

Mid-Continent Intergroup Meeting Minutes

The February 15, 2011 Meeting of Mid-Continent Intergroup was opened with the Serenity Prayer.

ATTENDANCE: Deb, Laura, Barb, Gay, Mary M., Mary G

PARLIAMENTARIAN: We did have quorum

RECORDING SECRETARY: January, 2011 minutes were approved as read.

TREASURER: Treasurer's Report

January 31, 2011 Checking Account

Beginning Balance	\$1056.03
Total Donations	\$183.25
<u>Total Expenses</u>	<u>\$687.34</u>
Net Change	-\$504.09
Ending Balance	\$551.94

PILOT: New Pilots were ready

LITERATURE: Balance in account as of January 31, 2011 was \$723.72

VICE-CHAIR: Current event account is at Intrust Bank which is going to start charging an \$8.00 per month fee for checking accounts with balance less than \$1,000. After discussion, motion made, seconded and passed authorizing Laura as Vice-Chairman to investigate bank accounts for the Sharathon account and if she deems appropriate to close the current checking account at Intrust Bank and open a new checking account at the financial institution she deems appropriate. The signers on any checking account should be Vice Chairman, Mary Mourning, Recording Secretary, and Mary Guntly, Intergroup Parliamentarian.

OLD BUSINESS:

By-Laws – Bylaws were amended as posted in the notice included with January, 2011 minutes.

Sharathon: In January meeting, we had decided that Sharathon would be held on Saturday, April 23. That is Saturday of Easter week-end. After discussion, motion, made, seconded and passed to have Sharathon on Saturday April 30 at WSU. General discussion about dinner on Friday night to include spouses, significant others and friends.

Sharathon Issues

- Theme will be "Talking the Talk or Walking the Walk; a Program of Action"
- Registration would start at 8:30, Opening would be at 9:00 and Closing around 3:30 or 4:00
- Kirsten volunteered to make the program and handle registrations

- Discussion about raffle items and possible opening session speaker
- Sharathon Committee will be Laura, Deb, Kirsten and Mary M.

Region IV – Deb and Mary M. were nominated and voted to be Region IV Representatives for Mid-Continent Intergroup. The Region IV Spring Assembly will be held on April 15 and 16th in Overland Park, Kansas. Motion made, seconded and passed to pay hotel room and registrations for Region IV Spring Assembly for Deb and Mary M. in an amount not to exceed \$200.00.

Deb discussed the upcoming Skype phone conference call being held by Region IV for Intergroup Chairs in Region IV. Deb was going to ask about Public Information successes, newcomer retention and 12th Step Within.

Motioned, seconded and passed to adjourn the meeting. The meeting was closed with the Serenity Pray. The next Intergroup meeting will be March 8, 2011. Hope to see you there.

Respectfully submitted, Mary Mourning, Recording Secretary.

OVEREATERS ANONYMOUS
Mid-Continent Intergroup
TREASURER'S REPORT
January 31, 2010

CHECKING ACCOUNT

BEGINNING BALANCE \$1056.03

Donations:

Monday 5:30 p.m.	23.00
Saturday A.M.	15.00
Saturday PM	36.25
Monday 10:00	40.00
Big Book	29.00
Fri. Noon	<u>15.00</u>
Anon <i>\$25.00</i>	

TOTAL RECEIPTS: \$183.25

Expenses:

AT & T	52.34
State Farm Insurance	375.00
Marketing Parking, Inc.	<u>260.00</u>
(Feb. 2011 Rent)	

TOTAL EXPENSES: \$ 687.34

NET (Donations minus Expenses) - \$504.09

ENDING BALANCE \$551.94

Balance for Publicity Funding: \$181.27 (Carry Forward)

Upcoming Events!

Upcoming Events!

Local Events

Wichita Monthly Movie Matinee

Fun and fellowship!

1st Sat of Every Month

For more info contact Deb S:

734-6790 or debspurgeon@gmail.com

Wichita Sharathon

Sat April 23rd, 2011

More details to come!

Regional Events

Winter Retreat

Little Apple OA

Ogden, KS

Feb 12, 2011—10am –430pm

Call Jean at 785-410-9898

Or go to www.littleappleoa.wordpress.com

Spring Retreat

Unity Intergroup

Buffalo, MN

April 1-3, 2011

[http://www overeaters.org/pdf/](http://www overeaters.org/pdf/buffalo_flyer_2011.pdf)

[buffalo_flyer_2011.pdf](http://www overeaters.org/pdf/buffalo_flyer_2011.pdf)

Virtual Events

Weekly Meeting by Telephone!

12 and 12 Step Study

Using OA 12 and 12 + Workbook

Starts Wed Oct 27—9pm (*join anytime*)

Call in number: 712-432-3900

Bridge number: 915892#

Events in Other Regions

Region III Cruise

**Galveston-Montego Bay-Grand Cayman-
Cozumel-Galveston**

Mar 20-27, 2011

For more information, go to:

<http://www.oaregion3.org/>

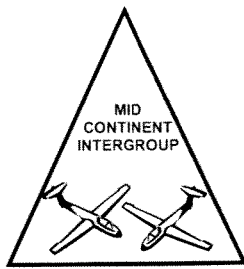
Spring Into Recovery Retreat

Apr 8-10, 2011

Clarkton, MI

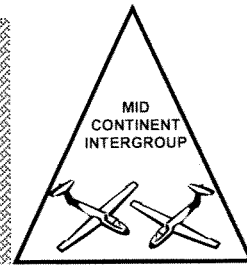
For more information, go to:

*[http://www.region5oa.org/events/
index.html](http://www.region5oa.org/events/index.html)*



THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 635
WICHITA, KANSAS 67207



February 2011

Beginning the Process of Abstinence

(Excerpt from "A Food Plan As A Spiritual Tool": <http://www.foodaddiction.com/>)

There are two schools of thought about the strategy for surrendering to a food plan. One says that it is best to proceed incrementally. The other says that it is best eliminate all dangerous food and triggers at once. There is an abundance of experience that both of these strategies work well for some people, and many "true believer" arguments that their way is the only way among those for whom their food plan or their strategy has worked.

