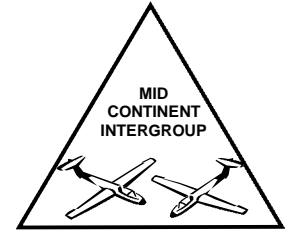


THE PILOT

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)

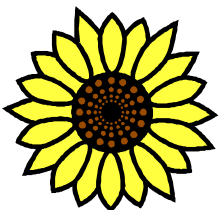
I have found over the years that a “Why...” question running through my mind is cause for alarm. Why me? Why is this happening? Why did he...? Why didn't I...? Very often questions such as these cannot be answered to my satisfaction with the limited knowledge or perspective of human experience. It is 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?

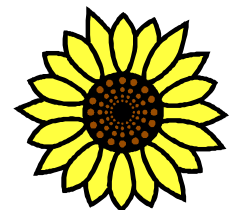
I believe most questions can be boiled down into this one: “Am I living in the problem or in the solution?” Life **will** consistently unfold according to where we place our attention.

—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

Intergroup Needs You **E** 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!

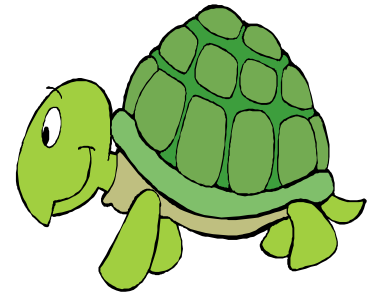
CCCCC

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!*