

The Northern Lights Newsletter

The Voice of AAI



January 2020

From the AAI Chair

As we begin a New Year, your Intergroup has set a course for 2020. At the October board meeting, we determined our focus for the year would be outreach – carrying the message to those who still suffer. This includes building public awareness through traditional means and social media. Attracting more members – specifically young people – is our goal.

Thanks to the generosity of the many OA members who donated to outreach efforts at the retreat in October, for the first time in many years, we have money in our bank account for outreach efforts. Also, for the first time in a few years, we have an outreach chair on the board. Many thanks to Jan W. for her service in this role. She is looking for committee members. If you are interested in helping to get the word out, please talk to her at a meeting or contact her at akjdw@mtaonline.net or call or text her at 907-862-0194..

Thanks also to Cynthia, who enthusiastically volunteered to serve as newsletter editor. After a few years without one, we are thrilled to have a newsletter that will be published regularly. In addition to keeping current members up-to-date and connected, the newsletter is another means to outreach. When you receive your newsletter via email, please share with those you know you might have an interest in learning more about OA.

The Feb. 1 workshop “Finding and Sharing Hope” is also focused on outreach. Two Region One reps, Cindy from Seattle and Nadine from Billings, will lead the event. During the day Cindy and Nadine will share their stories of hope and guide discussion and exercises around the questions: 1) How can I carry the message of hope and 2) How do I become ready to share hope when asked. I hope you can attend. Please join us in carrying the

message to those who still suffer from overeating.
– Elizabeth M.



Each One Reach One Find and Share the Hope

OA Workshop

Saturday, Feb 1
11 am – 3 pm

Mt Vernon Commons Club House

3322 Commons Cir
Anchorage, AK 99503
Park in parking lot at corner of Eureka and W. 34th
and walk up short pathway to club house.

Bring our own Lunch
Enjoy Fellowship with other participants during
lunch break from 1 -2
Coffee and Tea provided.

The workshop will be led by two Region One reps, Cindy from Seattle and Nadine from Billings. Find hope in their stories and learn what each of us can do individually and what meetings can do to share the hope with others.

Next Intergroup Meeting

Saturday March 21, 12-1:30pm at the Oasis.

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

More good stuff inside – keep reading!

Why I love, love, love meetings!

After a few years in program, meetings continue to be a huge part of my program. I love hearing the experience, strength and hope of my fellows and always leave meetings with some kernel of truth about myself or a word or phrase that keeps me focused on recovery. Here are a few wonderful words and phrases of my partners in recovery from recent meetings:

- ❖ What are my tourist traps on my road to recovery?
- ❖ All or something!
- ❖ What demonstrations of the power of HP have I seen?
- ❖ Writing is a portal to God.
- ❖ Can I take my own advice?

Not to mention tidbits from *Voices of Recovery*, read at the Wednesday noon meeting:

- ❖ I am powerless over fixing myself, but I am not helpless.
- ❖ Weaving the fabric of our lives.
- ❖ Today I chose to practice unconditional self-acceptance while I relish the mystery of change.
- ❖ Why wouldn't I love meetings!

- Anonymous, 1/17/2020



Access the Northern Lights Newsletter On-Line! Read or download *The Northern Lights* at www.oa-alaska.org. To receive *The Northern Lights* via email, send an updated email address to: aaa-tech-committee@googlegroups.com

New Wasilla meeting

Tuesday noon – Alano Club, 901 Snohomish Drive. Contact Janis, 907-441-5629.



Visit us Online

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

TWO New Meeting Possibilities:

OA For Younger People

There is local interest in an OA meeting for individuals under 30 years of age. If you're interested contact Barbara R at 907-306-1184

15-Weeks through the 12 Steps

If you'd like to participate in the 15-week accelerated, intensive OA 12 step workshop (the green guided study) contact Barbara R at 907-306-1184

Abstain or Overeat



For the compulsive overeater, there is always one primary choice to be made. Will I abstain or will I overeat? For us, there is nothing in between. If we have hundreds of pounds to lose or if we have reached and are maintaining our goal weight, the choice is still the same. It is the key decision we make many, many times each day.

We are free at each moment to choose which we will do. There is no magic which will make us abstain, and there is no force which can compel us to swallow food we do not need. The choice is ours alone.

