



**Name of Intergroup:** Anchorage Alaska Intergroup (AAI)  
**General geographic area:** Southcentral Alaska  
**Number of Groups:** 10  
**Intergroup Chair:** Elizabeth M.  
**Website address (if any):** [oa-alaska.org](http://oa-alaska.org)

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### **News from our Intergroup:**

#### **Retreat:**

Although it seems like a very long time ago, AAI hosted an OA retreat the weekend of October 25, 26, and 27 at a retreat center in Anchorage. Lawrie C. from Winnipeg, our guest speaker, shared his experience with the Big Book. We consider the retreat a great success on several fronts:

- 1) We had 40 people in attendance which was more fellows that had gathered together in several years.
- 2) All of the 31 attendees who completed the evaluation form reported Lawrie's shared experience helpful and inspirational
- 3) There was a renewed enthusiasm for OA.
- 4) Because attendance was twice more than budgeted for, there were excess revenue to add to AAI's operation account.
- 5) The first night of the retreat was a fundraiser. Between that and a silent auction during the weekend, \$1400 was donated for outreach efforts.

#### **Newsletter:**

For the first time in two years, the newsletter editor position was filled on our Intergroup board. She published a quarterly electronic newsletter

#### **Region One Representatives Visit and Workshop**

Two representatives from Region One visited Anchorage on Jan 31 and February 1. They met with AAI board members to discuss outreach ideas and led a workshop with approximately 15 attendees on the topic "Each One, Reach One – Share the Hope." Participants in both events were inspired to connect/reconnect with one another and carry the message to others who still suffer from compulsive over eating.

**How has your Intergroup adjusted to the changing public health environment?**

To meet the needs of fellows during the pandemic, AAI opted to take advantage of Region One's offer of a free Zoom license. We quickly set up 11 weekly group meetings and one 14-week workshop via Zoom. Two were new meetings that did not get support so those were discontinued. The meetings that had a solid, yet small, base have continued to meet via Zoom successfully. We now host nine meetings a week via the Region One Zoom license and have decided to extend the Zoom meeting schedule through at least September.

However, with the changes that came with the pandemic, we have not been able to leverage the increased interest in outreach. Between additional work responsibilities and the COVID-19 related stresses of some AAI board members, we have not implemented any outreach efforts.

We have researched on-line Seventh Tradition options, but due to cost of those platforms, AAI board voted not to offer such giving means. Groups promote manual options at Zoom meetings. To date our Seventh Tradition totals are a bit higher than last year with only a handful of members giving.

**Has the OA fellowship in your area been strengthened or weakened by the current public health environment? Why?**

Our group meetings have retained their membership. However, because we haven't been able to do outreach the membership has not grown.

**Retreats and/or Events we have offered this year:**

Retreat, October 25-27, 2019 (see above for information)

Region One Workshop, February 1, 2020 (see above for information)

**Other services our Intergroup offers:**

Our Intergroup rents a meeting room where literature is displayed for sale and four meetings a week are held. We call the space the OAsis. However, during COVID-19, we have closed the OAsis.

**Has your Intergroup hosted a Region One Outreach or Intergroup Renewal workshop? Please tell us about your experience and outcomes.**

Yes, see above for information.

**What we are doing to make OA known in our community:**

AAI maintains a website for the public which provides links to the Zoom meetings and many other resources. Because AAI shares rented meeting space with Al-Anon's bookstore, OA is more widely known within the 12 Step community. One of our groups meets at another facility used by several other 12 Step groups. AAI has information on the bulletin board there and has anecdotal evidence that those postings work. Some OA members post literature in their offices and take newsletters to personal doctors' offices.

**What we're doing to strengthen our meetings and help our members recover:**

Offer Zoom meetings.

**We encourage members to give service by:**

Our quarterly newsletter lists service opportunities.

**Submitted by:** Elizabeth M., Chair, Anchorage Alaska Intergroup

**Date of Report:** July 30, 2020