

Anchorage Area Intergroup May/June 2011

P.O. Box 200-341, Anchorage, AK 99520 (907) 279-1942

<http://www.oaregion1.org/NorthernLightNews.pdf>

For submissions: SWhiter@Alaska.com dead line: July 29, 2011 Suggested topic: Abstinence What & How

THE NORTHERN LIGHT

ARTICLES FROM MEMBERS

For fun in my abstinence, I love going to local Hockey/football/basketball games, watching NFL/NBA at Peanut Farm, etc., (at Rum Runner's on Aces Hockey nights, they just write 'carrot lady' on my food order receipt and the cooks know that means the whole wheat spinach dip sandwich with carrots instead of French fries—hahaha! I also volunteer at dog races, snowmachine, fish, hike for fun ☺. Like to cook healthy recipes too for fun. Like to take my niece/nephew swimming. All things I didn't do while isolated because of binging—Thanks OA!!!

Service – OA Meeting

Being on time, coming late, just being there

Sharing your thoughts, feeling, recovery

Sharing your relapse -- in it, coming out, overcoming

Speaking during the meeting – you were the person HP talked through

HUGs to someone who needed your hug

Telling someone to “keep coming back....”

Saying something that touch another person heart

Speaking the Truth which you can only do

Letting someone know that they are not alone

Telling something only an OA member will understand

YES – Your SERVICE at an OA meeting is needed!

OA Meeting – Service

Leading a Meeting

Secretary for the Meeting

Representative to AIG

Cleaning up after the meeting

Carrying the bag with the materials

YES – Your SERVICE at an OA meeting is needed!

“Keep coming back; it works when you work, because you are worth it!”

Fun Happens in my life today, thanks to the recovery I found in OA. It's here that I learned patience, acceptance, teamwork, cooperation. I don't have to captain every team in order to enjoy the game. I don't have to direct every movie, or write all the rule books (amen!). I can let a kind HP guide me in ALL my affairs. I can trust others and trust myself thanks to OA. This makes life more fun for me and for those around me.

FUN IN OA

In the early days of my OA career, "fun" was not a word I would associate with the program. I was too sick, still reeling from the effects of my character defects, which had made my life pretty miserable. In those days, I was learning I had a disease, and in my all-or-nothing thinking, a person with a disease should be sad. Later, I read that people were grateful to have this disease as it led them to the Twelve Steps, which make life a lot easier to navigate. It's easier to have fun if you aren't carrying around emotional baggage or trying to control world, national, local and family events. The Serenity Prayer was a big help here.

Living in isolation, as I did in my disease (more and more as it progressed) made it almost impossible to enjoy life. I was so self-critical, and critical of others. Noticing the laughter at OA meetings, and then joining in, started my journey back to a joyful life. To see a tableful of other people nodding and smiling as I told my story let me know I wasn't alone, and my walls of isolation started to fall down. Contacting a sponsor daily stopped my crazy thinking in its tracks, and I spent less time with "the committee in my head" and more time with people who I found had my best interests at heart. Eventually among these people I made real friends. It was almost like I had to re-learn how to have fun, not at other people's expense, but genuine enjoyment and relaxation. Learning to have fun while at an eating function has been one of the harder lessons. It's good to know other folks have the same issues.

With OA friends, I've walked the "Run for Women", hiked, ridden bikes, gone to the PAC for music and dramatic performances. Several times I've traveled to World Service events where hundreds of OAers experience recovery. At those events I've gone with friends to a major league baseball game on a perfect summer night; seen the musical, "Wicked", ridden subways and trams, seen Native American dances and Independence Hall. One roommate became a friend and visited Alaska after a conference; we toured Denali, and while crossing a bridge, saw two moose who ran through the river below us, like horses.

The most fun I've had in OA has been at OA service events. Often while making a flyer, sitting on a committee, setting up for a retreat or Twelfth Step event, several of us will start laughing about something and really just "get silly". Knowing I can be myself and be accepted means I can relax and enjoy myself more than when I thought everyone was judging my every move and "it was all about me". Over time, I find I'm not taking every day so seriously, and so experiencing more fun inside and outside OA.

Anonymous

Looking Back

My attitude used to be, "If life is hard work, I really didn't want it. Because after all life sucks! And then you die!" So, you might as well get happy any way that you can.