No one graduates from OA. There is no point at which one can say, "This is it. I've got it made now." We are always aware of the fact that we are compulsive overeaters and are always one bite away from a binge. When we remember that abstaining or overeating is our primary choice, then other decisions become easier. To abstain is to choose life. To overeat is to choose death.

May I maintain constant awareness of my primary choice. - *Food for Thought (App)*, Jan. 18th

New Anchorage Meeting: Thursday at Noon

Salvation Army Community Center, 1701 C Street, Sunday school room. Steps & Traditions Study. Contact Kay 360-301-5150

Upcoming OA Events

April 20-25, 2020. World Service Business Conference (WSBC) Theme: OA Celebrates 60 Years! Looking into the Future! Albuquerque, NM

October 23-25, 2020: Region One Convention, Bellingham, Washington Check back later at oaregion1.org website for more information.

If you are interested in representing AAI at WSBC or Region One Assembly, please contact Elizabeth at 440-8511 or any other board member of Intergroup. There is currently not an official representative and we do have funds to help pay for some travel costs.

August 20-22, 2020: WSO Convention

Theme: Sunshine of the Spirit: 60 Years Around the Sun! Hotel reservations will open January 2020. Renaissance Orlando at Sea World. 6677 Sea Harbor Drive Orlando, FL 32821 USA Phone: 407-351-5555

<https://oa.org/members/events/world-service-convention/>



Step One: We admitted we were powerless over food- that out lives had become unmanageable.

In OA we learn that a lack of willpower isn't what makes us compulsive overeaters. In fact, compulsive overeaters often exhibit an exceptional amount of willpower. But compulsive overeating is an illness that cannot be controlled by willpower. None of us have decided to have this disorder, any more than we would have decided to

have any other disease. We can now cease blaming ourselves for our compulsive eating.

-OA 12 and 12 , page 1.

Big Book Prayers (AA Big Book)

During the Day Prayer—page 87

I am agitated (doubtful) God. Please give me the right thought or action. I am no longer running the show. Thy will be done.

Morning Prayer—page 83

My Creator, show me the way of patience, tolerance, kindness and love.

Abstinence is Easier

It is generally accepted that most compulsive overeaters go through a period of looking for “an easier, softer way.” Does this mean that abstinence is harder? Not at all. What it means is that before we can accept our illness, we try to prove that, like “normal eaters, we can occasionally eat for purely social reasons, for pleasure, for a “pick-me-up” or to pass the time.

In Overeaters Anonymous we find, to our everlasting relief, that abstinence is easier. Here's why.

When I'm abstinent, I get to eat satisfying and nourishing food at mealtimes, one day at a time. (When I'm not abstinent, I eat all kinds of junk I don't really want – and I can't stop.)

When I'm abstinent, I get to be hungry at mealtime and I enjoy my food. When I've finished my meal, I know I'm through eating. (When I'm not abstinent, I wolf down everything in sight, with nothing to put a stop to my eating until I become full to the point of feeling sick or fall into a stupor.)

When I'm abstinent, I get to feel good regardless of my size or weight. I wake up with a light, thankful feeling and look forward to a new day, free from the bondage of the scale.

Abstinence is Easier, Continued...

(When I'm not abstinent, I wake up feeling fat and dreading the day ahead. I punish myself further with the scale which determines how I will feel about myself that day.)

When I'm abstinent I get to choose clothes that look and feel good. (When I'm not abstinent, only my biggest, most hated clothes fit, and they bind and feel uncomfortable.)

When I'm abstinent, I get to go to bed feeling thankful that I abstained "just for today." (When not abstinent, I go to bed feeling stuffed, hating myself, and resolving to do something on that day that never comes: tomorrow.)

When I'm abstinent, I get to live life, enjoy my children, make rational decisions, do what I need to do. (When not abstinent, I isolate from family, friends, and other people, and I go around in circles. Fat, misery, and despair stick to me like glue.)

When I'm abstinent, I get to feel positive emotions and I have the desire to contact a Power greater than myself. (When not abstinent, I have only negative emotions; and I feel that nothing, not even a Higher Power, can get in.)

Abstinence is easier because all I have to do is accept my disease and surrender – and just for today, not take that compulsive bite. (When not abstinent, I am insanely willful, feeling deprived, envious and resentful. I am insatiable, even though I know food cannot give me what I'm looking for.)

