

THE NORTHERN LIGHT

Articles from members: Topic The Promises

I've been in program a little over a year and after I heard of this newsletter's topic of "The Promises", I began to wonder if they had come true for me.

As is common in compulsive overeaters I tend to think about life in terms of all or nothing, So my first impulse was to deny any miracles in my life, since I am far from being completely serene and peaceful at all times. Then, however, I began to question my first reaction and picked up the Big Book to read the exact wording of the promises and examine my life a little closer.

The Promises read "We are going to know a new freedom and a new happiness". It went on to say, "We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace". They didn't say I would be happy and serene at all times.

Since coming to OA I have experienced far more happiness and freedom from compulsive behavior than I would have thought possible while I was in the depth of the disease. I live in the present, at least most of the time and have had moments of being completely at peace with myself and those around me . I started to see that what I had learned could help someone else in their program and began to sponsor and give more time to service. I still have my moments of fear and self pity but instead of turning to food or purging and opening the door to the guilt, resentments and further compulsive behaviors that follow; I now pick up the phone to talk to my sponsor and others in program, write or go to a meeting. Life has become more manageable. I work the Steps, even when I struggle because I find the current Step difficult.. To do otherwise would mean I'm giving up on life. I've always known that I'm one of those people who might miss seeing the forest for all the trees, but OA taught me to look a little closer and ask for directions from my HP.

So, have the promises come true for me? I am now convinced, they have and that more will materialize as I continue on my road to recovery.....Anonymous in Anchorage

The Promises: How They Came True For Me

At a recent OA meeting, I was inspired by someone sharing about doing one of her 12 steps sitting on the shore. I love being outdoors so on one of the rare sunny day in Juneau, I biked to a waterfall near the Mendenhall Glacier. I planned to be there early and envisioned being alone in the beauty. As it turned out, I had a late start and was there sitting on the sand, leaning on a rock surrounded by tourists and locals. It actually felt good to have lots of people around.

I read through the Sixth Step, reviewed my Fourth Step. Then I sat for a long while imagining what it would be like to have my defects of character removed. I wrote some, and then was ready to ask that these defects be removed. I have done lots of personal change work and knew not to expect a huge explosion of bliss from doing one piece of work. Yet something changed.

The Promise that my Higher Power could do for me what I could not do for myself was evident to me in a new way. Reading that it might happen slowly helped me let go of unreasonable expectations. I could feel myself being ready to trust the process. This act of letting go and surrender has allowed me to sense a greater serenity and peace. It is a new freedom, and oddly- for someone with a genetic pre-disposition for depression-new happiness. It was like a weight lifted and I still feel it weeks later. My outlook and attitude have changed.

For me, the Promises have always been the most valuable part of OA and they are what keeps me motivated and makes me willing to work the steps.

Last year at our summer retreat, we found promises throughout the OA literature as well as in the “traditional” Promises reading from the Big Book of Alcoholics Anonymous. For example, from Step 3 in The Twelve Steps and Twelve Traditions of Overeaters Anonymous: “We ask and we receive, first the willingness, and then the ability. We can count on this without fail.” Or, from the reading on Step 7: “In God’s time, when God knows we’re ready, we will be given new insights into our true defects of character—we will, that is, if we are honestly working our program.” And, here’s a wonderful one: “Anything we can imagine, we can do, with the help of our Higher Power” (from Step 10).

I was challenged by my sponsor to go through the 12 and 12 and highlight the many promises, and the three above are only a few of those that have come true for me. After a period of time in OA, willingness to be abstinent came to me, followed by the ability to make this dream come true. I did get new insights into my character defects: now I catch myself quicker before saying some comment that will require an amends later. Lastly, things I could never imagine have come true for me; a small business venture, a solid relationship, less fear, more serenity. I am grateful for the gifts and promises of our Fellowship.

Anonymous

RELEASE THE PAIN

Valley OA

9/10/11

This poem came in as a response to the 10th anniversary of the 9-11-01 attacks on the World Trade towers, Pentagon, and the flight that didn’t succeed. However, I feel it speaks to all who have deep wounds that need healing. It reminds me of my own healing process in the OA program.

Release the pain, release the pain.

Release the pain inside.

Release the pain, release the pain.

No longer let it hide.

Release the pain, release the pain.

Let your soul fly free.

Release the pain, release the pain.

Spirit calls you lovingly.

The pain is gone, the pain is gone.