I indulged myself and I indulged others too—never thinking about consequences. When the consequences came, I was scared; in a mess and scrambling to make it all okay. I'd gather up all my willpower to fix everything and try to set it all right again. Once things calmed down, the cycle would start all over. It's like I had amnesia as to how I had gotten myself into the predicament in the first place.

I didn't grow up, I never matured, and life just kept marching on. Until I surrendered to a power greater than myself, and gave up trying to do things my way (which didn't work anyway) I stayed in this cycle.

When I became willing to admit I didn't know everything, and that I'm not always right, and to listen to others as well as to my Higher Self within—then finally the pattern of addiction began to break down.

I am not perfect now, but I'm better than I used to be. I still fall into feelings of "not good enough" but I know what to do now when that happens. I have people to talk this out with. I can write about it. And I can go into prayer and be reminded that God doesn't make junk! I can get grateful and realize that my pettiness is insignificant—and then gratitude begins to replace feelings of self doubt and the "poor-me" syndrome.

Life is good on life's terms. I enjoy being responsible and accountable—free of shame and remorse. I am now happy, joyous and free most of the time. "Freedom from Food Obsession" is a wonderful gift and a blessing. That doesn't mean that there aren't both joys and sorrows and highs and lows--but now I know who I am. And I have Peace.

~ Juneau, Alaska

12 Steps Summarized

Step 1: Admit you're screwed.

Step 2: Ask for help.

Step 3: Make a commitment to follow directions.

Step 4-9: Follow those directions.

Step 10: Inspect and correct.

Step 11: Get more directions.

Step 12: Help someone else -- AND -- apply 1 through 12 in all areas of your life.

In the Spirit of Fun

NOW I KNOW WHY I AM SO OVER WEIGHT !!!!!!! who knew?????

I finally figured out why I am so full-figured! As I was conditioning my hair in the shower this morning, I took time to read my shampoo bottle. I am in shock! The shampoo I use in the shower that runs down my entire body says "for extra volume and body"! Seriously, why have I not noticed this before? Tomorrow I am going to start using "Dawn" dish soap! It says right on the bottle "dissolves fat that is otherwise difficult to remove". It pays to read the warning labels my friends!

Prayers From a Member

Morning Prayer I

Good morning God,

Help me through this day,
Keep my trigger foods away.
Help me know what's right from wrong,
Help me be, not weak, but strong.
Help me to be now and here,
And not be paralyzed by fear.
Help me want to do your will,
To grow, to learn and use my skill.
So that once this long day ends,
I don't have to make amends.

Morning Prayer II

Hello God,
Now that I'm awake I pray
To remember for today:
If I cannot, let my HP.
The world is not just about me.
Pleasing others isn't all.
There's always someone I can call.
When I am tired, get some rest,
I don't have to be the best.
No matter what it is I feel,
It should not affect my meal.

Nighttime Prayer

Now I lay me down to sleep
I hope my abstinence to keep
I turn to God my woes and fears
To not be constantly in tears
To not pretend that I am tough
To know just how much is enough
To not turn willingly away
But keep returning to OA
And if I relapse once I'm awake
I ask you God, to soothe my ache.

The Poet's Corner (with a nod to Dr. Seuss)

Then the sponsee thought of something he hadn't before,
"Maybe Serenity does not come from a store"?
"Maybe my Serenity, regardless of my mood
Comes from turning to HP instead of turning to food.

A plan of eating might be hard to follow,
(But) life without one's way to hard to swallow.

Let us today attend a meeting,
And not say farewell before the greeting
Let us not deal with each desire
As if the building was on fire.
Let's say what we mean,
And mean what we say,
HP is with us, we'll do it His way.

Helpful Slogans Part One

One day at a time.

First things first.

But for the Grace of God.

Easy does it.

Live and let live.

Let go and let God.

Abstinence is the most important thing in my life, without exception.

Think, think, think!

Act as if.

Fake it till you make it.

We'll love you until you learn to love yourself.

You can't do it alone, but only you can do it.

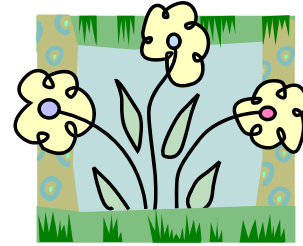
One is too many, a thousand not enough.