Abstinence is easier because it breaks open my cocoon, releases me from the bondage of food and sets me free to live. (When not abstinent, I am locked in the prison of my food obsession, wanting freedom but looking only for more food.)

God, please let me accept abstinence, just for today. And thank you for this easier way.

—Lifeline Sampler, May 1982, p. 23.



Visit the OA Bookstore

For a selection of OA literature including daily readers, workbooks, pamphlets and AA Big Books.

Shopping is easy, just drop your payment into to lockbox marked "literature payments."

Location: 4105 Turnagain Blvd E., Suite D-1
Anchorage, AK, 99517

2020 AAI Board

Dreams/Goals/Priorities:

- Outreach: public awareness (Facebook) and attracting more young people
- Newsletter
- Literature (bookstore)
- Workshops – 2x/year
- Sense of Community outside of meetings
- Rework Corresponding secretary duties
- Offer information about temporary/virtual sponsorships and first 12 days in OA

Anchorage Area Intergroup 2020 Calendar

February 1, 11 - 4:00 pm. "Sharing the Hope" Workshop, Mt Vernon Commons

March 21, 12 - 1:30 pm. Intergroup Meeting, OAsis

May 16, 12 - 1:30 pm. Intergroup Meeting, OAsis

September 19, 12 - 1:30 pm Intergroup Meeting, OAsis

October 17, 12 - 1:30 pm. Intergroup Planning / Brain Storming

November 21, 12 - 1:30 pm. Intergroup Meeting, OAsis

December 19, 12 - 1:30 pm. Intergroup Meeting, OAsis

How to Participate: All groups are encouraged to send a representative to all Intergroup meetings. If you have questions about the schedule, please contact Elizabeth M at 440-8511

Oasis Location: 4105 Turnagain Blvd E., Suite D-1, Anchorage, AK, 99517

Thank you for giving generously! Your 7th tradition donations help to carry the message, keeping our bookstore, intergroup office, web site, OA retreats, and workshops going, as well as supporting Region 1 and WSO.

Anchorage Area Intergroup 2020 Board Officers and Committee Chairs

Name	Position	email address
Elizabeth M	Chair	emiller4340@gmail.com
Barbara R	Vice Chair	nickr@gci.net
Wendy H	Treasurer	goalywing@gmail.com
Sierra H	Secretary	shunsaker@hotmail.com
Paula Z	Literature	craftygrama907@gmail.com
Kathleen Y	Technology Chair	kathleen.y907@gmail.com
Cynthia B	Newsletter Editor	snowmagnolias@yahoo.com
Jan W	Outreach Chair	akjdw@mtaonline.net

Intergroup: The primary purpose of Intergroup is to help those with the problem of compulsive eating through the 12 Steps of Overeaters Anonymous, and to serve and represent the OA groups from which the Intergroup is formed.

Group Representatives: Each OA group is encouraged to send a representative to Intergroup meetings. Please discuss Intergroup representation at your meetings to ensure your meeting will be represented.

Open positions: Region One Representative, World Service Business Conference Representative, Workshop/Retreat Committee Chair. If you are interested in serving in one of the open positions, please contact Elizabeth or other Intergroup board officer or committee chair.



The OA Promise (also known as Roseanne'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

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

New AAI Facebook Page

If you are interested in joining a private Facebook group hosted on a trial basis by Anchorage Alaska Intergroup, ask an OA member who is in the group to “friend” you and invite you to the group. At the present time you cannot find this group on Facebook because it is set up as “secret” to preserve member anonymity. Questions? Contact [aaa-tech -committee@googlegroups.com](mailto:aaa-tech-committee@googlegroups.com)

Northern Lights Submissions: Please email your articles to newsletter editor Cynthia B. snowmagnolias@yahoo.com. The next deadline is March 20, 2020. Write about any topic of your choosing. If you share other writings, please make sure they are from OA approved literature or written by an OA. Send a Word document or plain text in an email with minimal formatting (no PDF’s and I will not rewrite screenshots/photos of articles). *As in our meetings, the opinions shared by individual OA members do not necessarily reflect OA.*