Light shines in that dark place.

The pain is gone, the pain is gone.

I’ve found my state of Grace.

I stand as my True Self again.

Without the pain, without the pain.

The Twelve Promises

- 1. We know a new freedom and happiness.**
- 2. We will not regret the past nor wish to shut the door on it.**
- 3. We will comprehend the word "serenity".**
- 4. We will know peace.**
- 5. We will see how our experiences would benefit others.**
- 6. That feeling of uselessness and self-pity will disappear.**
- 7. We will lose interest in selfish things.**
- 8. Self-seeking will slip away.**
- 9. Our whole attitude and outlook on life will change.**
- 10. Fear of people and economic insecurity will leave us.**
- 11. We will intuitively know how to handle situations that used to baffle us.**
- 12. We will realize that God is doing for us what we couldn't do for ourselves.**

-Woody W., Derived from the AA "Big Book", pp. 83-84.

Hmm. I didn't realize there were 12 promises!

What stands out for me are the words peace and serenity. That's what coming to Alaska meant for me—finding solace and peace—and HP directed me to OA. OA members model "peace" and "serenity" at meetings. Serenity on a person's face is so attractive and loving and desirable. Peace and serenity = happiness, a freedom from stress and worry. I look forward to meetings and drinking in the "good stuff" found there.

Anonymous in Anchorage

Gratitude List

Just for today, I am grateful for:

the courage to finally admit that I am not only a compulsive overeater, but a compulsive overeater who needs help;
the encouragement of other compulsive overeaters to get a sponsor and accept the help that is available;
the God-given strength to pick up the phone and ask for help;
having found a sponsor who does not suggest that I have a food plan and stick to it, but one who expects me to have a food plan and stick to it because she has been abstinent every day for 18 years.

As I'm sitting here thinking of all the things I have to be thankful for, I thought I'd put them to paper for submission to the newsletter. After my relationship with God, my hubby, family, and abstinence, there are soooo many things...One of the biggest blessings I have to be thankful for is the chance to be part of a silent retreat in OA. Any of you who may know me, are probably thinking I went into seizure at that retreat (my co-workers were taking bets). That was too short a weekend for me, but it helped me to see the importance of silence in my life. Now I enjoy just removing myself and sitting silently. I am lucky enough to have a job which allows me to travel around Anchorage and into ER, Chugiak, and Peter's Creek. I LOVE my times of solitude, just driving down the road and being present enough to enjoy the beauty around me. Coming down some of the roads in the mountains, the view is SPECTACULAR!! I feel so blessed that my Higher Power allows me the autonomy to just pull over, eat my lunch and breathe in the wonder of His creation. WOW what a miracle. I don't have to be on the phone, or listening to the radio, or reading as I always used to be, I can just "be." It is truly a miracle.. The rest of my gratitude list (at this moment) Abstinence, my hubby is outside putting up new gutters, I'm relatively pain free, I have a computer on which to type this, I have 2 giant and 1 mid-sized dog who adore me, I have 2 children living in Anchorage who are willing to talk to me and they even come to spend time with me (I have many friends who have no contact with their children), God has revived my relationship with my mom, my hubby and I are taking a financial freedom class together (I would say FINALLY, but it is really the best time for us to take it, we're both ready), I'm sitting in front of a warm fire, the sun is shining, I worked a full day and only put in from 9:30-2:30, the list really is endless, I feel as though I could go on for pages, but I'll stop here and just silently thank God in some extra quiet time today.

Cousins, who understand where I came from and love me unconditionally.
Frequent flyer miles that allow me to see my cousins.
An unexpected opportunity to see my best friend from childhood.
OA meetings available when I travel.
Good hearing to hear music of all kinds.
My driver's license.

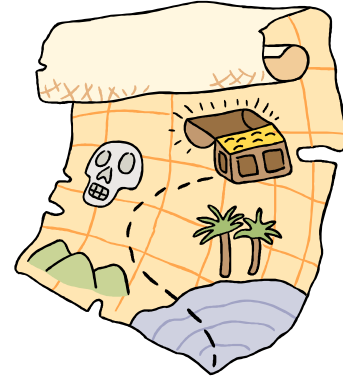
WHAT'S HAPPENING:

WSO

Lookie Here! Buried Treasure found by an Anchorage member

An INDEX to the OA 12 &12

<http://www.oa.org/pdfs/1212Index.pdf>



REGION I

Region I Meeting and Convention in Van Couver

Look for delegate report in this spot next issue

JUNEAU INTERGROUP

Nothing to report this issue

ANCHORAGE AREA INTERGROUP

Events: An OA Marathon

“Have No Fear...OA is Here”

Sunday October 30, 2011

First National Bank Conference Room

Gambell Street

1pm until 4:30pm

(or come at noon with a bag lunch and help set up)

Format:

4 separate sections with a reading and a speaker for each

Costumes optional but encouraged

Door prize and Trick or Treat bags (no food)

A 7th Tradition Basket will be passed around

More details to follow



ANCHORAGE AREA INTERGROUP (09001) ANNUAL REPORT 9/22/2011

(This report is written annually by the Intergroup Chair; its intended audience is other Intergroup Chairs and representatives at the regional level, and the Region One Board. At our last Intergroup, several people felt it might be of general interest. There were specific points to be addressed, such as how we stay self-supporting, and questions about service. I hope no one will be offended by the casual tone.)

Anchorage Area Intergroup had a great year. We are growing in total numbers, abstinent members, and meetings. There has especially been a lot of growth in the Matanuska-Susitna Valley. At times we have had meetings in Homer, Kodiak and Kotzebue (hundreds of miles away) affiliated with us. Our Intergroup meetings are better attended than in past years. One member "attends" by speakerphone from 500 miles away! In September we met in Palmer rather than Anchorage as an outreach gesture to the Valley members, who usually have to drive an hour to get to Intergroup. We have had several great discussions, often generated by a financial concern that leads us to discuss what is most important to us: sending representatives to Region or World Service events, or doing outreach, or having a physical room that we rent. Right now we do rent a 2-room space, and sublet the second room to Alanon.

We have sponsored two retreats: Margie, our Trustee, led a Strong Meetings/Steps retreat in January, and we held a silent retreat based on those that used to be led by A.G., (an OA pioneer), this summer. Both were attended by about 20 people and made slight profits. Fewer people seem willing to commit to a whole weekend than in "the old days". Costs were held down since Margie's ticket was paid for by OA's World Service Office, and the Silent Retreat in July was run using "local talent". We rented a Jesuit Retreat House so people could stay overnight without having to camp out or stay in a cabin. Many folks liked that change and seemed to also prefer the quiet setting to a hotel (usual setting for our winter retreat in the past). Problems identified with retreats were the common ones: reserving meals for people who don't come, and finding people to work ahead of time to plan the retreat (people are very willing to help once they get there). We realized that trying to have the retreat leader responsible for fundraising (silent auction, white elephant sale, raffles) and the clothing exchange is too draining. Also the folks who attended the "silent retreat" thought those activities distracted from their recovery work.

This (along with general economic concerns) led to the creation of a Ways and Means Committee to work on general fundraising all year long. One great fundraiser has been selling book covers sewn by our members that fit OA-approved books. We made hundreds of dollars selling these at WSO and local events. We also made some money by turning in donated books to a used bookstore.

We should have a website by the end of the year, and created the new position of Webmaster (with an abstinence requirement). We have a bimonthly newsletter, with locally written articles and announcements, and a column to list things you're thankful for, "Attitude of Gratitude". One issue's theme was "Fun in OA"; members made up a poem and an OA word search for that.

Intergroup sponsored 4 or 5 Twelfth Step Within opportunities. Usually these were hosted by a particular meeting whose members took responsibility for the format. Often they met at the usual time of that meeting, but went longer (2-3 hours) and had topics such as "The Third Step/Tradition/and Concept", or (coming up for Halloween) "What scares you?".

Our outreach committee put up a message on an electronic board for a mall at a busy intersection. They also had a bulletin board stocked with literature inside the mall. We also had a booth (\$20 fee plus literature such as the "15 Questions" pamphlet) at a local hospital's Women's Health Fair.

We were able to send a representative to WSBC and originally planned to send two reps to the Region One Assembly. But, a donation of a standby airfare ticket fell through, so only Janis is representing our 14 meetings. As you know, she spearheaded the Region One quilt creation project. This turned out to be a service opportunity for quite a few Anchorage members who took this project to heart, helping with planning, buying material, designing, coordinating with other Intergroups, and quilting.

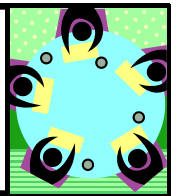
Thanks to all of you at Assembly for the service you are doing. We appreciate the active support and frequent contact from Region One this year.