It's not what you're eating, it's what's eating you.

If you do what you've always done, you'll get what you've always gotten.

If you fail to plan, you plan to fail.

Keep it simple.



Bloom Where You Grow

Grow When You Bloom

SPECIAL EVENTS

SUMMER SILENT RETREAT

Friday, Saturday and Sunday

July 8, 9 and 10, 2011

Holy Spirit Retreat Center

Upper O'Malley Road

Anchorage, Alaska

5pm Friday Evening to Noon on Sunday

***Extended periods of silence followed by
sharing and fellowship***

Fees, Menus, Program to follow



ATTITUDE OF GRATITUDE

I am grateful to GOD for Blessing me continuously – even now when I'm relapsed and struggling to regain my abstinent again

Forgot some gratitudes: I'm glad I don't get food stains all over my shirts any more, glad I can reach all areas of my body, glad my knee caps don't dislocate every time I spin around too fast, glad I bought pants 6 inches smaller, glad I wake up hungry instead of with a 'food hangover,' glad I can walk the dog for miles ☐

keep thinking of more things I need to be grateful for—lost 62 pounds in 9 months (cholesterol is good, blood pressure is really good, blood sugar is good, endometrial wall on my uterus is thinning due to losing weight!

I'm grateful that service comes in all flavors and sizes. I can always find something that suits my taste!

I'm grateful for OA's Recovery Checklist (available at Oasis and some meetings). It is a quick way for me to diagnose what's up when my program feels flat.

I'm grateful for OA speakers to listen to on my walks, while doing chores and traveling. Check out the CDs at Oasis, or download free mp3s from the LA Intergroup office at www.oalaig.org (go to the speaker tab).

I'm grateful for the Wednesday night OA meeting at North Star Hospital at 5:30. It's right after my work day and on my way home—in my area of town! The meeting used to start later but changed the time to 5:30pm. The universe is making sure I have so excuse not to get to my meeting!

I'm grateful for:

1. the snow being gone from the sidewalk
2. Getting a great seat in the theater even though I was running late
3. that not every TV commercial is for food
4. that I sometimes forget to act compulsively
5. tote bags
6. coupons for my abstinent food
7. having been able to fix my tape recorder myself
8. people that hold the elevator
9. that birds and spiders eat mosquitoes
10. that I don't have to worry about falling off the edge of the world
11. that the last installment of the Harry Potter movies will soon come out
12. that I'm older than the Internet but younger than the phone.

WSO ANNOUNCEMENTS

The feedback from delegates regarding the Strategic Plan has been compiled and is now available on the OA Web site at <http://www.oa.org/pdfs/SP2012DelegateIdeas2011-2.pdf>.

In addition, the Ask-It Basket questions and responses are also available at <http://www.oa.org/pdfs/Ask-It%20Basket%2011.pdf>

Lifeline Magazine Articles

Lifeline is the monthly magazine published by Overeaters Anonymous. The articles are written by OA members. To submit an article:

Lifeline

PO Box 44020

Rio Rancho, New Mexico 87174-4020 USA

Fax: 505-891-4320

Subscription prices for the printed version of *Lifeline* magazine, which you receive in the mail:

Term	US	Canada	Outside US/Canada
1 year (10 issues)	23.00	29.00	38.00
2 years (20 issues)	44.00	56.00	74.00
3 years (30 issues)	63.00	81.00	108.00

Also available electronically...go to WWW.OA.org for details

A short summary of WSBC key decisions has been posted under "What's New" on the OA home page: www.oa.org/news/

**Members can refer to the Tools of Recovery page on oa.org: www.oa.org/new-to-oa/tools-of-recovery.php
This page contains both the definition of Action Plan and the revised Statement on Abstinence.**

REGION 1 ANNOUNCEMENTS



Diggin' the Tools in Tillamook! An Overeaters Anonymous Marathon

August 6th

9:00 - 4:00

AGENDA

(Like Speed Dating)

8:30	Registration	12:00	Brown Bag Lunch
9:00	Intro and Info	1:00	Literature
9:30	Plan of Eating	1:30	Anonymity
10:00	Meetings	2:00	Service
10:30	Telephone	2:30	Plan of Action
11:00	Sponsorship	3:30	Closing + Cleaning
11:30	Writing	4:00	Good-bye

For further information: Call Carol Rose 354-2112 or E-mail cgack@charter.net



Directions

From the North: Enter Tillamook on 101- S (this turns into Main Street). Turn Left on Eleventh Ave. Cross Pacific. Turn Right into Tillamook PUD office.

