

## Mid-Continent Intergroup Meeting Minutes

**The January 3, 2012 Meeting of Mid-Continent Intergroup was opened with the Serenity Prayer.**

**ATTENDANCE:** Deb, Mary G, Laura, Jill, Jane, and Mary M

**PARLIAMENTARIAN:** We did have quorum

**RECORDING SECRETARY:** November 8, 2011 minutes were approved as read.

**TREASURER:** Treasurer's Report (detailed reports attached)

### December 31, 2011

Beginning Balance	\$1771.74
Total Donations	\$ 695.49
Total Expenses	<u>\$1232.31</u>
Net Change	-\$536.82
Ending Balance	\$1234.92

Balance for Publicity Funding      \$88.27 (Carry Forward)

Prudent Reserve as of December 31, 2011 \$3366.06

**PILOT:** Not present – no report

**LITERATURE:** As of January 2, 2012, balance is \$463.44

**VICE-CHAIR:** Will call Louie's after the first year to confirm the dinner on the Friday evening before Sharathon.

### **OLD BUSINESS:**

#### **Region 4 Fall Assembly**

As discussed in October and November meeting, WSO is now requiring that registration as a meeting with WSO is a prerequisite for an intergroup to list a meeting. Region IV Trustee reviewed our by-laws for compliance with WSO guidelines and suggested certain revisions to Intergroup By-laws. Motion made, seconded and passed to accept these revisions in February meeting after applicable notice is given.

**By-Law Changes:** Pursuant to Article IX of the Intergroup By-laws, this serves as notice to each group in Intergroup that the Intergroup By-laws will be amended as indicated in the attached document showing the revisions in red-line.

**Publicity Committee:** Jane reported that the committee was planning on ordering and mailing out the OA pamphlets “Introducing OA to Health Care Professionals” and “Introducing OA to the Clergy”. They were also looking into doing a banner ad on the Kansas.com website – setting a limit at \$150. The Salina meeting had requested \$50 to be used for publicity in their area. The committee was also going to participate at the Health Fair in March to be held at The Wichita State University.

**Sharathon:** Deb had received an e-mail from Cynthia about the types of workshops she provides or has provided in the past. After group discussion, Deb will ask Cynthia for more information and options.

#### **NEW BUSINESS:**

**Potential New Meeting:** 2 OA members are looking into starting a Wednesday morning OA meeting on the West side. More information will be provided as Intergroup receives and it will be added to the Intergroup meeting list once it is qualified for such.

**Region IV Spring Assembly:** Region IV Spring Assembly will be held in Minneapolis and scholarship funding requests must be submitted by February 12, 2012. Motion was made, seconded and passed for Deb to pursue registration and scholarship funding to attend but would not attend if scholarship funding was not approved.

Motioned, seconded and passed to adjourn the meeting. The meeting was closed with the Serenity Prayer. The next Intergroup meeting will be February 14, 2012. Hope to see you there.

Respectfully submitted, Mary Mourning, Recording Secretary.





**BY-LAWS OF THE  
MID-CONTINENT INTERGROUP, INC. # 016-09153  
OF OVEREATERS ANONYMOUS**

**Article I – Name**

The name of this organization shall be the Mid-Continent Intergroup, Inc., hereinafter known as Intergroup.

**Article II – Purpose**

Section 1 – The specific purpose of this organization is to aid those with the problem of compulsive overeating to overcome that problem. The general purpose and power is to promote the public health, and to work with and furnish charitable and cultural assistance to those with the problem of compulsive eating. The purpose of this Intergroup is to service and represent the groups of which it is composed and to act as the guardian of the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service.

Section 2 – The Twelve Steps

The Twelve Steps suggested for recovery in the Fellowship of Overeaters Anonymous are as follows:

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

### Section 3 – The Twelve Traditions

The Twelve Traditions are:

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

Revised as of February 2011 Intergroup Meeting

12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

#### Section 4 – The Twelve Concepts of Service

The Twelve Concepts of OA Service are:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
  - A. no OA committee or service body shall ever become the seat of perilous wealth or power;

Revised as of February 2011 Intergroup Meeting

- B. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- C. no OA member shall ever be placed in a position of unqualified authority;
- D. all important decisions shall be reached by discussion, vote and whenever possible, by substantial unanimity;
- E. no service action shall ever be personally punitive or an incitement to public controversy; and
- F. no OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.