Mary Ann K.
Chair

Rotation of Service

Editors note: It is now time to select, nominate and vote on a slate of officers for the Board of Anchorage Alaska Intergroup for 2012. Service positions are also open and people are needed!

Following are articles addressing these service opportunities



As I struggle to let go of summer and embrace fall, I am finding comfort in our literature, in trusting that there is an order to Life. Tradition 2 says we rotate positions regularly even when the person holding the position is doing a good job and willing to continue. To me that is akin to Summer stepping down and Fall taking over to do the job. Believing that each season contributes something different, and all are needed for my flowerbeds to renew themselves in the spring.

The idea of support and contribution I can relate to our 7th tradition. We all get to learn and grow from service. Money isn't the only form of self-support we are encouraged to give, any more than water is the only thing my tulips need. Our book says groups are self-supporting only when they do their share of the work that goes into carrying the message both in our area and worldwide. Individuals are self-supporting only when we do what we can to give back what we've been given.

I got to learn this myself recently, at a meeting where none of the three of us present knew how to operate the telecom system so someone else could call into the meeting. I realized then that I was not being self-supporting, because I expected someone else would always be there to do that work. Oh. Maybe I should take time to learn, so I can give instead of take.

And, I get to trust my HP to guide me in the service I say yes to, walk with me as I act in service, plus I get to practice faith when I step down at the end of my term. I worry sometimes that no one else will step forward, or take it as seriously as I do. And sometimes I want to sit in back and just complain about how someone else is doing the job. God gives me the nudge then too.

I am grateful for the sponsors and friends who have walked with me through scary new service commitments. Today I get to trust in the kindness, tolerance and helpful hands that you, my fellow OAs offer me as I stumble through learning, making mistakes, letting go. Service helps me grow, establish roots, and really bloom in my recovery.

CHANGE IS GOOD

In Overeaters Anonymous, we have twelve steps, twelve traditions and twelve concepts. The concepts describe spiritual principles for all who aspire to do service in OA. **The principal of "selflessness" (part of the Twelfth Concept)** ensures that no one person, group or committee "shall ever become the seat of perilous power".

Sometimes it seems to be human nature (or maybe a character defect) that we want to let the same people do the same OA "jobs" year after year. After all, he or she may be very good at that task. Or perhaps it really seems like no one else will come forward to do a certain service, so better to have the same person keep being the secretary of a meeting, the chair of a committee, or the coordinator of retreats.

But this concept states, **"Term limits help avoid power struggles through planned and regular rotation of trusted servants.** Even though a member may be willing to continue to serve in a particular position, it is usually best that the positions be rotated according to the term limits set in the service body's bylaws."

Our current bylaws don't include a term limit for meeting secretaries; it seems that since groups are autonomous, it is for them to decide. Many groups seem to feel that a year is a reasonable term. You may want to discuss this in your group's monthly business meetings. Meetings do come and go, and I know I have seen meetings close when the time or format wasn't supported by enough people. But that is natural and not necessarily a bad thing. Hanging on to a service position can be "selfish" under some circumstances. New meetings will come, and new chances to do service, if we are willing.

Our Intergroup bylaws do include term limits for the **Chair, Co-chair, Recording Secretary, Corresponding Secretary, and Treasurer (one year) and Delegate (two years)**. Currently, the Nominating Committee is looking for folks to serve in these positions. Maybe you have served as an Intergroup Representative and would like to become more involved. We will distribute the slate for groups to vote on during

November. Your Intergroup Representative will then bring that group vote to a final Intergroup voting session in December.

We're also taking this opportunity to recruit folks for our 2012 Committees: Newsletter, Literature, Oasis Angels (keep the Oasis spiffy), Twelfth Step Within, Retreats, Outreach, Ways and Means, and Webmaster. Serving as a committee member is a good way to "get your feet wet" in OA service. It's also a nice way to meet other compulsive overeaters in recovery. If you are interested, contact Mary Ann, Rebecca, Pamela or Randy.



An Invitation to Improve our Bylaws

You are cordially invited to join an Intergroup sub-committee to revise our bylaws. Some of us will be meeting to update a few sections that need to come into compliance with the O.A. World Service Office.

