



September 2017

## From the Chair: Service to OA, to my Fellows, and to my HP

It's funny sometimes how HP and the Universe work to give me a sign. On Friday of this week I went to a meeting and the reading was on Service. That morning "Voices of Recovery" was about Service. And my sponsor and I had talked about Service. Obviously, I needed to spend more time with this.

When I sat down to work on the agenda I was thinking about my time as the Chair of this Intergroup. How I had accepted the job reluctantly but willingly, knowing that I should do Service in spite of my reluctance to take on this role. To help me make a decision I talked to my sponsor, my Higher Power, put the problem in my God Box, and prayed and meditated for an intuitive thought.

After that I found peace of mind and an intuitive thought that told me it would all work out fine. Looking back I know it has worked out better than I could have imagined; the job has come to strengthen my relationships with my HP, with other board members, with my Region 1 Representatives, and my program as a whole. I truly feel blessed to have been of service this year.

Through this Service I have also come to believe that it was okay for me to be perfectly imperfect, while doing my very best and taking the next right action. Learning to give myself that grace has allowed me to extend the same grace to others. Finally believing that we are all doing the best that

we can with the tools and awareness we have at any given moment. Don't get me wrong, there have been times where I had to pray for patience and enlightenment, but I was rewarded with just what I needed; patience, surrender, willingness, gratitude, good humor, and the kindness for and from others.

In the Taste of Lifeline 2015, they write, "Service is the spiritual Principle of Step Twelve. Doing Twelfth Step work is one of my greatest joys in program today. When I can do service, stop being centered on self, and get into the solution with a fellow compulsive overeater, I am brought closer to the God of my understanding." (p. 86 *Never Ending Story*)

Truth be told, this is just plain old vanilla Step work. When I keep working on Step Ten, Eleven and Twelve every day, I can usually stay in the middle of the road and in that 24 hours. Not in fear, not in resentment, not in the future and not in the past. Thanks for sharing your experience, strength, and hope, so that I found a solution in OA and the Twelve Steps. In Grateful Service – Jody W

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***and more, read on!***

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## Upcoming AAI Events

**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

## Humility Keeps Me Abstinent

I used to joke that when I first came into program, I was very proud of my humility. Not that I knew what humility was—I thought of it more as self-deprecating behavior. And I really did not think I had a problem with it.

Now I think of it as balance. And I know I have a problem with it.

The February 18 [Voices of Recovery](#) reading (p. 49) aptly describes our character defects as being like a sound system with the volume turned up too high or down too low, and that was my relationship to humility. Only rarely was my ego dialed to a center position. One moment I'd have an entitlement mindset, thinking I was not getting the responsibility, job title, salary, or whatever else I thought I deserved, and the next moment I'd suffer the tyranny of perfectionism, blowing a minor mistake into a conviction that I was incompetent, overpaid, and a likely target for the next layoff.

Now I work at staying in balance. I accept I will make mistakes, knowing at the same time I am improving in many ways each day. I am learning from my mistakes. I am open to a better way of doing things than my way. I don't need to be a know-it-all to feel adequate; I don't need to fear trying something new because I won't be good at it. I can always learn new things, in or out of my areas of expertise. I am no better or worse than anyone else in terms of mastering life's lessons.

What does this have to do with food? Everything. This is another area of too high highs and too-low lows, driving me as a compulsive overeater to pick up and stuff down. Someone aptly spelled out BINGE as “Believing I’m Not Good Enough.” But for me, binges can also develop from me thinking

I'm too good or being too proud to ask for help. Practicing humility keeps me in abstinence, in the center, in the “good-enough” zone.

We are all equals on the road to recovery—honestly facing our problems, open mindedly seeking others' help when our own efforts have failed us, and becoming willing to act on the new knowledge we gain; including how to keep our egos in that balance known as humility.

— *Edited and reprinted from Novations newsletter, Northern Virginia Intergroup, July 2008; in OA Lifeline* <http://www.oalifeline.org/abstinence/fresh-talk/>



## Don't Miss the Region One Convention!

The Region One Convention is scheduled for October 13-15 2017, in Seattle WA. Meet your OA fellows from the Pacific Northwest for sharing and renewal! Several Anchorage OA's will be attending, ask around at your meeting about sharing lodgings. *For the newcomer: A region convention offers a booster-shot introduction to the program and an opportunity to meet and chat with OA members from around the region. In OA, you are promised a warm and welcome greeting from all.* Register at <http://www.oaregion1.org/region-1-convention.html>

## Help Wanted on AAI Bylaws

Bylaws, Policy and Procedure Committee will be meeting soon to determine if there are any Bylaws or Policy and Procedure changes needed. Contact Alice if you can help. The changes (if any will come out in October for your review). The final wording will be posted in November and voted on in December.

# The Enough Prayer

Let me have faith so I will love as if there will  
always be love enough for me  
and I have never been hurt.

Let me have faith so I will be a friend, as if my  
friends have always been here  
and I have never been alone.