Sign up for the WSO News Bulletin

Get the latest OA information by email.
Subscribe at www.oa.org

ALASKA OA MEETINGS

CITY	Day	Time	Location	Contact	Phone	Topic
Anchorage	Sunday	9:30 AM	Turnagain Arts Bldg. Suite D1, 4105 Turnagain Blvd E., back side of the building	Mary Ann	907-345-8630	Literature Study
Anchorage	Monday	12:00 PM	First Congregational Church, 2610 E. Northern Lights, Use main church entrance from upper level parking lot	Jan W	907-862-0194	Literature Study
Anchorage	Monday	6:00 PM	Turnagain Arts Bldg. Suite D1, 4105 Turnagain Blvd E., back side of the building	Barbara	907-306-1184	Varied
Anchorage	Tuesday	5:30 PM	Turnagain Arts Bldg. Suite D1, 4105 Turnagain Blvd E., back side of the building	Meg	907-538-6634	OA H.O.W.
Anchorage	Wednesday	12:00 PM	Turnagain Arts Bldg. Suite D1, 4105 Turnagain Blvd E., back side of the building	Paula	907-830-2815	Writing
Anchorage	Thursday	12:00 PM	Salvation Army Community Center, 1701 C Street, Sunday school room	Kay	360-301-5150	Steps & Traditions Study
Anchorage	Thursday	6:30 PM	Lutheran Church of Hope	Mike	907-947-8881	Literature Study
Anchorage	Friday	12:00 PM	Turnagain Arts Bldg. Suite D1, 4105 Turnagain Blvd E., back side of the building	Beth	907-947-2369	Step of the month
Anchorage	Saturday	9:00 AM	St Mary's Episcopal Church, 2222 Tudor Rd, Pillsbury Hall, entrance to the left of the main doors	Barbara	907-306-1184	Big Book
Fairbanks	Wednesday	5:30 PM	Fairbanks Lutheran Church 1012 Cowles Street, Fairbanks	David	907-687-2776	None
Fairbanks	Saturday	10:00 AM	Noel Wien Library, 1215 Cowles Street, Fairbanks	David	919-200-3774	None
Haines	Friday	11:00 AM	Human Resources Building, Haines	Jennifer	907-766-2242	None
Homer	Friday	12:00 PM	Homer United Methodist Church, 770 E End Road, Homer	Angela	907-299-6404	None
Juneau	Wednesday	12:00 PM	Unity Center, 119 Seward Street, Juneau	Wendy	907-364-2240	None
Juneau	Saturday	10:00 AM	Juneau Public Health Center, 3412 Old Glacier Hwy, Juneau	Leslie	907-586-3259	None
Kenai	Monday	5:30 PM	URS Club, Kenai	Ellen	518-884-9936	None
Ketchikan	Saturday	10:00 AM	Pioneer Home, 141 Bryant Street, Ketchikan	Lesley	907-225-3277	None
Palmer	Sunday	6:00 PM	St Michael's Catholic Church, 432 E Fireweed Avenue, Palmer	Randy	907-745-7485	Speaker/Discussion
Palmer	Thursday	6:00 PM	St Michael's Catholic Church, 432 E Fireweed Avenue, Palmer	Randy	907-745-7485	AA 12&12 or OA 12&12
Seward	Tuesday	6:00 PM	Seward United Methodist Church, 321 4th Street, Seward	PJ	907-299-3082	None
Wasilla	Monday	12:00 PM	Alano Club, 901 Snohomish Drive, Wasilla	Terri	907-376-3227	Big Book, OA Second and/or Third Edition

CITY	Day	Time	Location	Contact	Phone	Topic
Wasilla	Tuesday	12:00 PM	Alano Club, 901 Snohomish Drive, Wasilla	Janis	907-441-5629	Topic
Wasilla	Wednesday	6:00 PM	Alano Club, 901 Snohomish Drive, Wasilla	Charity	907-414-8882	Topic
Wasilla	Saturday	9:30 AM	Alano Club, 901 Snohomish Drive, Wasilla	Randy	907-745-7485	Big Book, OA Steps and / or Traditions Study
On-Line	Wednesday	9:00 AM	ONLINE – Video Chat: Join from PC, Mac, Linux, iOS, or Android. https://zoom.us/j/5175169963	Kaitlin	970-222-2008	Meditation

Please email changes and corrections to aaa-tech-committee@googlegroups.com