### Article III – Members

Section 1 – Membership of the Intergroup shall consist of the following:

- A. The Intergroup Board
- B. Intergroup Representatives (IR), which shall consist of two voting representatives from each group within the geographic area.
  - a. Geographic area shall be defined as including any OA group registered with WSO and within easy access to the Intergroup meeting place.

Section 2 – Qualifications or eligibility for membership in the Intergroup.

- A. Those groups within the geographic definition of Intergroup that have formally registered with the World Service Office and indicated their intention to belong to Intergroup may be considered members. The Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference.
- a. An OA group is defined as the following: 1) As a group, they meet **together** to practice the Twelve Steps and Twelve Traditions of **Overeaters Anonymous, guided by the Twelve Concepts of OA Service.** 2) All who have a desire to stop eating compulsively are welcome in the group. 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting). 4) As a group, they have no affiliation other than **Overeaters Anonymous.** 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Revised as of February 2011 Intergroup Meeting

The (Intergroup or Service Board) endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference.

b. Virtual groups (groups which replicate face-to-face meetings through electronic media) may be an Overeaters Anonymous group if they:

- 1) otherwise meet the definition of Overeaters Anonymous groups;
- 2) are fully interactive, and;
- 3) meet in real time.

B. Each group shall be entitled to vote through its elected IR(s).

C. No group may be registered with another Intergroup.

### Section 3 – Intergroup Representatives

A. Intergroup representatives shall be selected by the group conscious of the group they represent. Each IR shall be selected by any method deemed appropriate by their group. These IR<sup>2</sup>s shall serve for a period designated by their group, always subject to recall by the alternate delegate when the necessity arrives.

B. The primary responsibility of the IR, or alternate, is to represent their group at all meetings of the Intergroup, to act as a liaison between this Intergroup and their groups, to see that all communications pertaining to Intergroup are made available and, where requested, read aloud to the group.

### Section 4 – Vacancies or Resignations of Intergroup Representatives (IR<sup>2</sup>s)

A. A vacancy in an Intergroup office, either by resignation or expulsion, shall be filled for the unexpired term, providing at least ten days notice has been given to each group in Intergroup. Nominees shall be presented and voted upon at the next regular meeting of Intergroup.

### Section 5 – Membership with voice and no vote may be:

A. Any member of the Fellowship who is not a duly elected representative or alternate.

## Article IV – The Intergroup Board

### Section 1 – Intergroup Board

A. The board shall consist of a chairman, vice-chairman, literature/publications chair, parliamentarian, secretary, treasurer, WS Business Conference delegate

Revised as of February 2011 Intergroup Meeting

(s), and regional representative(s). The WSBC delegate(s), and the regional rep(s), may also hold other offices of the Board. The immediate past chairman shall serve as ex-officio member of the Intergroup Board for one year. This Intergroup board shall serve as the executive board.

Section 2 – Nominations to the Intergroup Board

- A. Nominations to the Intergroup board may be made from the floor at the time of election, with permission of the candidate. A nominating committee may also be formed at the discretion of the Intergroup.

### Section 3 – Qualifications for the Intergroup Board

- A. Working the twelve steps of the recovery program.
- B. Familiarity with the twelve traditions.
- C. WSBC delegates and regional reps. (See Article IV, Section 6, E, and F)
- D. Regular attendance of an active group for a period of one (1) year.

### Section 4 – Method of Election

- A. Elections shall be held annually at a meeting specified for that purpose.
- B. To be eligible for election to the board, a nominee must:
  - a. Meet all the qualifications as defined in Article IV, Sec.3
  - b. Understand the responsibilities of the position as defined in Article IV, Sec.6
- C. In order to be elected to membership in the Intergroup Board, a nominee must be present at the election meeting and must receive a majority vote of the ~~RR's~~IRs.

### Section 5 – Term of office

- A. Board members shall be elected to serve for a term of two (2) years, with the exception of the WSBC delegates and the region reps. RR's may be elected for a two year term.
- B. Board members shall serve no more than two (2) consecutive terms in the same position.
- C. After an interval of one (1) year they may be eligible to their previous position.
- D. Upon election to the Board, members shall cease to be a rep of their group, and that group shall elect a new Intergroup rep.
- E. Members may be removed after two (2) consecutive unexcused absences from meetings of this Intergroup. (See article IV, Sec. 7 –vacancies)

### Section 6 – Responsibilities of the Intergroup Board

- A. Chairman:
  - a. Shall preside at all regular and special meetings of this Intergroup.
  - b. Shall be responsible for establishing the agenda for all Intergroup meetings.
  - c. May cast the deciding vote to make or break a tie.
  - d. May attend all standing committee meetings.
- B. Vice-Chairman
  - a. Shall serve in the absence of the chairman.
  - b. Shall assist the chairman whenever needed.