Let me have faith so I will eat as if there will always  
be another meal  
and I have never been hungry.

Let me have faith so I will drink as if there will  
always be enough to quench me  
and I have never been thirsty.

Let me have faith so I will carry out tasks as if I  
always have energy to give it my all  
and I have never been tired.

Let me have faith so I will spend the money I earn  
in ways that take care of me  
and I have never been broke.

Let me have faith so I will always know  
there will always be enough.

— Victoria, Chicago, Illinois USA (Reprinted from  
OA lifeline [http://www.oalifeline.org/steps/the-  
enough-prayer/](http://www.oalifeline.org/steps/the-enough-prayer/))



## ***An Invitation for You!***

Monday Meeting at the Oasis needs  
people to come to their meeting. They don't have  
many people and your experience strength and  
hope will make a difference. Big Book meeting,  
6:00 PM, 4105 Turnagain Blvd. E

**Newcomers Welcome Here –  
Keep Coming Back!**

# Nominations Needed for AAI Board

When we took the survey this spring seven or eight  
people indicated they were interested in being on  
Intergroup (thank you). Anyone interested please  
contact Jody (229-0702) or Alice (250-3138) or  
Janis (441-5629) to say which position you would  
like to do.

Open Positions: Chair (Jody is willing to stay on as  
Chair unless someone else has a burning desire),  
Vice Chair, Treasurer, Recording Secretary,  
Corresponding Secretary, Literature Person,  
Newsletter Person, Region 1 Representative, World  
Service Representative (you need to have had  
Intergroup experience and two years abstinence to  
qualify for this position). No other job requires  
anything other than the desire to stop eating  
compulsively.

We will be posting nominations on November 18.  
And you can self-nominate at the December  
meeting, but it is helpful to know sooner rather 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.

## **Oasis Gets a Fresh New Look**

Painting will be taking place at the Oasis  
sometime in the near future. Thanks to Denise  
for volunteering to do this for us. We are still not  
fully decided about repainting the  
coat rack which was made by a  
former OA. If you have an opinion,  
let us know (we will leave a  
comment sheet by the coat rack).



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

# Virtual Sponsorship

Need a sponsor?

Or, are you an available sponsor willing to help someone remotely via phone, email, Skype, or FaceTime?

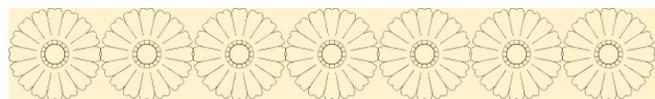
To help members who are unable to find a local sponsor, Region One offers “Virtual Sponsorship!”

How does it work? Submit an application as a sponsor or sponsee. The VS Team will then try to “match” you with available sponsors/sponsees, and share contact info so that you can talk and decide if you’d like to work together.

For more information or to fill out an application, visit <http://www.oaregion1.org/find-a-sponsor-or-sponsee.html>

Or email [Region1VirtualSponsorship@gmail.com](mailto:Region1VirtualSponsorship@gmail.com).

**Step Nine:** *Made direct amends to such people wherever possible, except when to do so would injure them or others.* “If we are to be restored to right relations with others, we must do whatever we can to square things with the people we have harmed. Much of what we need to do in order to make amends won’t be easy, but those who have gone through with step nine have always found it to be more than worth the effort. When we finish our amends most of us feel closer to our Higher Power than ever before. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality. To the best of our ability, we’ve cleaned up the wreckage of the past, and we are at peace with the world.”  
(*OA Twelve and Twelve*, pp. 80-81)



## OaAlaska Twitter Feed

<https://twitter.com/OaAlaska>

**Share Your Recovery** - Send your *Northern Lights* articles to [snowmagnolias@yahoo.com](mailto:snowmagnolias@yahoo.com). The next deadline is October 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.



## 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.
- 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*  
<http://www.oalifeline.org/abstinence/fresh-talk/>)

**7th Tradition** 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!



**A CHUCKLE FROM REGION ONE ASSEMBLY**

Region One Assembly will take place in Seattle October 11-13, before the October 13-15 Convention. The Assembly is the yearly Region One business meeting and addresses adopting a budget for the following year, amending by-laws, electing officers for the following year, reviewing the past year and celebrating successes of the Region and Intergroups. In short, it's much like our Intergroup's Annual Meeting, which will take place in December.

But, to let you know that it's not all work and no play - check out the following motion that will be debated by the Representatives!

**OCTOBER 2017 PROPOSED MOTION TO REGION ONE ASSEMBLY\***

**MOTION MM-1:** Move to amend Policy 5.2.4 - BUDGET by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
5.3.4 Region One shall budget to donate all excess funds to World Service annually. Excess funds are calculated as follows: fund balance less prudent reserve, plus budgeted revenues, less budgeted operating expenses.	5.3.4 <del>Region One shall budget to donate all excess funds to World Service annually.</del> Excess funds are calculated as follows: fund balance less prudent reserve, plus budgeted revenues, less budgeted operating expenses. Throw a pizza party annually for the Intergroup that donates the most money to Region One, to be held in the geographical area of the Intergroup.