However, there are serious discussions proposing changes to the qualifications for our officers and how they are elected. Now that we are growing, it may be time to reinstitute abstinence requirements for officers, committee chairs, and Intergroup representatives. We also would like to start having subcommittee meetings more often to streamline our Intergroup meetings. Officers and committee chairs may need to commit to attendance at such meetings in addition to the monthly Intergroup meeting.

We'll be reviewing bylaws from other Intergroups and the sample service body bylaws provided by World Service Office.

*If you would like to join us, contact Mary Ann K., at 345-8630, or email her at tsom@ak.net, or simply show up at our first meeting on **this Thursday, October 6th**, at the Oasis in Anchorage, from six o'clock to seven o'clock. Thank you.*



ARE YOU A MEETING SECRETARY?

Here are three updates for you:

First, please be sure your meeting has elected a representative to attend Intergroup. The commitment is for one meeting a month, usually the first Saturday, from 11:15 am to 12:45 pm at the Oasis in Spenard. (We've recently voted to make the meetings a little longer, which will allow more time to hear from our increasing number of meeting representatives!) Make sure your meeting is represented in upcoming votes about changes in qualifications for officers, decisions about the timing and cost of workshops and retreats, and discussions about how the Seventh Tradition contributions from your members will be spent to help the still-suffering compulsive eaters. Shall we send a delegate to the annual World Service Business Conference in Albuquerque? Should we move to a cheaper Oasis location? Should we do more local outreach? Intergroup also has resources to make your group more effective: literature and willing hands to help with workshops or outreach, experienced members who can help with the issues that groups sometimes face. Even if one of your meeting members attends intergroup for another reason, you will want to have a representative, because the officers are not allowed to vote as both an officer and a meeting representative. A person only can vote once.

Second, please make sure your meeting contact information in this newsletter and online at oa.org is correct. Newcomers rely on this information to find us when they are willing to recover. Visitors from the Lower 48 often want to call for directions to a meeting. Thank you for doing this service!

Lastly, here are some service needs identified at Intergroup October 1st:

*****THIS SATURDAY*****

MatSu Regional Hospital Women's Health Fair: folks to man (or "woman") the OA booth, THIS SATURDAY, October 8th, from 8 a.m. to 1 p.m. Call Paula K.

Winter Retreat Committee volunteers: contact Janis

New secretary for Monday night Anchorage meeting

Help with upcoming workshops: next one Oct.30th, see information elsewhere in newsletter, speakers needed, and also setup/cleanup.

Articles for November/December newsletter (always a great assignment for sponsees!)

Articles/contributions to be posted on a bulletin board at Sears Mall during November, sponsored by OA Intergroup. This is for outreach to those still suffering, especially during the holiday season.

Committee members for next summer's retreat: call Paula K.

907-745-8337

Letters,.....we need letters....

The Mall at Sears has made a bulletin board available to us for the month of November 2011. Please write testimonials of how OA is helping you recover from compulsive eating to be posted on this board. No names will be posted with the letters.

Email: Swhiter@Alaska.com

907-333-1669 for snail mail address

Just a quick note to let everyone know about our new *Ways and Means* committee, which met for the first time on October 1st. The mission of our committee is to keep Anchorage Area Intergroup financially solvent. Our goals include establishing a realistic budget for 2012 (based on prior years expenses) and finding ways to ensure we have enough funds to keep doing all the activities Intergroup performs! These include maintaining the Oasis and an ample literature supply, hosting two retreats and sending delegates to World Service and Region 1 assemblies. So if you would like to participate in some fund raising activities, please join our next meeting at the Oasis on Saturday November 5th after Intergroup. (Email Angela at angelaxyz2@yahoo.com for more information). See you there!

Lifeline Article Schedule



Issue Date	Deadline Date	Topic
Dec 2011	8/15/2011	How the 12 Steps affected my family Principles before personalities
Jan 2012	9/12/2011	What is your action plan Does my life depend on OA?
Feb 2012	10/15/2011	The joy of maintaining a healthy body size Health, body, weight: What does that mean to you?
March 2012	11/15/11	Compulsive under eating, compulsive bingeing Compulsive overeating, compulsive bulimia
May 2012	1/15/2012	Living in a new body Sexuality and body image—They're not what you see in the mirror
June 2012	2/15/2012	How OA changed my life.
July 2012	3/15/2012	Generally speaking
August 2012	4/15/2012	Recovery through the principles
Sept/Oct 2012	5/15/2012	Letting go of resentments Celebrating miracles with gratitude
Nov. 2012	7/15/2012	Standing up to compulsions in hard times. Special needs members Talking to our doctors and health care providers
Dec 2012	8/15/2012	Shortcomings transformed into assets Accepting I'm not perfect and moving on