Revised as of February 2011 Intergroup Meeting

- c. May attend all standing committee meetings.
  - d. The Vice Chairman shall be the missionary liaison between the Intergroup and all OA groups within the Intergroup geographical boundaries.
- C. Secretary:
- a. Shall see that minutes are kept of all Intergroup meetings and that a copy of said minutes is printed and mailed to each IR, committee chairman, and Board member. As a cooperative gesture, a copy of minutes may be sent to regional trustee.
  - b. Shall maintain a file of all minutes of past meetings.
  - c. Shall direct correspondence to the appropriate officer or committee chairperson and maintain a file of outgoing correspondence.
  - d. Shall distribute notices of all meetings of the Intergroup as described in Article V.
  - e. Shall keep WSO informed of all changed to group information.
  - f. May attend all standing committee meetings.
  - g. May be removed after two (2) consecutive and unexcused absences from meetings of this Intergroup. (See article IV, Sec. 7 –vacancies)
- D. Treasurer:
- a. Shall maintain a checking and savings account, if necessary, for dispersal of Intergroup funds.
  - b. The treasurer shall be one of the co-signers of the bank accounts.
  - c. Co-signatures are required on checks exceeding \$50.00.
  - d. Shall submit a report of contributions and expenditures at monthly Intergroup business meetings.
- E. Parliamentarian:
- a. The parliamentarian shall be familiar with the By-laws, OA Traditions and OA concepts of service and policies of Intergroup and shall be able to interpret them for understanding and clarification. Any subject not covered by these By-laws shall be governed by Roberts Rules of Order.
- F. Publications chairperson:
- a. The publications chairperson shall be editor of the monthly newsletter Pilot; shall compile, edit and bring the publication to an agreed-upon distribution place; and shall chair the publications committee.
- G. Literature chairperson:
- a. The literature chairperson, along with the Intergroup chairperson and/or designees, shall be responsible for sales of literature at the Intergroup office; shall be responsible for order fulfillment to member groups; shall maintain adequate literature inventory at Intergroup office; shall provide treasurer

with monthly financial statement; shall be one of the co-signers of the literature bank account.

H. Special events treasurer:

- a. The special events treasurer shall handle the special event fund raising bank account; be responsible for and account for all income and expenditures for special events; give a profit and loss statement to the treasurer for each event; shall be one of the co-signers of the special event operating bank account.

I. World Service Business Conference Delegate(s):

- b. Shall attend the WSBC of OA, finances permitting.
- c. In all areas, the WSBC Delegate shall meet qualifications and requirements as outlined and defined in the OA, Inc. By-Laws, Subpart B.
- d. Shall have one (1) year current abstinence and two (2) years service above group level.
- e. Shall serve OA and the WSBC until the following conference.
- f. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the delegate.
- g. Shall be willing to report, whether orally or in writing, as designated by the Intergroup, the actions of the conference to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of WSBC information; to communicate important information to the area.
- h. May attend all standing committee meetings.

J. Regional Representative(s):

- a. Shall attend all region assembly meetings, finances permitting
- b. In all areas the RR shall meet all qualifications and requirements as outlined in the Region ~~4~~ Bylaws.
- c. Shall have six (6) months current abstinence.
- d. Shall serve OA and Region 4 for the full term as designated by the Region Bylaws
- e. Shall serve no more than four (4) consecutive years, except for reasons to be decided by the group conscience of the Intergroup with respect to the RR.
- f. Shall be willing to report, whether orally or in writing, as designated by the Intergroup, the actions of the region assembly to all groups the Intergroup represents; to keep the Intergroup and represented groups aware of region information; to communicate important information to the area.
- g. May attend all standing committee meetings.