**SUBMITTED BY:**

Cheez Fourme  
[ilikepineappleonpizza@gluttony.com](mailto:ilikepineappleonpizza@gluttony.com)  
 1-800-DOMINOS

**INTENT:**

To introduce a fiscally responsible method of dispersing extra funds for the benefit of Region One.

**IMPLEMENTATION:**

Update Region One Policy and Procedures.

**COST:**

Whatever excess funds Region One has at the end of the year.

**RATIONALE:**

This motion provides an avenue for Region One to disperse with extra funds, keeping in mind this sentence from page 163 of the OA 12&12: "However, we've learned from experience that it's not good for groups to keep large sums of money." By promising a pizza party for the intergroup that gives the most funds to Region One, we hope to encourage increased contributions so that Region One can do even more work and provide more services. World Service has every single group, intergroup and region on the planet giving money to them – Region One is only kept afloat by the financial support of a small fraction of the fellowship. We need the money more. Also, a pizza party encourages fellowship among members of the intergroup with the biggest wallets, which is important for morale and connectedness to Region one.

\*This "mock motion" will be brought to the floor at our Assembly Kickoff on Wednesday evening. Please be prepared to fully debate the pros and cons of Section 3 – Bylaws, Policies Motions and Proposals

**WSO News**

- **"Growing Recovery Worldwide"** is the theme of World Service Business Conference 2018, convening April 23–28 in Albuquerque, NM USA. Conference planning is underway, and the **first set of e-Documents**, including the [Chair's letter](#) and [Important Information](#), is now available on the [WSBC page](#). WSBC is the **annual group conscience of our**

**worldwide Fellowship.** About 200 delegates, representing service bodies from around the world, meet to discuss new OA business; cast votes for OA trusted servants, bylaws, and literature; and serve among many Conference committees. The [delegate registration](#) fee for WSBC 2018 is US\$149. Assistance from the [Delegate Support Fund](#) is available; apply by November 1, 2017.

- **Get it before it's gone!** The OA bookstore has fewer than **200 copies left** of this recovery classic. [Lifeline Sampler](#) is a great value, with more than 400 pages of stories of real recovery from *Lifeline* magazine. Call 1-505-891-2664 to order or visit [bookstore.oa.org](http://bookstore.oa.org) and search item #982.
- Attract newcomers with our newly redesigned Bulletin Board Attraction Sticky Note (#440W) available now at [bookstore.oa.org](http://bookstore.oa.org). The updated design makes clear that OA offers a solution to all forms of compulsive eating and compulsive food behaviors. Sold in pads of 25, these 3" x 5" adhesive notes include space for local contact information to give the still-suffering compulsive eater a way to reach out for help.
- To get more WSO news via email, subscribe at [oa.org](http://oa.org) by clicking "News Bulletin Signup" at the bottom of any page.

**Save the Date: November 18 – Idea Day Workshop** – International Day Experiencing Abstinence. IDEA encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. Watch for the flyer in October.

***The OA Promise*** (also known as Rozanne's Prayer): *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.*

**OA Contact Information**

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 4105 Turnagain Blvd Suite D-1  
 Anchorage, AK, 99517  
[www.oa-alaska.org](http://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](http://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**

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 Contact [snowmagnolias@yahoo.com](mailto:snowmagnolias@yahoo.com)

**Alaska OA Meetings List Needs Updating**

Whenever there are changes, please update your meeting information by emailing [bish.aaron@gmail.com](mailto:bish.aaron@gmail.com) Thank you!

# ALASKA OA MEETING LIST

Day	Time	Location	Address	Contact	Phone	Topic
<b>ANCHORAGE</b>						
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
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	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
<b>FAIRBANKS</b>						
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
<b>HAINES</b>						
Friday	11:00 AM	Human Resources Building	103 Third Ave S	Jennifer	907-766-2242	None
<b>HOMER</b>						
Friday	12:00 PM	Homer United Methodist Church	770 E End Rd	Angela	907-299-6404	None
<b>JUNEAU</b>						
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
<b>KENAI</b>						
Monday	5:30 PM	URS Club	Kenai Spur Hwy	Ellen	518-884-9936	None
<b>KETCHIKAN</b>						
Saturday	3:00 PM	Pioneer Home	141 Bryant St	Lesley	907-225-3277	None
<b>PALMER</b>						
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
<b>SEWARD</b>						
Tuesday	6:00 PM	Seward United Methodist Church	321 4th St	PJ	907-299-3082	None
<b>SOLDOTNA</b>						
Thursday	5:30 PM	Central Peninsula Hospital	250 Hospital Pl	Christine	907-322-2778	None
<b>UNALASKA</b>						
Tuesday	12:00 PM	Baha'i Center Unalaska	390 Bayview Ave	Rob	907-581-3109	None

Day	Time	Location	Address	Contact	Phone	Topic
<b>WASILLA</b>						
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!!!***