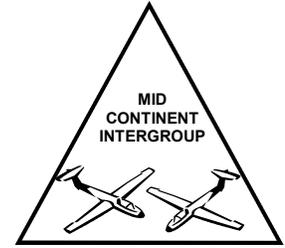


THE PILOT

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



NOVEMBER 2009

How Can I Renew My Mind?

Can I achieve constructive thinking out of a mass of fear, hate, guilt and greed? No, of course not! They only beget themselves. But I can turn from them. I have been given the freedom to choose what I want to think. Once I know God loves me, my transformation begins. I can plug into that power and be renewed with love and strength. ~Susie

Literature Selection (VOR Oct 17)

Before OA, my tendency as a compulsive overeater was to eat because I had a list of resentments, and I was going to show you. When I am overeating, overindulging in a culinary delight, or bingeing, then I am not present to win. I need to be present in my body and aware of circumstances and feelings. I am not aware of anything or anyone when I am in the food.

I have heard it said that silence is the only way we can hear God speak. To be present to hear God's message to me, I need to be willing to put away the food, the fork, the spoon and the hand. Sometimes God speaks to me in a silent meditation, through literature, writing or just by listening to someone at a meeting. I need to be open to receive the gift of God.

“Turn it over” Prayer:

“Take this problem from me, and don't give it back unless I need to do something about it.

I trust you.”

Learning means practicing...

I will practice thinking of myself as a person who is worth the effort that good health and grooming care require.

I will practice making self-affirmations. I will practice doing loving things for others because it is good for ME.

I will practice accepting the affection of those who love me without making negative comments. It's not even polite to cringe when I'm offered a compliment, so I will practice simply replying with a grateful “Thank you!”

The third appendix in the book, *Overeaters Anonymous*, tells us that the spiritual food we need is love. There are three things we need to do about this need: bring ourselves into contact with a source of love (the fellowship), accept the love offered, and enjoy the increased ability to cope with life that such love provides.

I need three kinds of love. I need to learn to love myself, to love others and to accept their love for me.

~Susie

Anger and Fear

I have learned that there are two things I can't afford in life: anger and fear. When I feel anger, I know I am living in the past. When I feel fear, I know I am living in the future. I need to live in today, *One Day At A Time!* ~ Marlene

ASK Anna Nimity

Dear Anna,

Being a newcomer to the meetings, it seems to me Step One is a negative approach to my eating problem. If I am powerless over food, how can I ever find control?

Questioning Step One

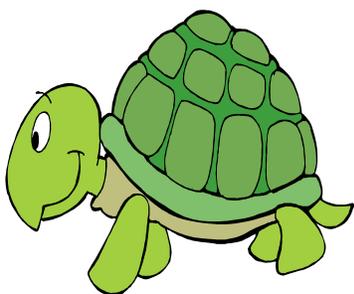
Dear *Questioning Step One*,

The compulsive overeater can never find control through self-will. Admission of our powerlessness over food opens the door to a newfound power. When we accept the fact we are compulsive overeaters and believe we have an incurable disease, we begin to realize we can't handle life through self will alone. Being willing to reach out for help and stop trying to control the uncontrollable, recovery begins.

Yours in humble service,

Anna

MYRTLE THE
TURTLE:
Abstinence is just a
beginning!



November Big Book Reading List

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

ANNOUNCEMENTS

Intergroup Meeting, November 10, 2009
Intergroup Office, 7701 E Kellogg Dr Ste 635

All are welcome!

Note the new location! Intergroup has moved office as of Nov 1, 2009. Several meetings that were meeting there have moved along with us.

Come and see our new space!

We are so grateful for this opportunity to grow.



Mid-Continent Intergroup Treasurer's Report as of 08/31/09

Beginning Balance	\$544.18
Donations (\$364.76)	
Monday 10 AM	\$ 20.00
Monday 7:30 PM	\$ 182.02
Wednesday Big Book	\$ 38.50
Friday Noon	\$ 11.00
Saturday 9:30 AM	\$ 35.25
Expenses (-\$314.61)	
September Rent	-\$260.00
Phone	-\$ 54.73
Net (Donations minus Expenses)	-\$ 27.96
Ending Balance	<u>\$516.22</u>



MID-CONTINENT INTERGROUP OFFICERS

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

CHAIRPERSON:	Deb S.	316- (1st term, '09)
VICE CHAIR:	Eva K.	316-684-5013 (2nd term, '08)
SECRETARY:	Mary M.	316-619-8142 (1st term, '08)
TREASURER:	Gay	316- (1st term, '09)
LITERATURE:	Barb H.	316-733-2136 (2nd term, '09)
PILOT EDITOR:	Kirsten W.	316-214-9144 (1st term, '09)
PARLIAM.:	Andy M.	316-613-9907 (1st term, '09)

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