Meeting Schedule

October 2011

Anchorage

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact (907)</i>
Monday	6:00pm	<i>Oasis Turnagain Arts Bldg. 4105 Turnagain</i>	Lifeline	<i>Bob-349-2890</i>
Tuesday	7:00-	<i>Kaladi Bros 6921 Brayton Dr.</i>	OA Express	<i>Paige</i>
Tuesday	5:30pm	<i>Oasis Turnagain Arts Bldg. 4105 Turnagain</i>	OA/HOW	<i>Paula 522-9910</i>
Wednesday	5:30pm	<i>North star Hospital 2530 Debarr Rd</i>	Steps/Trad/Lit	<i>Gail B. 332-0049</i>
Thursday	Noon	1st Congregational Church, 2610 E. Northern Lights	Steps/Stories	<i>Janis</i>
Thursday	6:30PM	Lutheran Church of Hope, 1847 W. Northern Lights	There is a Solution	<i>Carolyn V. 244-3432</i> <i>Eden L 441-0021</i>
Friday	6:00	<i>Oasis Turnagain Arts Bldg. 4105 Turnagain Blvd</i>	Writing	<i>Carolyn M 561-2637</i>
Saturday	9-10:30am	St. Mary's Episcopal Church, Lake Otis & Tudor	AA Big Book	Kathleen 929-3646 Gayle 337-2974
Sunday	9:30am	<i>Kaladi Bros 6921 Brayton Dr.</i>	As Bill Sees It. VOR & For Today	Jean 345-9805 Donna 277-0427



Room to grow!

Fairbanks

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Monday	5:30pm	University Comm. Presbyterian Church 3510 College Rd. Upstairs Fairbanks, AK	Steps & Tradi-	Christine 907-452-6426
Thursday	6:30	St. Matthews Episcopal Church	Lifeline	Sally
Thursday	6:30	Eielson AFB Chapel 452 North St RM 136 Lounge , Eielson AFB		David 907-750-3117

Haines

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Friday	11:00am	Human Resources Building 103 Third Ave S. Haines		Jennifer 907-766-2242

Homer

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Friday	Noon	United Methodist Church Homer, Alaska		Angela A. 907- angela_agosta@yahoo.com
2nd meeting	?	?	?	?

Juneau

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Monday	5:30pm	Juneau Public Health Center, 3412 Glacier Hwy Down- stairs Conference Rm.		Karen 907-364-3303
Wednesday	Noon	Unity Center, 119 Seward St. #1		Wendy 907-364-2240
Thursday	5:30pm	Juneau Public Health Center, 3412 Glacier Hwy Down- stairs Conference Rm.	Lit.	Bethany 248-719-2303
Saturday	10:00am	Juneau Public Health Center, 3412 Glacier Hwy Down- stairs Conference Rm.		Leslie 907-586-3259

Ketchikan

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Wednesday	6:00pm	Pioneer Home, 141 Bryant St.		Lesley 907-225-3278

Kodiak

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Thursday	8:00pm	Brother Francis Shelter Basement 410 Thorshiem St. enter in back on Cedar/Willow St		Denise 907-942-0045

Palmer

Sunday	6:00pm	St. Michael's Parish 432 E. Fireweed		Randy 907-745-7485
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Wasilla

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Monday	Noon	<i>Mat-Su Regional Hospital, Matanuska Room</i>	Big Book	<i>Janis 907-376-5288</i>
Wednesday	6:00pm	<i>Alano Club Snohomish/Fishhook Rd Wasilla</i>	Topics	<i>Gail 907-357-4644</i>
Saturday	9:00am	<i>Mat-Su Regional Hospital. Pioneer Peak Room, 2nd floor</i>	Varies	Paula 745-8337

Soldotna

<i>Day</i>	<i>Time</i>	<i>Address</i>	<i>Type</i>	<i>Contact</i>
Sunday	5:00pm	Bridges 44758 Sterling Hwy #B, Soldotna	Steps & Tradi-	Joy 907-283-5028

Editor's note:

Please check meeting times and Secretary information.

For additions and corrections: SWhiter@Alaska.com or 907-333-1669