



October 2017



From the Chair: Getting Back on Track

Another member shared this with me the other day and it really spoke to me. No matter where you are in program, you can be assured that God will help you move forward.

Voices of Recovery – September 3, page247

“I do not need to fear failure. I need, rather, the peace of mind that comes with taking the action I have been putting off.” For Today p. 168

“I had been trying to get back on track with my food for months. I kept veering off and on again, never staying long enough to get to my destination. Then I read just what I needed to help me with yet another “new beginning.” This reading helps me realize that fear is a four-letter word for procrastination. How can I get away from fear? Meditation helps me recall that the answer to fear is faith. God is the engine. I am the caboose. Once again, I humbly ask for his help and guidance to kick my disease off the tracks and get my life back on the rails. I go to a meeting. I make outreach calls. I hear what I need to hear through the combined wisdom and faith of the program. I commit to follow my food plan one day at a time. I am once again clicking along the track and feeling grateful, joyful, and quite capable, thanks to God and the program.” - All the best, Jody W

➤ NOTICE OF MEETING CLOSURE

The Monday evening meeting in Anchorage will end on October 30, 2017. Thank you to everyone who has been a part of this meeting.

The OA Responsibility Pledge:

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Upcoming AAI Events

Nov 18 - Intergroup/Idea Day Workshop, Mt Vernon Commons: 10-11:30 Intergroup meeting prior to workshop; 11:30 am - 5 pm Workshop
Dec 16 – Intergroup: Noon-1:30 - OAsis

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...and more, read on!

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Anchorage Alaska Intergroup
4105 Turnagain Blvd. Suite D-1, Anchorage, AK, 99517

2018 Intergroup Board Members Needed

Anyone interested please contact Jody (229-0702), Janis (441-5629) or Alice (250-3138). Below you will find a list of positions that need to be filled and names of those who are willing to be nominated so far:

1. Chair - Jody W
2. Vice Chair-Vicki
3. Treasurer-
4. Recording Secretary -
5. Corresponding Secretary-Janis
6. Literature Person-Kathleen
7. Newsletter -
8. Region 1 Representative-Paula
9. World Service Representative (Requirements 1 year abstinence, 1 year service above the meeting level)

Committees: Workshops – Jody, Oasis Support – Alice, Technology – Kathleen & Paula, other positions are available for your considerations and you are welcome to join every committee.

We will be posting nominations on November 18. And you can self-nominate at the December meeting, but it is helpful to know sooner, than later. You don't have to be perfect to be on Intergroup and you don't need experience, you just need to do the best that you can. You also don't have to live in Anchorage; you can teleconference to be on Intergroup. Please join us! You will find new friends, new experiences, and spiritual growth.

For Newcomers

No matter what your problem with food — compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising — we have a solution. Your newcomer packet contains valuable information to help you get started, along with the names and numbers of

OA members willing to help – give us a call, and keep coming back!

Technology Committee News

Help Wanted: The Technology Committee helps us carry the message to suffering compulsive eaters by maintaining and improving the website, emails, twitter, etc. We are looking for members who can help us over the next few months to make decisions about proposed changes. Having a diverse group of individuals will help us by bringing in more ideas and having an informed group conscience that addresses the needs of all. No technology skills needed. Virtual attendance at meetings is fine. Please send your contact info to serenekathleen@yahoo.com or call/text Kathleen at 907-317-8656.

New Email System: The Technology Committee has set up a new email system using Google Groups. In October, the newsletter will be sent out two ways -- as emails from Cynthia the way it has been, and as email from Cynthia to the AAI-Members-Group google group. Look for both emails in October. The plan is to use the AAI-Members-Group email only going forward, so look for the email. The subject line will start with [aai-members-group]. If you don't get the email, please check your spam or junk folder. If it's not there, please contact Kathleen at serenekathleen@yahoo.com, so we can trouble shoot. The new system will make it easier to send out the newsletter and event notices. We hope you like it.



2018 World Service Business Conference

“Growing Recovery Worldwide” is the theme for World Service Business Conference 2018, convening

April 23–28 in Albuquerque, New Mexico USA. As in years past, the Conference theme supports OA's

current Strategic Plan, and Conference workshops will focus on OA recovery in a worldwide context.

TWELFTH STEP WITHIN DAY

Tuesday, December 12, 2017

Give Twelfth Step service to an OA member still suffering or in relapse.

New Videos from WSO

Each Tradition Explained in a Three-Minute Video. "Take a Walk Down the Traditions" is a series of video presentations designed to quickly explain each of our Twelve Traditions. The Traditions can be applied effectively to all human relationships and help with problem-solving both inside and outside the rooms of OA. These videos support our strategic effort to grow OA unity worldwide. Do your part by watching these videos and encouraging fellow members to do the same. Find the first five videos at oa.org/podcasts, and keep an eye out for more to come. For source materials to translate these videos into another language, contact the World Service Office.

Share Your Recovery - Send your *Northern Lights* articles to snowmagnolias@yahoo.com. The next deadline is Dec. 10, 2017. Write about any topic of your choosing, and we especially would like to hear your newcomer story. Please send a Word document with minimal formatting.



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!



Get WSO news via email, subscribe at oa.org by clicking "News Bulletin Signup" at the bottom of any page.

OA Contact Information

Anchorage Alaska Intergroup/ OASIS (Office)
4105 Turnagain Blvd Suite D-1
Anchorage, AK, 99517
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

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

On-Line Resources

Visit OA Alaska On-Line
www.oa-alaska.org

OaAlaska Twitter Feed
<https://twitter.com/OaAlaska>

Subscribe to OA Lifeline
<http://www.oalifeline.org/>

Alaska OA Meetings List Needs Updating

Whenever there are changes, please update your meeting information by emailing bish.aaron@gmail.com Thank you!



IDEA Day Workshop **& Intergroup Meeting**

Saturday, November 18, 2017

11:30-5:00p workshop - 10:00-11:30 Intergroup

Mt. Vernon Commons Club House

North on Arctic, right on 34th, two blocks to the - Mt. Vernon Commons Parking

Please don't be late, sessions will start on time

- **10:00-11:30 Intergroup Meeting**
- **11:40-12:55 Brown Bag Roundtable—intros & obstacles**
- **1:00-2:10 FEAR: Face Everything and Recover**
- **2:15-3:25 Surrender- A Revolutionary IDEA**
- **3:30-4:45 Acceptance is the Answer**

We will be listening to CD's from the 2016 World Service Conference

There will be three different session leaders (please consider volunteering)

After each CD is finished we will have questions, writing and sharing

Seventh Traditions will be passed

We will have multiple phones you can call into. Check the website.

Call 229-0702 for additional information

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						
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						

Day	Time	Location	Address	Contact	Phone	Topic
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.*