From the South: Enter Tillamook on 101-N (this turns into Pacific). Turn Right into Tillamook PUD office.

From the East: Enter Tillamook on Hwy 6. Turn left on to Main Street. Turn Left on Eleventh Ave. Cross Pacific. Turn Right into Tillamook PUD office.

ANCHORAGE AREA INTERGROUP

Service Opportunities

Volunteers for 12th Step Within Events

Contact Wanda D. drwandee@hotmail.com

Outreach Committee Chair

Still needs a chairperson

AAI Website.

Pray for a “Geek” to step up and volunteer to set up a website for our intergroup.

Or better yet...**BE** the geek who sets up a website for AAI

NEEDED:

Summer Retreat Committee and Chairperson..... Duties:

Chairperson: Chairs planning meetings, liaison between committee and Intergroup, facilitates tasks of committee members, and makes decisions as required.

Speaker Host: Sees to needs of the Speaker including airport pick up and delivery, sleeping arrangements, special foods, etc.

Facility Coordinator: Contacts facility, secures dates, gathers information about fees, policies, menus, special needs, payment arrangements, contact info for help during event, emergency plans, anything pertaining to physical location.

Ways and Means: Coordinates fund raising including but not limited to: baskets, auctions, book covers and any other craft item for sale. Sets up areas at retreat. Coordinates with Theme Coordinator for tickets and sheets.

Publicity: Creates and distributes flyers and emails. Insures meeting secretaries have information about the retreat. Information should include program times if possible and menus

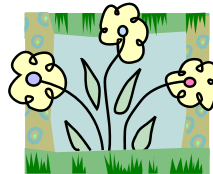
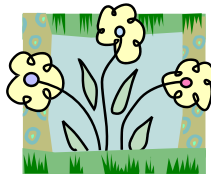
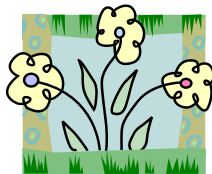
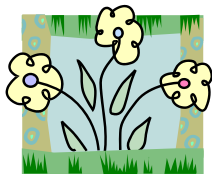
Registration: Works with publicity to distribute registration forms. Handles registration at the event. Coordinates scholarships and registration fee waivers.

Theme Coordinator: responsible for nametags, programs, printed material for participants if needed, raffle tickets, auction sheets. Works with Publicity, Registration and Ways and Means

Outside Activities: Sets up craft table, coordinates games/activities for Saturday evening plans nature walks, hikes, lunch Sunday noon any other activity not planned by speaker.

Clothing Exchange: Contacts meeting secretaries with info. Arranges clothing at the retreat. Takes any left over to appropriate charity.

Anything Else People:yep, anything else.



MEETING SCHEDULES

I was wondering if you'd be willing to put the Homer Meeting in the Newsletter since it's informal and not technically OA? According to WSO, I can't register as a "group" until I have a second member. I do not at this point, but plan on continuing to show up throughout the summer at 12:00 noon on Fridays at the United Methodist Church. Angela A. angela_agosta@yahoo.com

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 & Traditions	Christine 907-452-6426
Thursday	6:30	St. Matthews Episcopal Church 1030 2 nd Ave, Fairbanks	Lifeline	Sally 907-590-9064
Thursday	6:30	Eielson AFB Chapel 452 North St RM 136 Lounge , Eielson AFB AK		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

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 Downstairs 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 Downstairs Conference Rm.	Lit.	Bethany 248-719-2303
Saturday	10:00am	Juneau Public Health Center, 3412 Glacier Hwy Downstairs 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 side, Kodiak		Denise 907-942-0045