### Section 7 – Vacancies and Resignations

- A. If a member of this Intergroup Board fails to attend two (2) consecutive meetings without prior notice, his/her office may be declared vacant by a majority of those members present and voting.
- B. Any board member may resign at any time for any reason by giving the chairman of this Intergroup written notice.
- C. Any board member may be removed from office by a two-thirds (2/3) vote of the IR's at a special meeting announced for that purpose.
- D. Vacancies shall be filled by a majority vote at that meeting in which the vacancy occurred, or at the next meeting or special meeting of the Intergroup. Such persons chosen to fill said vacancies shall serve for the remainder of the unexpired term.
- E. A person chosen to fill any vacancy on the Board shall meet the qualifications as defined in Article IV, Section 2 and be aware of all responsibilities of that position as described and defined in Article IV.

## Article V—Meetings

### Section 1—Regular Meetings

- A. The Intergroup shall meet the second Tuesday of every month, January through November and excluding December, or at a time and place designated by a majority of the voting members.

### Section 2—Annual Meetings

- A. An annual meeting shall be held in the month of September for the election of officers. Consideration shall be given to set such time of said meeting to be held prior to the WS Conference allowing adequate time for election of the WS Conference delegate(s).

### Section 3—Special Meetings

- A. A special meeting may be called at any time by a majority vote of the Intergroup Board by giving notice as prescribed in Article V, Section 4.

### Section 4—Method of Notification

- A. Notification of all meetings shall consist of notices prepared by the Intergroup secretary and distributed to each group secretary and/or IR ten (10) days prior to the date of the meeting. Notification may also be made by placing an announcement in the Intergroup Newsletter, if any, or by mail, and at the prior Intergroup meeting.

### Section 5—Quorum

- A. A simple majority of officers shall constitute a quorum.

Revised as of February 2011 Intergroup Meeting

## **Article VI—Committees**

### Section 1— Committee Appointments

- A. The chairperson, together with Mid-Continent Intergroup, Inc. shall appoint such committees as deemed necessary for the welfare and operation of the group activities.

Committees may include, but not be limited to:

- A. Public Relations/Information
- B. Twelfth Step
- C. Special Events (retreats/marathons)
- D. Bylaws
- E. Professional Community and Institutions
- F. Other Committees, standing or special deemed necessary to carry on special work.

The chairperson shall be an ex-officio member of all committees.

### Section 2—Committee Procedure

- A. Each standing committee may prescribe its own rules for calling and holding meetings and its method of procedures, subject to the guidelines of the twelve traditions of OA.

### Section 3—Committee Responsibility

- A. Each standing committee chairman shall submit a written report to the Intergroup preferably monthly, but at least quarterly and at the end of any specific event coordinated by the committee. If any monies are expended, a detailed and itemized report shall be included with the report.

### Section 4—Officio Members

- A. Past committee chairpersons may serve in an ex-officio capacity in their respective committees.

### Section 5—Committee Bank Account

- A. If it is deemed necessary by the Board that a committee shall open a bank account, the following procedure shall be followed:
  - 1) The committee chairman and the Intergroup chairperson and/or designee shall be co-signers on the account. Two signatures shall be required on all checks of \$50.00 or greater.
  - 2) The committee chairman shall keep all financial records and shall present a detailed, itemized report of transactions to the Intergroup one (1) month following any event for which monies were expended.

Revised as of February 2011 Intergroup Meeting

### Section 6—Vacancies

- A. Should a vacancy, resignation or removal occur in any standing committee, all pertinent information shall be turned over to the Intergroup Chairman. The chairman shall then appoint a new committee chairman to serve the remainder of the unexpired term.

## Article VII—Source of Funds

### Section 1—Source of Funds

- A. Voluntary contributions of the member groups shall be the primary source of funds.
- B. Secondary source of income may be such occasional projects or activities as may be authorized by the Intergroup according to tradition six.
- C. The Intergroup may accept donations from OA members, conforming with the general practice of OA.
- D. The maximum allowable annual donation to the Intergroup by OA members is to be limited to five thousand dollars (\$5,000).
- E. The acceptance of bequests or donations from an outside source is prohibited.
- F. The Intergroup shall not accept the responsibility for trusteeship over, or enter into the distribution or allocation of funds set up outside Overeaters Anonymous.
- G. No purchase will be made by an individual for Intergroup purposes without two-thirds (2/3) vote of the Intergroup officers.

