

News from the AAI Chair

Hello everyone!

After getting the last box of Christmas packed away, I look up and see we are in April! If you are like me, the Covid pandemic was a mixed bag: increased isolation, reluctance to get out of the house, loss of the ability to do as much as I did before; but then there is money saved on gas, abilities to have time consuming tasks like shopping done for you, and the marvel of Zoom meetings. I didn't learn until I had to, and I have heard that echoed around our Fellowship.

As many of you know, the Anchorage Area Intergroup has been slowly doing an Intergroup Renewal Questionnaire. While there are many areas where we are in good shape, there are several areas that have fallen into neglect. It is understandable that we couldn't hold retreats during a pandemic. As we were considering the history of AAI and what we used to do, we now have the opportunity to re-invent our concept of a retreat/workshop. We may again look for a venue to hold one, but right now the obvious option is to hold something virtual.

As the Chair, I don't have the power to dictate action; rather, my job is to serve. How can AAI show up better for each of our groups? How can we encourage groups to participate more on the intergroup level? AAI hopes to complete the questions on our next Intergroup Renewal Meeting on Saturday, May 6th from 12:00-1:30 or so. Elizabeth is going to compile our responses, and we hope to have a

speaker/workshop on one or more of the areas that our intergroup sees needs

improving. That will be at least a couple of months, perhaps, so is there anything we could do now?

We currently do not have a Thursday noon meeting. We discussed the possibility of holding some 1-hour workshops during that time. Allowing time for attendees to share after the speaker/presentation, the portion to plan for would probably be no more than 30 minutes, or even less. We could even book regular speakers (virtually) to share their stories, designating a certain Thursday each month for it. There are many resources for ideas and workshops available on the Region 1 website and the OA.org website. (Continues on next page...)

Anchorage Area Intergroup Business Meeting

**May 20 @ 12:00 pm - 1:30
pm AKDT**

<https://us06web.zoom.us/j/81584505611>

**Anchorage Area Intergroup
3705 ARCTIC BLVD #1805
Anchorage, AK 99503-5774**



We don't have to go from zero to 100; we can start gently, and together, we can build our Fellowship into new ground, reaching new soil, helping more people out of the misery of compulsive eating behaviors and into a more healthy life for all of us, spiritually, emotionally, and physically. Please feel free to text me 907-441-5629 with ideas. Maybe we could have each meeting under the AAI umbrella lead a workshop per year. Maybe we try to get a speaker from all 50 states. Maybe from all English speaking countries!

Let's not forget the vital message from AA: the ONLY way to keep our recovery is to give it to the next suffering compulsive eater. Together, we do get better. Our intergroup will be better the more people get involved. Does your group have a rep? AAI only meets 7 times during the year. More than one person could go in together and share the job. EVERYONE is invited to the Intergroup Renewal, where YOUR idea may be the one no one else has thought of! The more of us there are, the brighter we shine. I will look forward to the next time we meet!
Sincerely, Janis Elliott, Chair



Your 7th Tradition Donation Helps Carry the Message!

Send checks to: Anchorage Area Intergroup, 3705 ARCTIC BLVD #1805, Anchorage, AK 99503-5774

OR donate by PayPal, through the AAI Website: <https://oa-alaska.org/member-resources/7th-tradition-contribution/>

OA Region One Events

April 2023

Friday, April 21 - Sunday, April 23. **Serenity Retreat - Big Book Boot Camp**. Silicon Valley Intergroup in-person event. ***REGISTER IN ADVANCE***

Saturday, April 22 - 10:30 AM - NOON
Coming Back to OA. Mass Bay Intergroup virtual event. Come hear a panel of speakers share their journey from relapse to recovery

R1 Saturday, April 22 - 10:00 AM - 11:30 AM PST **Speaker Meeting (on Zoom)** North Cascade Intergroup Virtual event.

May 2023

R1 Friday, May 5th - Sunday, May 7th.
Northern Lights Reunites Spring Retreat Northern Lights Intergroup in-person event. ***REGISTER IN ADVANCE***

R1 Friday, May 5th - Sunday, May 7th.
Sunlight of the Spirit Retreat Central Oregon OA in-person event. ***REGISTER IN ADVANCE***

Friday, May 5th - Sunday, May 7th. **Abstinence: More Than A Food Plan** Baton Rouge Intergroup Spring Retreat - in-person event.

R1 Saturday, May 20, 2023 Bitterroot Spring Retreat 2023, Bitterroot Intergroup, in-person event Kalispell, Montana

Sunday, May 28, 2023 1:30 - 4:30 PM PST **The 'Living Steps' workshop** a San Gabriel Valley-Inland Empire Intergroup hybrid event.

June 2023

R1 Friday, June 2nd - Sunday, June 4th **Breaking Free Spring Retreat** Southern Interior BC Intergroup in-person event. ***REGISTER IN ADVANCE***

The OA Promise

I put my hands 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.

Voices of Recovery – April 19

“As Difficult as it is to shed old habits, I keep remembering the relief and freedom and joy that came the first time I tried abstaining one day at a time and now worrying what would happen tomorrow.” (For Today, p. 293)

I really wanted recovery from compulsive overeating. I attended meetings regularly, began working the steps, and got a sponsor, but still the gift of abstinence eluded me.