There are many old-timers who will say very truthfully and helpfully that their abstinence evolved. Maybe they were only willing and able to give up "junk food" or eating between meals at first, but they did, and this showed them both that abstinence worked and that there were further issues of abstinence to which they needed to attend.

Also, there are people who were able to use certain foods in early recovery, e.g., diet drinks, but later the caffeine or the NutraSweet or some other ingredient was something they could not handle; as they would say the disease progresses even while we are in recovery. On the other hand, recovery is also progressive; what we could tolerate physically in early recovery becomes a problem as we recover more mentally, emotionally and spiritually.

There are also old-timers who will say that until they put down all their major addictive foods, they were not able to maintain their abstinence from any of them. They found that when they put down ice cream, they eventually picked up bread, and bingeing on bread brought them back to the sugar. Others found that though they appeared to have control regarding a particular food, e.g. wheat or a sugar-free desert, it was giving them low-level cravings which in the long run made it impossible for them to sustain their abstinence over their major binge foods, or they started overeating with volume.

To the newcomer, all these details frequently appear very confusing. This is especially true because for many compulsive eaters, there are food plans and approaches to food abstinence that work for them but not other food addicts. And, of course, there are often food plans which will not work for them no matter how much other food addicts say that this is the only way. It is clear that while recovering food addicts have a lot to share with each other, we are only human, and this means that we all need a Power greater than ourselves.

We have this piece of advice: action is usually better than inaction. After consultation with those we most trust – and, if we choose, a period of prayer, it is always useful for the food addict to practice surrender. Even if there are ways that we are unwilling to surrender, it is helpful to practice going to the lengths that we can. Even if a particular surrender plan is not exactly the one that will work, it is worth exercising our spiritual muscles. In the matter of food plans, act boldly that learning and grace may abound. (Phil W)

What lies behind us, and what lies
before us are small matters compared
to what lies within us.
~Ralph Waldo Emerson

Ask Anna Nimity

Dear Anna,

Everyone else at OA meetings seems to be making more progress in recovery than I am. I feel I am too slow in learning the program. Can you help?

Pokey

Dear *Pokey*,

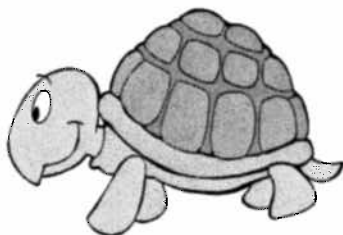
It is important not to compare your insides with other members' outsides. Even with the honest sharing at meetings, we only see a small glimpse of each other. Your path of recovery is your own, and the pace you move is just right for you. Even though you think your progress is slow, I'll bet others can see wonderful changes in you since you came to OA. Keep coming back!

Yours in humble service,
Anna



**MYRTLE THE
TURTLE:**

What others think
of you is none of
your business!



February Big Book Reading List

- | | |
|------------|-----------------|
| 1. 246 | 15. 522 |
| 2. 359-364 | 16. 553 |
| 3. 364-368 | 17. 338 |
| 4. 193 | 18. 531 |
| 5. 232-239 | 19. 407 |
| 6. 239-245 | 20. Random open |
| 7. 171 | 21. 494 |
| 8. 446 | 22. 328 |
| 9. 535 | 23. 476 |
| 10. 432 | 24. 268 |
| 11. 281 | 25. 44-49 |
| 12. 458 | 26. 50-57 |
| 13. 151 | 27. 348 |
| 14. 289 | 28. 561-574 |

ANNOUNCEMENTS

Next Intergroup Meeting, Feb 8, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!
www.oawichita.org

**Mid-Continent Intergroup
Combined Treasurer's Report Nov-Dec 2010**

Checking:

Beginning Balance (Nov)	\$1081.04
Donations (\$718.35)	
Book Study	\$ 22.00
Monday 7:30PM	\$ 450.75
Monday 10AM	\$ 20.00
Monday 5:30PM	\$ 51.00
Wed BB	\$ 52.25
Friday Noon	\$ 18.00
Sat AM	\$ 58.00
Sat PM	\$ 46.35
Expenses (-\$743.36)	
Phone (Oct19-Dec18)	-\$104.63
Rent (Dec and Jan)	-\$520.00
Publicity Expenses:	-\$118.73
Literature	(-\$81.72)
Postage	(-\$10.01)
Advertising	(-\$27.00)
Publicity Budget = \$300; 181.27 remg	
Net (Donations minus Expenses)	\$- 25.01
Ending Balance (Dec)	\$1056.03



MID-CONTINENT INTERGROUP OFFICERS

(Terms are 2 years in duration, and are limited to 2 consecutive terms per position)

CHAIRPERSON:	Deb S.	316-734-6790 (1st term, '09)
VICE CHAIR:	Laura L.	316-684-5904 (1st term, '10)
SECRETARY:	Mary M.	316-619-8142 (1st term, '08)
TREASURER:	Gay	316-260-5945 (1st term, '09)
LITERATURE:	Barb H.	316-733-2136 (2nd term, '09)
PILOT EDITOR:	Kirsten W.	316-214-9144 (1st term, '09)
PARLIAM.:	Mary G.	316-652-8689 (1st term, '10)

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