	
Office Supplies/Postage																	50.00
Novelty																	13.00
Donation																	300.00
Member I Deductible Expense																	400.00
MSO/Dial Exp																	125.00
CD Library																	140.00
Newspaper Packets																	-
Other																	-
TOTAL EXPENSES																	5,122.50
NET TOP INCOME																	71.98
Special Events / Fundraising / Net Income																	
Restaurants																	500.00
Workshops																	200.00
112 Sign Writing																	100.00
Merchandise																	-
Other																	-
Total																	800.00
WSO/Region I Annual Contribution (percentage of net income + net fund raising income)																	721.98
Net Operating Income + Fundraising Net Income																	(216.99)
WSO 30%																	(72.20)
Region One 10%																	433.19
AAI Income																	-

12/30/2016 4:28 PM

2017 BUDGET 2017 BUDGET - merchandise

OA Alaska Meeting Schedules

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	Noel Wien Library	1215 Cowles St	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
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



Keep Coming Back - Together We get Better!