

## Mid-Continent Intergroup Meeting Minutes

The August 11, 2009 meeting of Mid-Continent Intergroup was opened with the Serenity Prayer.

**ATTENDANCE:** Kirsten, Mary G, Phil, Barb, Gay, Mary M

**PARLIAMENTARIAN:** We did have quorum.

**RECORDING SECRETARY:** Minutes of July meeting were read and the Total Expenses in the July minutes should have been \$364.61 instead of \$314.61. Minutes were accepted as revised

**TREASURER:**

<b><u>July 31, 2009</u></b>	
Beginning Balance:	\$ 494.03
Total Donations:	\$ 364.76
<u>Total Expenses:</u>	<u>\$ 314.61</u>
Net Change	\$ 50.15
Ending Balance:	\$ 544.18

Treasurer's report accepted as read.

**PILOT:** New Pilots in office

**LITERATURE:** July 31, 2009 balance was \$699.52

**VICE-CHAIR:** Nothing to report

### OLD BUSINESS

General discussion about Kansas Day:

- Mary G will be lunch speaker
- Group requested to find speakers and let Phil know
- **Inter-group officer elections will be held in September.** Officers serve 2 year terms and may serve 2 terms. Here are the current officers whose terms will expire as of September, 2009:
  - President - Phil –end of 1<sup>st</sup> term – does not wish to serve a 2<sup>nd</sup> term – this office will be open
  - Pilot Editor – Leta –end of 2<sup>nd</sup> and final term – Kirsten has volunteered for this
  - Literature – Barb H – end of 1<sup>st</sup> term – has agreed to serve a 2<sup>nd</sup> term
  - Treasurer – Mary G – end of 2<sup>nd</sup> and final term – Gay has volunteered for this
  - Parliamentarian – Kirsten – will become Pilot Editor – this position is open

- General discussion about finding a new office.
- Determined that we had the following requirements for an office:
  - Affordable – very close to the current rent of \$260
  - Right size room or rooms, large enough for meeting, and for literature we need either a separate room or cabinets that could be locked
  - Adequate parking
  - Wheelchair accessible

**NEW BUSINESS** - None

Meeting adjourned. The meeting was closed with the Serenity Prayer. The next Intergroup meeting will be on September 8, 2009 at 7:30 pm. Hope to see you there!

Respectfully submitted,

Mary Mourning, Recording Secretary

OVEREATERS ANONYMOUS

Mid-Continent Intergroup

TREASURER'S REPORT

July 31, 2009

BEGINNING BALANCE \$494.03

Donations

Monday 10 AM	\$20.00
Monday 7:30 PM	231.76
Wednesday Big Book	43.00
Friday Noon	5.00
Saturday 9:30 AM	20.00
Saturday 1:30 PM	20.00
Faithful Fivers	5.00
Donation	<u>20.00</u>

TOTAL: \$364.76

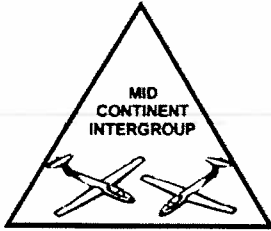
Expenses:

Brad Schraft – August Rent	260.00
A T & T	<u>54.61</u>

TOTAL EXPENSES: \$314.61

NET (Donations minus Expenses) \$ 50.15

ENDING BALANCE: \$544.18



# THE PILOT

Mid-Continent Intergroup  
805 South Main, Wichita, Kansas 67213



## SEPTEMBER 2009



### Questions

“Your life unfolds, in part, according to the type of questions you place before yourself.” (from *Spiritual Liberation* by Michael Bernard Beckwith)

I have found over the years that a “Why...” question running through my mind is cause for alarm. Why me? Why is this happening? Why did he...? Why didn't I...? Very often questions such as these cannot be answered to my satisfaction with the limited knowledge or perspective of human experience. It is a sure indicator that what I need in the moment is acceptance. Only then can I move on and ask productive questions.

Who is at fault here? How can I get her to...? These are red-flag questions indicative of blaming others. Placing blame does nothing to improve a situation. Instead, it energizes the negativity and perpetuates the problem. No matter what the circumstances, if I am involved, I had some part in creating it.

Moving on to life-affirming questions, I would suggest some of the following. How can I bring love into my day and my interactions? What are my choices as to how I perceive and respond in this situation? Which choice would be most satisfying to me, both now and in the long run? What am I willing to do right now (or in the next few hours) to support my goals?

