

NORTHERN LIGHTS

O.A. Newsletter



May, 2021

Edition II

Message from Intergroup Chair

Dear Fellows,

Happy Spring!

The leaves are bigger each day on the birch tree outside my office window. The fiddlehead ferns near my front door seem to grow a few inches each night; and the grass has more green patches every time I look at it. Yes, spring is here.

As I think about the rebirth of the season, I am reminded of the hope my OA program provides me. I have had my dark, cold days of program relapses this winter. However, with the help of my sponsor, by attending meetings, reaching out to my fellows, reconnecting with my higher power, I, like the birch trees, ferns, and grass, am reviving. I'm thankful for spring and I am thankful for my OA program.

This spring, as you may have heard and can read about in this newsletter, our Intergroup has changed to our own Zoom license. Meeting links changed starting May 15. I want to take a moment here to provide a big THANK YOU to Intergroup board members who made the switch to the new license possible: Tech Committee co-chairs Matthew C. and Mike S. have worked to buy the license, set up all the meetings on the new account, and update the meeting list with the new meeting links, and update our website with the new list. Treasurer Paula Z updated our credit card account to facilitate the purchase. Kris S, AAI Vice Chair, notified all group secretaries of the change at the beginning of May.

In an effort to carry the message to those who still suffer, Outreach Chair Barbara R. has been working over the last

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Hello Fellow O.A.ers!

I am pleased to be the current editor of the Northern Lights O.A. Newsletter. Please feel free to contact me with stories, articles, contacts, new meetings and times, and other pertinent information.

A new feature is "My Story" and I would like submissions from members that share their experience, strength, and the hope they have received from O.A., regardless the amount of time that you have been in the program.

My contacts are: 907-248-0300 or
megandersmp3@gmail.com

~Meg A

World Service Business Conference Delegate Report

Thank you for allowing me to represent the Anchorage Alaska Intergroup as a Delegate the 2021 World Service Business Conference. Attending the WSBC was a wonderful experience. In addition to enjoying myself, I learned very much about how OA is structured and administered, I had lots of opportunities to practice patience and open-mindedness!

Prior to the WSBC, Intergroups and Regions sent Motions to the World Service Trustees that they wanted placed on the Conference agenda. The Motions were then sent to each Intergroup to review and vote on whether they wanted the Motion to be placed on the Conference agenda. Every motion that received 50% or more yes votes from the responding Intergroups was debated, discussed, and voted on at Conference.

Two motions were presented to change the definition of abstinence.

- The first motion deleted the definition of recovery, keeping the current definition of abstinence and

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several months to have OA advertisements broadcast on local television stations. Two public service announcements that were produced by WSO have been provided to KTUU and Your Alaska Link to be aired for free. You may see the 30 second spots when you watch your favorite show.

Some of you may be asking when will OA groups begin meeting in person again. The answer to that question will be found in the group conscience of each meeting. There are many considerations, including the recommended health guidelines, hybrid meeting possibilities (meeting in person and at the same time having some attend virtually) and, for meetings that met at the OAsis, finding a new location that works for the group members. Each group will determine what works best for its members.

For today, I'm thankful for spring, my program, my fellows, and Zoom!

In fellowship and service,

Elizabeth M.

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the last paragraph which reads: **Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.**

- The second motion also kept the current definition of abstinence, but revised the definition of Recovery to read: **Relief from the compulsion to engage in self-destructive food behaviors.** It also deleted the wording: **Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program and substituted: Working and living the Overeaters Anonymous Twelve Step program leads to spiritual, emotional, and physical recovery.**

After much debate and many questions, a Substitute motion was presented, which was approved by the Conference in a vote of 162 (74%) to 58 (26%) In the next couple of weeks, the final approved version of the statement on abstinence will be published and meeting formats can be updated to reflect the new definition. Basically, the definition of abstinence reverted to the prior definition.