Section 2—There shall be no accumulation of funds beyond current necessities, with retention of only a prudent reserve for contingencies. Funds in excess will be donated to Region IV and the World Service Office on a regular basis as directed by the Intergroup.

## Article VIII-- Parliamentary Authority

Section 1—The rules contained in the current edition of Robert's Rules of Order shall govern this Intergroup in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Overeaters Anonymous, Inc. Bylaws, Subpart B, and the Twelve Traditions or any special rules of order this Intergroup may adopt.

## Article IX—Amendments to These Bylaws

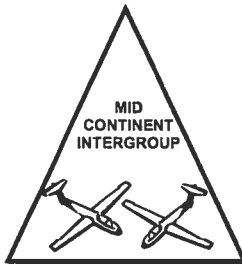
Section 1—These bylaws may be amended at any time by a two-thirds (2/3) vote of the IR's and Board members present at any regular or special meeting of the Intergroup, provided a copy of the proposed amendment has been submitted in writing and received by each group affiliated with the Intergroup at least ten (10) days prior to the meeting in which action is to be taken on the amendment. ~~No amendments may be made that excludes the steps, traditions and concepts, and no~~ amendments may be made to the

Revised as of February 2011 Intergroup Meeting

| ~~Twelve Ssteps and; †Twelve Traditions and concepts~~ except as per OA, Inc. Bylaws, Subpart B, Article XIV, Section 1e).

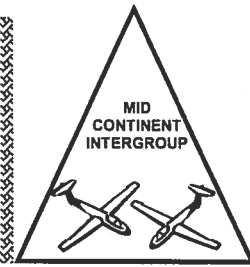
### **Article X—Major Policy Matters**

Section 1—Matters which affect this Intergroup and/or groups within its service area shall be referred to the Board of this Intergroup. Matters which relate to Overeaters Anonymous as a whole shall be referred to the World Service Board of Trustees.



# THE PILOT

MID-CONTINENT INTERGROUP  
7701 E KELLOGG DR STE 835  
WICHITA, KANSAS 67207



## January 2012

### Recovery Mathematics Omaha Newsletter, Jan 2008

I woke up feeling so alone. I wondered, why am I feeling this way? I'm on Step 9 and I've been making my amends ... aren't I suppose to be feeling happy, joyous and free by now?

I dragged myself out of bed and started to plan my day. It's a nice day for January. Should I go for a walk? Maybe I should do the last of my Christmas returns? The list of possibilities swirled around and around in my already overworked brain. I stay in my head most of the time. Restless, irritable, discontent — it always comes back to these 3 perfectly descriptive words. What I needed was a spiritual connection, a good dose of “heart” — perhaps this would lead to some direction and guidance for my day. Prayer, meditation and a good cup of coffee was in order!

It didn't take long before the water works started flowing. I had so many things I was feeling yucky about. I won't bore you with the long list but it all comes down to this — SELF PITY! My meditation revealed the need to get out of myself and be of service to others. The thought “newsletter” came to mind ... so here I am.

For those of you who don't know, the newsletter has been short on articles. I think we actually missed the normal newsletter release because there were no submissions. Ever since I've heard this I've been thinking, “nobody seems to care about OA anymore.” This OA program is lacking in this-and-that and this-and-that. But did I stop what I was doing and write an article? No. So, here I am today, writing and sharing.

What is the point of my submission? I'm asking myself that very question. I guess it's this — participation is the key to harmony. If I stop “thinking” and start “participating,” my life gets a whole lot better and happiness, joyousness and freedom reign supreme. I can be a mental hopeless tragedy one minute and then HP reminds me to think of others and take action in my life and the sun starts shining and the birds begin to sing. Self pity breeds despair. I sit and think and stew about all that is wrong with my world. I take inventory of what others need to be doing differently. All the while, I don't want to do anything but dwell on the hopelessness of it all. That, for me, is my disease.

Prayer and meditation opens the door to my HP — add a healthy dose of willingness and I'm writing this article, hopping in the shower, making one OA outreach call and before you know it, I'm participating in this thing called life.

Self pity makes me a victim to life. Participation and reaching out to others gives me a life worth living.

Here's the formula: Focus on what I don't have + Focus on what I think is wrong with others in the world = A huge hole in my being, with despair and hopelessness that engulfs me.

Or, instead, I could apply this formula to my daily living: Prayer and meditation + Willingness to follow directions + Being of service to others = Gratitude and peace.

