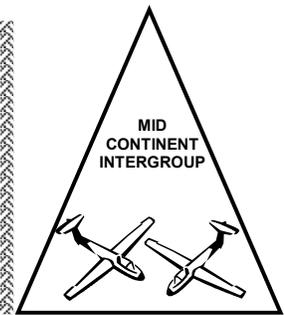


THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 635
WICHITA, KANSAS 67207
WWW.OAWICHITA.ORG



DECEMBER 2009

Affirmation:

"I know that food provides fuel for my body and nothing else.

Food does not provide emotional stability.

Food does not provide self-esteem.

Food does not provide a sense of accomplishment.

With my higher power's help, I am learning how to access the power within me to fulfill my needs."

Suggested Questions

for Journaling

1. How do I feel today?
2. What important thing happened to me today?
3. What change have I seen in me today?
4. What bothered me most today?
5. What am I afraid to say out loud today?

Literature Selection (Lifeline, Jan 2000 p8: "Unconditional Welcome")

One and a half years ago, I walked into a room and found myself among six or eight middle-aged to senior white Americans who looked like moms and housewives. Great! I'm a 31-year-old, feminist, dread-locks-wearing, black American. I thought to myself, "Why am I here, and what do I have in common with them?" Since the day those women welcomed me in unison, I've never wondered why or what again. They saw me, not my blackness or my dread-locks, but me. To me they extended unconditional regard, positivity and hope.

For me to feel welcomed and positive in that setting was truly a first. The result is that today I am alive. I truly had lost all hope. I told myself before I went to my first OA meeting, "If this doesn't work, I'm going to kill myself when I get home." I will never be able to express my love, gratitude and thankfulness to my Higher Power, my OA sisters and brothers and the program itself. Today I am alive, healthy, happy and hopeful about life.

Since joining OA, I've done things I never thought I would do. I put on a bathing suit this summer and got into a swimming pool. I rode a bike and learned to jog. I'm alive because it didn't matter if I was black, brown, purple or blue. It didn't matter that I was different. After a long, hard journey, I had found a home. Whenever I think of my homecoming, gratitude for Tradition Three fills me, and I pray that I will always remember to make newcomers feel welcome when they walk through that door.

If I make food an option,
it will be the only option.

Ask Anna Nimity

Dear Anna,

If your sponsoree is an agnostic or atheist, how do you discuss God with him?

Walking on Eggshells

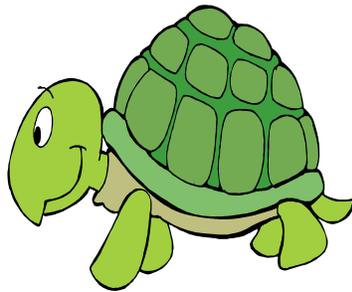
Dear *Walking*,

Explain exactly what happened to you. Stress the spiritual freely. Let him know he does not have to agree with your concept of God. He is free to choose any conception he likes, provided it makes sense to him. Encourage him to just be willing to believe in a power greater than himself and live by spiritual principles.

Yours in OA service,
Anna

**MYRTLE THE
TURTLE:**

It's the first bite,
not the last one,
that causes the
binge!



December Big Book Reading List

- | | | |
|------------|-------------|-------------|
| 1. 136-145 | 11. 50-57 | 22. 17 |
| 2. 145-150 | 12. 268 | 23. 208 |
| 3. 219 | 13. 458 | 24. 122-129 |
| 4. 182 | 14. 309 | 25. 129-136 |
| 5. 544 | 15. 258 | 26. 398 |
| 6. 369 | 16. 561-574 | 27. 535 |
| 7. 246 | 17. 359-364 | 28. 407 |
| 8. 301 | 18. 364-368 | 29. 104-113 |
| 9. 281 | 19. 512 | 30. 113-121 |
| 10. 44-49 | 20. 338 | 31. 295 |

ANNOUNCEMENTS

Next Intergroup Meeting, January 12, 2010

NOTE: No Intergroup meeting in December

Intergroup Office, 7701 E Kellogg Dr Ste 635

All are welcome!

Come and see our new space!

We have a new office, and a new website:

www.oawichita.org

We are so grateful for this opportunity to grow.

Mid-Continent Intergroup

Treasurer's Report as of 09/30/09

Checking:

Beginning Balance	\$516.22
Donations (\$595.85)	
Monday 10 AM	\$ 20.00
Monday 5:30 PM	\$ 67.35
Monday 7:30 PM	\$261.50
Friday Noon	\$ 17.00
Saturday 1:30 PM	\$ 30.00
Hutchinson	\$100.00
Kansas Convention	\$100.00
Expenses (-\$369.38)	
September Rent	-\$260.00
Phone (2 payments)	-\$109.38
Net (Donations minus Expenses)	\$226.47
Ending Balance	\$742.69

Savings:

\$2608.68



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:	Eva K.	316-684-5013 (2nd term, '08)
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.:	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!