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NEW ZOOM LINKS for AAI MEETINGS

Zoom links for local OA meetings changed starting Saturday, May 15. For the new link, go to the OA-Alaska website at <https://oa-alaska.org/alaska-meeting-lists/>. The password for the meetings has not changed.

For the last year, the Zoom meetings have been on a license generously provided by Region One. However, earlier this year, Region One asked all Intergroups that were using their licenses to re-evaluate the need. If Intergroups could afford the \$15 a month Zoom fee, Region One encouraged the purchase of a new license by Intergroup. This allows Region One to provide licenses to those Intergroups who cannot afford one.

Anchorage Alaska Intergroup voted at our March 20 meeting to purchase a Zoom license. Because we no longer are paying rent for OAsis and Seventh Tradition donations continue to be generous, Intergroup determined the \$15 a month is affordable.

TO FIND THE NEW ZOOM LINK FOR YOUR FAVORITE AAI MEETINGS, GO TO:

<https://oa-alaska.org/alaska-meeting-lists/>

Passwords remain the same.



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Several motions were also presented dealing with hybrid groups, both defining a hybrid group and how it will be registered with WSO and listed in the Find a Meetings section of the OA.org website. Hybrid meeting are defined as a single meeting which is composed of members attending both in a physical location or locations and virtually. Hybrid meetings will receive one registration number but will be listed in both the In Person and Virtual sections. It is also anticipated that a new tab will be added to the Find a Meeting page specifically for hybrid meetings. This motion, with some amendments, passed by a vote of 193 to 9.

Many other bylaws amendments were proposed to streamline the bylaws and make them easier to read, to add language where necessary to include virtual and hybrid

The Conference also approved a revised Tools of Recovery pamphlet, a new pamphlet which will replace The Dignity of Choice and A Plan of Eating, and a A Second Edition of Voices of Recovery.

At every level of debate and discussion, it was very apparent that the makers of the motions and the Delegates had unity, inclusivity, and the best interest of OA as a whole in mind. The final motion that was debated pertained to providing translation and ASL interpretation at the WSBC and all the Committee meetings that are held during the Conference. This year 20 countries were represented: Australia, Brazil, Canada, Columbia, France, Germany, Greece, Iceland, Iran, Israel, Italy, Latvia, Mexico, New Zealand, Poland, Russia, South Africa, Spain, United Kingdom (England, Scotland), and United States. Many of the delegates were not English speaking. The Trustees have established an ad hoc committee to find a way to provide translation services and ASL interpretation at the 2022 WSBC.

Every Delegate was respectful of motions presented, whether speaking in favor of or against a motion. Questions were asked that helped Delegates make the best informed decisions possible. Before the Conference started, I had read through the motions and had an idea on how I would vote on each. After debate and discussion, I changed my mind about many of the motions presented. The group conscience process worked as well for the WSBC as it does for our Intergroup meetings and at our individual group business meetings. Keeping an open mind and being mindful of the best interests of OA (not PZ's), and with a little help from HP, I believe and hope I made good decisions when each vote was taken.

I will be happy to answer questions about the 2021 WSBC. Please email or text me with questions.

Paula Z
(907) 830-2815 - talk and text
craftygram907@gmail.com

LITERATURE

Anchorage Area Intergroup

Overeaters Anonymous

January 16, 2021

Curbside pickup at 9089 Nuthatch Place, Unit A

Anchorage, AK 99507

Call ahead at 907-345-9658

oaliteraturechair@oa-alaska.org

Deliveries in Anchorage at Roger's convenience if you are unable to come to the above address. Make checks out to AAI.

