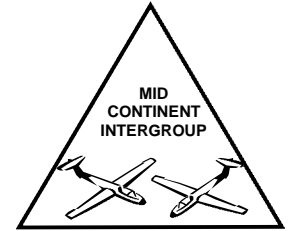


THE PILOT

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



OCTOBER 2009



F.E.A.R.

The acronym commonly associated in the 12-step programs with the word “fear” is **F**alse **E**vidence **A**ppearing **R**eal. While fear is, in one respect, an instinct that helps us survive, it is more commonly a super-feeling that imprisons us, keeping us from living the joyous life we are meant to live.

False evidence appearing real can come from our past, the future or the present moment. We may fear that someone will find out about our past, and how could anyone possibly like us if they know? Guilt and shame over things done or left undone can continue to haunt us, and the resulting fear-fog clouds our ability to think clearly and productively. The past is gone; we cannot change it. But we can make amends where appropriate and release the false evidence that tells us we are defective.

Worries and anxiety over future events are inherently false evidence since the future hasn't happened yet. We diminish our present-moment joy with fear about the future. With infinite possibilities stretching before us in every moment, why not deliberately choose to select uplifting and joyful ideas for the days to come? Truly it is just as easy to select a positive thought as it is a negative one. It's simply a matter of breaking an unproductive habit.

False evidence shows up in the present moment when we recognize a desire but make up excuses not to pursue it. Examples are “I'm not smart enough” and “People think I'm crazy” or “I don't have time right now.” Any limitations we feel are false evidence we place upon ourselves. There is no one and no thing out there holding us back—it is simply we ourselves succumbing to false appearances.

I encourage you to look around your life experience to find any situations where you are assuming false evidence appearing real. Often, all it takes is awareness to brush away the cloud of fear and choose to live in the light of faith.

—L.M., Wichita, KS

What does OA offer?

We offer unconditional acceptance and support through readily available OA meetings, which are self-supported through voluntary contributions.

We in OA believe we have a threefold illness—physical, emotional and spiritual. Tens of thousands have found that OA's Twelve-Step program effects recovery on all three levels.

The Twelve Steps embody a set of principles which, when followed, promote inner change. Sponsors help us understand and apply these principles. As old attitudes are discarded, we often find there is no longer a need for excess food.

Those of us who choose to recover one day at a time practice the Twelve Steps. In so doing, we achieve a new way of life and lasting freedom from our food obsession. (*reprinted from www.aa.org*)

ASK Anna Nimity

Dear Anna,

What are the Step Principles, and where can I read about them?

Learning

Dear *Learning*,

Many people ask this same question regarding the Twelfth Step where it says, "and to practice these principles in all our affairs." The principles referred to in this Step are implied throughout the Step chapters in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* and are explained on pages 103 through 106. The principles are the practical, functional way in which the Steps can be practiced in our daily lives. The corresponding principles for each Step are *honesty* for Step One, *hope* for Step Two, *faith* for Step Three, *courage* for Step Four, *integrity* for Step Five, *willingness* for Step Six, *humility* for Step Seven, *self-discipline* for Step Eight, *love* for Step Nine, *perseverance* for Step Ten, *spiritual awareness* for Step Eleven, and *service* for Step Twelve.

Yours in humble service,

Anna

(reprinted from Ask It Basket, www.aa.org)

J & (? J

October Big Book Reading List

- | | | |
|--------------------|-------------|-------------|
| 1. 369 | 11. 407 | 22. 246 |
| 2. 246 | 12. 561-574 | 23. 522 |
| 3. Dr's Opinion | 13. 328 | 24. 17 |
| 4. 208 | 14. 268 | 25. 44-49 |
| 5. 136-145 | 15. 171 | 26. 50-57 |
| 6. 145-150 | 16. 544 | 27. 535 |
| 7. 338 | 17. 301 | 28. 470 |
| 8. 494 | 18. 553 | 29. 104-113 |
| 9. 295 | 19. 437 | 30. 113-121 |
| 10. 348 | 20. 501 | 31. 398 |
| | 21. 458 | |

ANNOUNCEMENTS

Intergroup Meeting, October 13, 2009

Intergroup Office, 805 S. Main, #201

7:30 P.M.

All are welcome!

CCCCC

Mid-Continent Intergroup

Treasurer's Report

as of 07/31/09

| | |
|-------------------|-----------------|
| Beginning Balance | \$494.03 |
| Donations | \$364.76 |
| Expenses | -\$314.61 |
| Ending Balance | <u>\$544.18</u> |

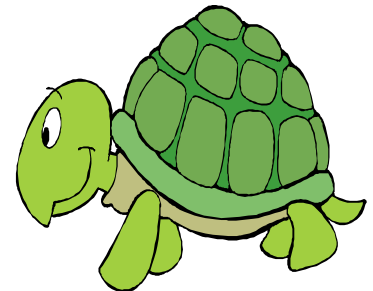
THANK YOU!!!

It has been an honor and a privilege and even quite a bit of fun to be the Pilot Editor for the last four years. Thank you so much for your bountiful support, especially the many wonderful writings you have submitted to me to publish. I am blessed to be surrounded by such a loving OA fellowship!

Leta Miller

MYRTLE THE TURTLE:

Service is a simple and valuable way to keep and expand your recovery!



MID-CONTINENT INTERGROUP

OFFICERS

(Note: These will change with Sept. elections!)

| | | |
|------------------|------------|--------------|
| 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!