Mat-Su

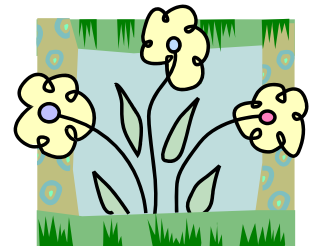
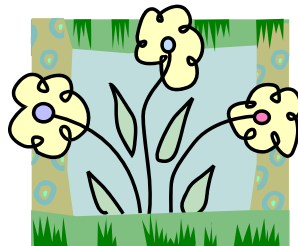
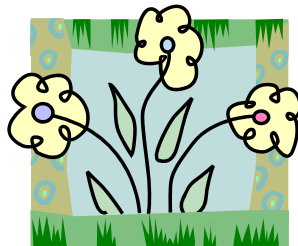
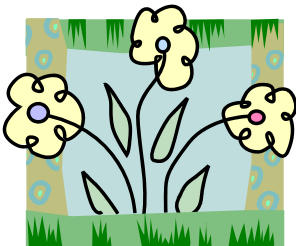
	Time	Address	Type	Contact
Monday	Noon	<i>Mat-Su Regional Hospital, Matanuska Room (by cafeteria)</i>	Big Book	<i>Janis 907-376-5288</i>
Wednesday	6:00pm	<i>Alano Club Snohomish/Fishhook Rd Wasilla</i>	Topics	<i>Gail 907-357-4644</i>
Saturday	9:00am	<i>Mat-Su Regional Hospital. Pioneer Peak Room, 2nd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

Anchorage

Day	Time	Address	Type	Contact (907)
Monday	12:10	<i>Covenant Evangelical Church, 12th & C</i>	Steps	Need secretary
Monday	6:00pm	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd.</i>	Lifeline	<i>Bob-349-2890</i>
Tuesday	7:00-7:30am	<i>Kaladi Bros 6921 Brayton Dr.</i>	OA Express	<i>Carolyn V.9244-3432</i>
Tuesday	5:30pm	<i>OAsis Turnagain Arts Bldg. 4105 Turnagain Blvd</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.</i>
Thursday	Noon	<i>1st Congregational Church, 2610 E. Northern Lights</i>	Steps/Stories	<i>Paige</i>
Thursday	6:30PM	<i>Lutheran Church of Hope, 1847 W. Northern Lights</i>	There is a Solution	<i>Carolyn V. 244-3432 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	<i>St. Mary's Episcopal Church, Lake Otis & Tudor</i>	AA Big Book	<i>Kathleen 929-3646 Gayle 337-2974</i>
Sunday	9:30am	<i>Kaladi Bros 6921 Brayton Dr.</i>	As Bill Sees It. VOR & For Today	<i>Donna 250-6124 Sarah 223-1437</i>

Soldotna

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



Fun in OA WORD SEARCH

A member sent in this Word Search Puzzle.

All words relate to the 12 Steps and Traditions.

Words can be found horizontally vertically, diagonally and backwards

A	I	S	S	E	N	G	N	I	L	L	I	W	E	T	F	E	A	Y
S	E	R	V	I	C	E	G	N	I	T	A	E	F	O	N	A	L	P
E	O	E	W	E	I	G	H	T	A	E	L	C	O	O	I	Y	N	G
Y	R	E	T	C	A	R	A	H	C	U	E	D	F	L	A	E	N	N
T	H	I	N	K	H	Y	T	E	C	S	T	E	P	S	L	I	E	O
I	C	E	S	S	E	L	R	A	E	F	L	O	I	B	T	W	C	I
L	O	N	M	E	O	A	H	O	P	E	I	O	N	I	C	W	H	T
A	N	O	M	E	D	I	T	A	T	I	O	N	R	O	I	N	A	A
U	F	I	B	B	D	Y	G	L	A	N	A	W	M	O	M	E	N	T
T	E	T	A	M	E	E	T	I	N	G	E	E	S	H	A	Y	G	I
I	R	C	Y	A	L	F	E	S	C	A	R	V	W	L	N	E	E	D
R	E	A	B	E	E	A	S	R	E	S	P	O	N	S	I	B	L	E
I	N	F	D	B	G	I	P	P	F	T	R	I	W	I	S	D	O	M
P	C	O	I	I	A	T	O	Y	R	K	A	C	T	O	D	A	Y	A
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E	G	A	E	L	E	I	S	H	S	L	O	S	R	E	Y	A	R	P
E	O	L	N	E	Y	T	O	T	A	E	R	T	E	R	A	I	H	O
N	S	P	O	H	A	P	R	N	C	O	U	R	A	G	E	V	O	L