BOOKS:

Voices of Recovery
Voices of Recovery Workbook
The 12 Step Workbook of Overeaters Anonymous
For Today Workbook
12 Step Workshop and Study Guide
12 Step Within Handbook
I Put My Hand in Yours
Overeaters Anonymous – 3rd Edition
12 Steps and 12 Traditions of Overeaters Anonymous
Lifeline Sampler
Taste of Lifeline
Beyond Our Wildest Dreams
Abstinence – 2nd Edition
Seeking the Spiritual Path – A Collection from Lifeline
A New Beginning: Stories of Recovery from Relapse
The 4th Step Inventory Guide of OA
AA Big Book
AA 12 Steps and 12 Traditions
As Bill Sees It – The AA Way of Life

PACKETS:

Sponsorship Kits
Welcome Back, We Care!
Numerous brochures and pocket references

OA literature is available from <https://bookstore.oa.org/> and other on-line booksellers.

2021 Intergroup Officers and Committee Chairs

Office/Committee Chair	Name
Chair	Elizabeth M
Vice Chair	Kris S
Secretary	Alice W
Treasurer	Paula Z
Tech Committee Co-Chairs	Mike S
	Matthew C
Literature Chair	Roger F
Outreach Chair	Barbara R
Newsletter Editor	Meg A.
Region One Rep	Katy H

Find Out What's Happening! (Below are just some events of interest.)

Go to: <https://www.oaregion1.org/events.html>

May 2021

Friday, May 21. 12:30-1pm Pacific. Friday Fun & Fellowship Dance Party. Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.

R1 Friday, May 21 - Sunday, May 23. Sunlight of the Spirit Retreat. Central Oregon Intergroup Zoom event.

R1 Saturday, May 29 - Sunday, May 30. 11am-4pm Mountain. Retreat - Defining Your Recovery: Spiritual, Emotional, Physical. Northern Lights Intergroup Zoom event.

June 2021

R1 Friday, June 4 - Sunday, June 6. Retreat - How to Build a 3-Legged Stool - Spiritual, Emotional, and Physical Recovery in OA. Greater Seattle Intergroup Zoom event.

Sunday, June 6. 2-4pm Eastern. Riding the Waves of Recovery in Good Times and Bad Times. CT Intergroup Zoom event.

Saturday, June 12. 7am mediation hour, then 8am-5pm Central for event. Same Steps, Same Tools, and New Beginnings - Virtual Convention. Dallas Metroplex Intergroup Zoom event.

Saturday, June 12. 1-4pm Pacific. Experiencing the 12 Traditions in Daily Living - A Journaling Workshop. South Bay Intergroup Zoom event.

Sunday, June 13. 3-4:30pm Eastern. The Sponsor - Sponsee Connection. Virtual Region "Second Sunday" Zoom workshop.

Sunday, June 13. 1-3pm Eastern. Overeaters Anonymous Newcomers' Meeting with Q & A. South Jersey Intergroup Zoom event.

R1 Saturday, June 19. 10am-2pm Pacific. Sponsorship: The Ultimate Experience. Peninsula Intergroup Zoom event.

R1 Saturday, June 19. 1-3pm Pacific. Carrying the Message Workshop. Region One PIPO (Public Information & Professional Outreach) Team Zoom event.

Anchorage Area Intergroup 2021 Calendar

Date	Time	Type of Meeting	Platform/Location
January 16	12 - 1:30 pm	Intergroup Meeting	Zoom
February 20 - 21		Virtual Region Convention	On-line
March 20	12 - 1:30 pm	Intergroup Meeting	Zoom
April 19-24*		World Service Business Conference*	Albuquerque, NM
May 15	12 - 1:30 pm	Intergroup Meeting	Zoom
September 18	12 - 1:30 pm	Intergroup Meeting	Zoom
October 16	12 - 1:30 pm	Intergroup Planning / Brain Storming	Zoom
November 20	12 - 1:30 pm	Intergroup Meeting	Zoom
December 18	12 - 1:30 pm	Intergroup Meeting	Zoom

All groups are encouraged to send a representative to all Intergroup meetings. If you have questions about the schedule or need the Zoom link, please contact Elizabeth M at oachair@oa-alaska.org.

*If you are interested in representing AAI at WSBC, please contact Elizabeth M 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.