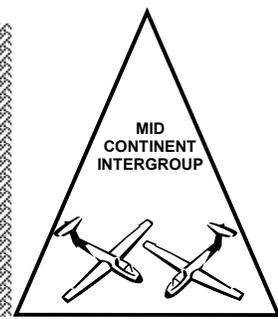


THE PILOT

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



FEBRUARY 2010

“Crazy Dreams”

I can always tell when I'm badly remiss in my journaling by the nature of my dreams. They get crazy, uncomfortable, even nightmarish. They become full of awkward stress, embarrassing incidents, much fear, and, frequently, compulsive and addictive behavior.

When my mind is not cleared out by journaling, my dreams then attempt to do the clearing out, but dreams are not as effective at this as journaling. Dreams are not always clear, I don't always remember them, and the best time for me to take action is not usually right when I wake up. So the feelings the dreams dredge up just get pushed back down again when I awake, and I don't deal with them.

Journaling is different, however. Journaling is in fact very beneficial to me when it comes to the character defect of procrastination. This is because I often write about things that are bugging me, and, most of the time, what is bugging me – is ME. What I haven't done, what I need to do, what I wish I'd do, what I feel I need to make amends for, etc. Writing about these things highlights exactly what it is I'm procrastinating – it brings it all up to the surface.

For me, a large part of procrastination is pushing the uncomfortable feelings associated with the things I'm putting off way down deep – in effect, shoving them in a drawer. I have always been an “out of sight, out of mind” type, and so, if it's in the drawer, I don't deal with it.

Journaling brings that stuff up and out and puts it right on my desk – right in my face. And when it is right in my face, I deal with it.

Journaling is also I place where I can unload all my fears and insecurities, all those things my “crazy dreams” are full of. Many times, simply dumping out the feelings on paper gets them out of my head and helps me to move on, even if nothing is solved. Sometimes there is nothing TO solve...just things to feel and move on from. Journaling helps with this immensely.

Overall, I have found that journaling is the best sleep aid I have ever come across.

~Kirsten W, Wichita

Literature Selection (VOR Nov 16)

A speaker at an OA convention once shared that he would have been willing to sit naked on a fireplug and hand out leaflets if that was what his recovery required. Fortunately, our program requires no single act of daring. Instead, we are shown a path to follow the rest of our lives. For those of us who sought a magic pill or diet to cure our overeating, the “fireplug program” might seem easier than practicing the principles embodied in the Twelve Steps. Our program tells us that through “the process” of working the Steps daily, sanity and abstinence will be found. We who have followed that process for a time, and then became distracted from it, have found that sanity and abstinence are hard to maintain without it.

This program promises real and amazing recovery. Hopeless bingeing is replaced by healthy eating. Excess weight disappears without diets, purging, or excessive exercise. We can live free of the obsession with food and eating, day after day, for years at a time. But none of this is automatic. We have to be willing to live the Twelve Steps daily, in order to keep our recovery. That’s what we mean by “going to any length”.

Literature Selection (VOR Jan 11)

My first attempts at practicing prayer were a self-pitying review of my failings, or reviewing arguments for the existence of God, or crying to a God—whose existence I doubted—that I would not go to bed until He/It promised me I would be abstinent tomorrow. All these methods failed me. Because prayer appeared not to work, it was hard to keep up any consistent practice. But over the years of trial and error, repeatedly trying and failing to pray regularly, I have learned how I need to pray.

I thank God for my abstinence and my recovery. I ask for help with my abstinence in the day ahead. I offer my service. I acknowledge the previous day’s failings and ask to be shown how to do better. I offer the day ahead to the service of God. I pray for friends in and out of OA. From the time I started this simply daily routine my recovery stopped plodding forward—it sprang forward.

•••••
• The eternal quest of the human being is •
• to shatter his loneliness. •
• ~Norman Cousins •
•••••

(Pilot Archives, Nov 2005)

“Sonnet for a Compulsive Overeater”

The morning light breaks through on my divan
I growl and brush the crumbs off one by one
Regret – oh, shame! – hey, that was not my plan
I only meant to have a little fun

“A day began thus does not bode too well,”
I tell myself as I prepare for work
It seems I always feel like I’m in Hell
I hate the world, but really I’m the jerk

I’d face the truth did I possess the guts
Reflection, though, it only brings me pain
I fear to find out I am truly nuts
“I should go to OA”, I say again

The only place where I can be for real
I look into the mirror with mute appeal
K.W., Wichita

ANNOUNCEMENTS

Next Intergroup Meeting, January 12, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

We are so grateful for this opportunity to grow.

Mid-Continent Intergroup Combined Treasurer's Report Nov-Dec 09

Checking:

Beginning Balance (Nov)	\$245.66
Donations (734.68)	
Furniture Donation	\$ 35.00
Monday 10 AM	\$ 40.00
Monday 5:30 PM	\$ 25.00
Monday 7:30 PM	\$405.68
Wednesday 7:30 PM	\$ 64.00
Friday Noon	\$ 28.00
Saturday 9:30 AM	\$ 57.00
Saturday 1:30 PM	\$ 80.00
Expenses (-\$595.08)	
Jan and Feb Rent	-\$520.00
Key Reimbursement	-\$ 7.44
Phone	-\$ 67.64
Net (Donations minus Expenses)	\$139.60
Ending Balance (Dec)	\$385.26

No one can liberate a slave who
loves his chains.

Ask Anna Nimity

Dear Anna,

My sponsor really helps me with my program. She says that being a sponsor helps her keep her recovery. I'm not sure I understand. How important is sponsorship to recovery?

Thankful But Perplexed

Dear *Thankful*,

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (BB p 89) Experience has shown this to be true for compulsive overeaters as well.

If the compulsive overeater fails to enlarge their spiritual life through work and serving others, they will overeat again and delay recovery. Helping others is the cornerstone of recovery.

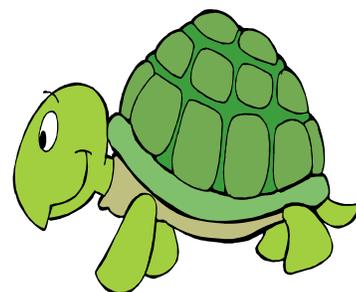
Yours in OA service,
Anna

February Big Book Reading List

1. 246	15. 522
2. 359-364	16. 553
3. 364-368	17. 338
4. 193	18. 531
5. 232-239	19. 407
6. 239-245	20. Random
7. 171	open
8. 446	21. 494
9. 535	22. 328
10. 432	23. 476
11. 281	24. 268
12. 458	25. 44-49
13. 151	26. 50-57
14. 289	27. 348
	28. 561-574

MYRTLE THE TURTLE:

One of the secrets
of abstinence is, once
you've got it,
remember how much
you wanted it!



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!