The thing is, my way doesn't work. I must be willing, one day at a time, to do things differently. It is a hamster wheel of willingness day in and day out.

I am thankful to all those who have shared the solution with me.

— Anonymous

## “Game Plan” (Lifeline, Feb 2011)

I abstain from eating between meals, and eating products containing any form of sugar, flour or wheat. I shop and prepare my own meals, and I weigh my portions so I’m honest with myself. But what happens when I travel, or my office mates or family want to eat out? I can still maintain my abstinence.

I don’t eat between meals. So if it’s not mealtime, I order a coffee or tea and sit and enjoy the company. If it’s mealtime and we’re eating out, almost all restaurants serve a lettuce-based salad with vinegar and oil on the side—even fast-food restaurants do that now. If I’m lucky, plain grilled chicken or beef will also be on the salad. If the restaurant’s salad dressing is pre-packaged, containing something I don’t eat, I eat my salad dry, or with a squeeze of vinegar and lemon. I remind myself it’s only one meal and I won’t die if it’s a dry salad. I concentrate on the people at the table and enjoy their company.

Some places serve only fried or floured foods, so I pass on those places. On occasion an office mate may have chosen the restaurant for a specific celebration. In that case I tell them to go ahead and I’ll catch up. I eat my own abstinent meal first and then join my friends at the restaurant for coffee and friendship after their meal.

Dinners are similar. Most places serve grilled fish, meat and vegetables. A salad is almost always an option. I drink water with lime or lemon. I pass on desserts, and instead drink a coffee or special herbal tea.

Eat-out breakfasts in North America are no problem—almost everywhere serves eggs. I often order two with a side of tomatoes. If they only serve egg sandwiches, I eat the eggs and toss the bread. In other countries, continental breakfast doesn’t work with my abstinence. But I will eat fresh fruit and sometimes yogurt or cheese, if available. If not, I move to “Plan B.”

I always have “Plan B” in my purse, suitcase, car and office desk: a zip-top can of tuna or chicken and a bag of dried whole-grain oatmeal. The oatmeal only needs boiling water added to a coffee cup, which is available at any restaurant. The tuna only needs a fork, and I carry a plastic one in my purse. It’s not the “ideal” meal, but hey, it works, and it’s only one meal. I won’t die if this one meal doesn’t pan out as well as my home meals.

~ Marilyn, St. Catharines, Ontario, Canada

## Literature Selection: VOR, May 20

*“When I was lonely, food was my friend. It soothed and comforted me and filled the hole that was there when I felt unloved, which was most of the time.”*

~OA 1st ed, p. 56

I feel sad when I think back to my days before OA—days filled with unstoppable eating, self-loathing, and anger. I felt alone in my world and kept myself apart from family and friends. Excess food sedated me, but it was never enough. I would swear not to binge the next day, but I couldn’t stop eating.

After twenty-two years of coming back to OA, I now love myself first, which means I can love others. I started with OA members. They didn’t reject me because of my size or eating habits. I rely on a Higher Power who loves me and allows me to accept myself as I am. I have learned to love myself, and therefore I can love others. I give service to others in and out of the program. I am alone, but lonely no more.

•••••  
• And the day came when the risk to remain •  
• tight in the bud was more painful than the •  
• risk it took to blossom. •  
•••••  
~Anais Nin  
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### “How OA Changed My Life” (Lifeline, January 2011)

What were my circumstances when I entered the the rooms of Overeaters Anonymous? What was I like, and what got me to this point?

Twenty-nine years ago this month, I walked into my first OA meeting. The only thing I knew was that I was overweight and food had won the battle.

I felt wounded, hopeless and helpless. I had tried everything I knew to stop overeating. My body weight was nowhere as bad as my internal scars and injuries.

The circumstances leading up to my overeating are the same ones most of us have. The stories may not be identical, but we share the same pain and feelings over them. Some of us have more on our list than others. Those things, along with my feelings of desperation, led me to my first OA meeting.

Although I was kind in general, I found I was now a jealous, dishonest, raging, controlling and spiteful person. I went through the actions of living. The food was the only thing holding my life together, the only thing that mattered.

Yes, each night I went to bed vowing never to do it again, and each morning I got up vowing today would be a better day. Somehow I always lost the battle.