I heard “one day at a time” repeatedly, but my suffering continued. Then one day my Higher Power spoke to me about “not worrying about what would happen tomorrow.”

That was my first day of abstinence. God took my worry; I received His peace. Now I could understand what living one day at a time truly meant.

Good, thank you for the gift of today. I am grateful for the freedom, relief, and joy I now feel. – *Voices of Recovery, p. 110*

Looking for an On-line Newcomer Meeting?

Check out the links on Region One’s website:

<https://www.oaregion1.org/>

AAI 2003 Board

| Position | Contact | Officer |
|-------------------|--|-----------|
| Chair | oachair@oa-alaska.org | Janis |
| Co-Chair | oavicechair@oa-alaska.org | Jan |
| Treasurer | oatreasurer@oa-alaska.org | Twyla |
| Secretary | oasecretary@oa-alaska.org | Jody |
| Newsletter Editor | oanewsletter@oa-alaska.org | Cynthia |
| Literature Chair | oaliterature@oa-alaska.org | Donna |
| Region 1 Delegate | oaregion1delegate@oa-alaska.org | Elizabeth |
| WSO Delegate | oawsodelegate@oa-alaska.org | Open |
| Outreach Chair | oaoutreach@oa-alaska.org | Kelly |
| Technology Chair | oawebmaster@oa-alaska.org | Marty |

OA Contact Information

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3705 ARCTIC BLVD #1805
Anchorage, AK 99503-5774
www.oa-alaska.org

Region 1
PO Box 23235
Tigard, OR 97215
<http://www.oaregion1.org/>

WSO
6075 Zenith Court NE
PO Box 44727
Rio Rancho, NM 87174-4727
Tel 505-891-2664
www.oa.org

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Alaska Meeting Schedule

- ❖ Call or text the meeting contact for Zoom passwords and up-to-date meeting info.
 - ❖ Find face-to-face, online, phone, and non-real-time [meetings outside Alaska](#).
 - ❖ [Fairbanks](#) and [Southeast](#) also have intergroup websites.
- * Denotes meetings that are not part of Anchorage Area Intergroup.

| Day | Time | City | Format | Address | Connection | Dial-in | Contact |
|------------------|----------|------------|--|---|--|--|----------------------------------|
| Monday | 12:00 pm | Wasilla | HYBRID Big Book OA 12&12 | Matsu Alano Club-901 E Snohomish Ave-Wasilla | Zoom ID 923 2143 4036 | +1 669 900 9128 ID=923 2143 4036 | Paula Z. (907) 830-2815 |
| Tuesday | 12:00 pm | Wasilla | VIRTUAL Topic | | Zoom ID 993 4199 4525 | +1 669 900 9128 ID=993 4199 4525 | Terri 907-315-9298 |
| Tuesday | 5:30 pm | Anchorage | VIRTUAL H.O.W. | | Zoom ID 919 8985 2464 | +1 669 900 9128 ID=919 8985 2464 | Meg 907-538-6634 |
| Wednesday | 5:30 pm | Fairbanks* | VIRTUAL | | Zoom 844 6774 3019 | | David 907-687-2776 |
| Wednesday | 12:00 pm | Anchorage | VIRTUAL Writing | | Zoom 956 7083 7973 | +1 669 900 9128 ID=956 7083 7973 | Cynthia Email |
| Thursday | 6:30 pm | Anchorage | HYBRID Lit. Study | Lutheran Church of Hope 1847 W Northern Lights | Zoom 976 2033 8875 | +1 669 900 9128 ID=976 2033 8875 | Mike 907-947-8881 |
| Thursday | 7:00 pm | Juneau* | VIRTUAL Book Study | | Zoom 830 3306 0542 | +1 253-215-8782 ID=830 3306 0542 | Leslie 907-209-7756 |
| Friday | 12:00 pm | Anchorage | VIRTUAL Step of the Month | | Zoom 932 0665 9203 | +1 669 900 9128 ID=932 0665 9203 | Beth 907-947-2369 |
| Saturday | 9:00 am | Anchorage | HYBRID BB Study | St. Mary's Episcopal Church-2222 E Tudor Rd | Zoom 965 9433 2445 | +1 669 900 9128 ID=965 9433 2445 | Twyla 907-444-7251 |
| Saturday | 10:00 am | Juneau* | VIRTUAL Topic | | Zoom 813 0881 1486 | +1 253 215 8782 ID=813 0881 1486 | Leslie 907-209-7756 |
| Saturday | 10:00 am | Ketchikan* | HYBRID | Pioneer Home-141 Bryant St | Call 907-617-7778 for Zoom details | Call 907-617-7778 for dial-in details | Lesley 503-419-8707 |
| Saturday | 10:15 am | Fairbanks* | VIRTUAL | | Zoom 827 4292 6227 | | David 907-687-2776 |
| Sunday | 9:30 am | Anchorage | VIRTUAL Lit. Study | | Zoom 964 3924 9748 | +1 669 900 9128 ID=964 3924 9748 | Mal 850-420-8349 |