I believe most questions can be boiled down into this one: “Am I living in the problem or in the solution?” Life **will** consistently unfold according to where we place our attention.

—L.M., Wichita, KS



## Kansas State Convention

Emporia State University  
Memorial Student Union  
Saturday, Sept. 12, 2009



### Theme: Recovery—It's an Inside Job


Registration: 8:30 a.m. — Program: 9 a.m. - 3 p.m.

Cost: All day including lunch: \$15 (\$8 if you bring your lunch)

Carpooling available (bonus recovery on the trip to and from Emporia!)

Registration forms available at meetings and Intergroup Office

Questions: Judy King (785-272-6744) or [jking4970@sbcglobal.net](mailto:jking4970@sbcglobal.net)

**Intergroup Needs You**   
**a/k/a ASK Anna Nimity**

Dear Anna,

How can I do more to support OA? I am so excited to give back what I have been so generously given!

*Grateful*

Dear *Grateful*,

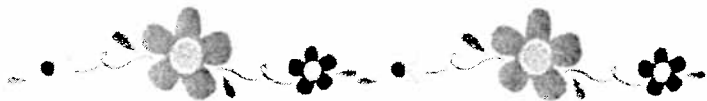
Thank you for your offer to serve! Now that you mention it, there are openings at the Mid-Continent Intergroup for the following positions:

- ♥ Chairperson
- ♥ Pilot Editor
- ♥ Treasurer

These positions are for two-year terms. Intergroup meets monthly on the second Tuesday of the month at 7:30 pm. There is usually no meeting in December.

Please contact any Intergroup Officer listed at the lower right corner of this page if you have questions or would like to volunteer for any of the positions listed. You need to attend the September 8th Intergroup meeting to be officially elected. Thank you for strengthening your own recovery and OA as a whole!

Yours in humble service,  
*Anna*



**September Big Book Reading List**

- |             |                         |
|-------------|-------------------------|
| 1. 44-49    | 16. 553                 |
| 2. 50-57    | 17. 301                 |
| 3. 182      | 18. 17                  |
| 4. 328      | 19. 388                 |
| 5. 458      | 20. 470                 |
| 6. 268      | 21. Gratitude List      |
| 7. 474      | 22. XI-XXIV             |
| 8. 219      | 23. Your favorite story |
| 9. 544      | 24. 375                 |
| 10. 30-37   | 25. 171                 |
| 11. 37-43   | 26. 232-239             |
| 12. 535     | 27. 151                 |
| 13. 486     | 28. 246                 |
| 14. 104-113 | 29. 208                 |
| 15. 113-121 | 30. 561-574             |

**ANNOUNCEMENTS**

Intergroup Meeting, September 8, 2009  
 Intergroup Office, 805 S. Main, #201  
 7:30 P.M.

All are welcome!

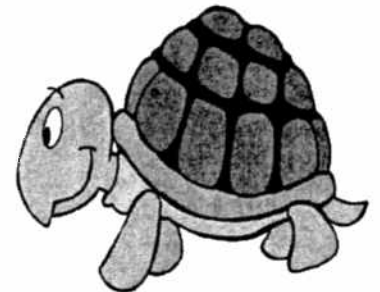


**Mid-Continent Intergroup  
 Treasurer's Report  
 as of 06/30/09**

Beginning Balance	\$430.53
Donations	\$428.11
Expenses	-\$364.61
Ending Balance	<u>\$494.03</u>



MYRTLE THE  
 TURTLE:  
 What others think  
 of you is none of  
 your business!



**MID-CONTINENT INTERGROUP  
 OFFICERS**

CHAIRPERSON:	Phil L.	316-683-3722
VICE CHAIR:	Eva K.	316-684-5013
SECRETARY:	Mary M.	316-619-8142
TREASURER:	Mary G.	316-652-8689
LITERATURE:	Barb H.	316-733-2136
PILOT EDITOR:	Leta M.	316-722-9617
PARLIAMENTARIAN:	Kirsten G.	316-214-9144

All officers are willing to lend an ear for your concerns, comments and questions! Please thank them for their generous service to OA!

**Everyone Has Something to Share!**

*I would love to have your writings for the Pilot!  
 My email address is miller.leta@gmail.com. Thanks!*