But then my circumstances changed. Oh, thank you, OA and HP. Help was on the way! You told me, “It works when we work it” and “Keep coming back.” Here were people in recovery! They smiled and laughed! I learned my abstinence was not contingent on my circumstances; I could rise above them. Wow! I could do this one day at a time and become a worthwhile person again.

OA gave me the Twelve Steps that taught me about honesty, hope, faith, courage, willingness and humility. Caring about others, saying I am sorry, striving to do better and giving of myself so others may also have better lives replaced the negative things.

Most of all, you gave me back the God of my understanding—my own concept, not the one I was told to believe as a child.

These circumstances are the solid foundation of my life today. God has restored me to sanity, one day at a time. The circumstances that brought me here are in my past. The things I’ve seen and learned here taught me a new way.

I keep coming back so I can continue to grow, learn and give others this gracious gift. It will be 29 years this month, and I still believe. It just keeps getting better and better!

~ J.P., Fern Park, Florida USA

### Ask Anna Nimity

Dear Anna,

I am new to OA. I have met members in my group who have been in the program for 15 or 20 years or more. I was expecting to get this problem taken care of and move on. Why would anyone hang around so long? Are they just slow learners?

*Soon to be Cured*

Dear *Soon to be Cured*,

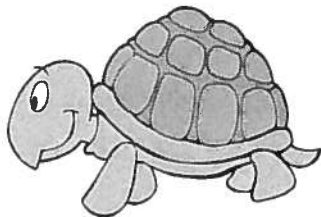
The disease of compulsive overeating, like most addictions, gets worse over time if left unchecked. The Big Book tells us that our recovery is a daily reprieve based on the maintenance of a fit spiritual condition. Many members find that attending meetings regularly is essential to keeping that fit spiritual condition.

It is common that at first we go to OA meetings because we feel we have to; as recovery progresses, we go to meetings because we want to. So no, those long-time members are not slow learners—they are enjoying continuous long-term recovery through regular fellowship with other OA members. Keep coming back—you may be amazed.

Yours in OA service,  
*Anna*

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**MYRTLE THE  
TURTLE:**

Believe it or not,  
the smaller portion is  
enough!



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**January Big Book Reading List**

- |                        |                                 |                    |
|------------------------|---------------------------------|--------------------|
| 1. Doctor's<br>Opinion | 11. Gratitude<br>List           | 22. 522<br>23. 470 |
| 2. 289                 | 12. 486                         | 24. 30-37          |
| 3. 171                 | 13. 151                         | 25. 37-43          |
| 4. 382                 | 14. 531                         | 26. 375            |
| 5. 72-80               | 15. 476                         | 27. 494            |
| 6. 80-88               | 16. 58-63                       | 28. 437            |
| 7. 328                 | 17. 63-71                       | 29. 553            |
| 8. 246                 | 18. 348                         | 30. 232-239        |
| 9. 446                 | 19. 501                         | 31. 239-245        |
| 10. 388                | 20. XI-XXIV                     |                    |
|                        | 21. Make a<br>plan of<br>action |                    |

### ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM Jan 3, 2011

Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

[www.oawichita.org](http://www.oawichita.org)

### Mid-Continent Intergroup Treasurer's Report Oct 2011

#### Checking:

Beginning Balance	\$ 1452.56
Donations (\$732.71)	
Scholarship R4	\$ 300.00
Monday 10AM	\$ 20.00
Monday 5:30PM	\$ 36.00
Wed BB	\$ 25.60
Friday Noon	\$ 17.00
Sat AM	\$ 10.00
Mon 7:30PM	\$ 277.11
Step Study	\$ 47.00
Expenses (-\$413.53)	
Phone	-\$104.95
Duplicate Keys	-\$ 8.58
Reimburse R4	-\$ 55.75
Delgate to R4	-\$ 244.25

Net (Donations minus Expenses) \$ 319.18

Ending Balance \$1771.74  
(Publicity Budget = \$300; \$88.27 remg)  
(Prudent Reserve = \$3364.79)



#### 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 (2nd term, '11)
VICE CHAIR:	Laura L.	316-684-5904 (1st term, '10)
SECRETARY:	Mary M.	316-619-8140 (2nd term, '10)
TREASURER:	Jane V.	316-558-1625 (1st term, '11)
LITERATURE:	Jill C.	316-371-2045 (1st term, '11)
PILOT EDITOR:	Kirsten W.	316-214-9144 (2nd term, '11)
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