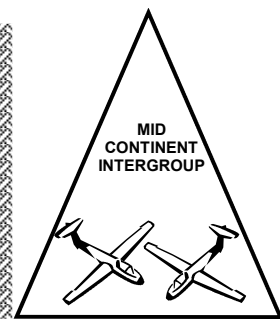


THE PILOT

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



MARCH 2010

“Five Ps of Program”

The Five Ps of Program are practice, prayer, perseverance, patience, and progress.

Practice: Any activity we want to become more skilled at performing, be it meditation, writing or abstinent living, to name a few, becomes both easier and more rewarding with regular, frequent practice. Note that "regular" and "frequent" are not synonymous in terms of practice. Once a month is regular, but certainly not frequent, when we are encouraged to practice, practice, practice.

Prayer: Think of prayer not just as talking at God, but also as that time spent simply sitting in the silence. Aristotle said, "Knowing yourself is the beginning of all wisdom." Prayer, simply experiencing the presence and power of God from within, is a great way to know ourselves. Yes, it takes time to sit and be alone and undisturbed, but that's the way we develop the inner peace and power to be a loving presence in the world.

Perseverance: Actually this one applies to all the other Ps, too. It's that "keep on keeping on" mentality. I often remind myself, when life is not flowing to my liking, that "this too shall pass." Another way to persevere is to recognize that while the big picture may not be clear at the moment, if I keep on doing the next right thing, it will get me one step closer to seeing it (or at least it will accomplish a chore!).

Patience: I don't even care for writing about this one--it is not my strong suit. Life can only give us what we can accept and embody. If I focus on expanding my conscious contact with HP through spiritual practice, rather than focus on beefing up my weak level of patience, good things happen at such a rapid pace that patience seems unnecessary.

Progress: It seems to me that if we are consistently using the other four Ps, most definitely we are making progress. Sometimes we feel like progress is terribly slow (that is, our patience seems to wear thin). Here are a couple of techniques I like to use to help me recognize progress when my vision is cloudy. First, using a small calendar, I make a note of at least one item each day wherein I have made some progress or have felt supported in my dreams by my Higher Power. Second, I occasionally ask a friend tell me how they see me making progress. Often change within ourselves is so subtle, we don't notice, but others can see it clearly.

Play with the Ps--I think you will find them **Powerful!**

~L.M., Wichita

Affirmation

(adapted from VOR Jan 15)

I am powerless over fixing myself, but I am not helpless. I can pray for the willingness to be willing to surrender and allow the natural progression of change to unfold in God's time. I can even enjoy myself in the process.

"OA has given me back my power. Today I choose to practice unconditional self-acceptance while I relish in the mystery of change."

•••••
• **Surround yourself with only people** •
• **who are going to lift you higher.** •
• ~Oprah Winfrey •
•••••

Literature Selection (VOR Mar 20)

After I completed Step Five, many of my fears diminished, my attitudes changed, and my defects troubled me less. Simply sharing my defects with a trusted confidante caused these changes in me. I believed that the darker side of my emotions gave me little in common with others. After Step Five, I felt more a part of this world. For the first time, I could see the struggles of others and find compassion in my heart for them. We were not better or worse than each other. Didn't we all deserve the benefit of the doubt?

I had much work to do, but others had drawn the road map, and I became willing to ask for directions. Without the barrier of shame, my path didn't seem quite so desolate or lonely.

"God, grant me the willingness to see my imperfections as a means of getting closer to others and to you."

•••••
• **Prayer is not a substitute for action.** •
• **Action is not a substitute for prayer.** •
• ~Alan Cohen •
•••••

Literature Selection (VOR Feb 2)

"For an honest, balanced view of myself, I take a few moments in which I free my mind of everything except God's love for me." - For Today, p 153

One of the hardest things for me when meditating was emptying my mind of the "mind chatter" that crowded out contemplative thoughts. That changed when I read this quotation. I love to meditate to this quotation. I visualize God's love enveloping me like a warm glow. Sometimes I visualize a white light surrounding me. I can then empty my mind of everything except God's love for me, leaving me with a sense of well-being for myself and the world. Problems and difficulties melt away. I feel intensely grateful for being alive and for all the good things in my life. It's not that I don't have problems anymore; it's just that I realize that having problems and overcoming them is what life is about. Why else are we here?

Freedom from Bondage (Pilot Archives, July 1991)

...God relieve me of the bondage of self...

Here are 12 actions or thoughts that CREATE bondage or keep me in bondage to myself.

*Hint: The 12 steps is a process for finding freedom from this bondage.

1. Constantly looking into the future.
2. Preoccupation with how I look. (Ouch!)
3. Worrying about “all my problems”.
4. Thinking only about what I’m going to say in a conversation.
5. Concentrating solely on my needs for the day.
6. Continual reflection and self-analysis.
7. Inability to live in the present.
8. Nursing grudges against others.
9. Inability to relax and have fun.
10. Filling my day with so many activities that there’s no time to use the tools.
11. Changing my food plan at will.
12. Thinking my way is the only way.

Literature Selection (Lifeline, November 1983) - “Time To Meditate”

Meditation has been progressive for me. I started with prayers I had memorized as a child, adding the Serenity Prayer as a protective touchstone against eating compulsively.

After I learned the Third Step Prayer, I began to be more formal. I got up earlier and, closing my eyes, I said the Serenity Prayer, followed by the Third Step Prayer, then just talked to God as I’d talk to another person.

I learned that I could do this at other times, too, such as when I needed to slow myself down, quiet my thoughts or take action when I’m frozen in indecision. Consequently, much of my meditation has taken place at work: at my desk, in the lounge, between filing cabinets – anywhere I could have a little quiet and not be observed. Sometimes I get caught. Most people assume I’m resting my eyes or thinking. One man said, “Now I know what you do under stress. You meditate.”

My formal meditation is still in the early morning, after my bath. I read the page for the day from *For Today*, then a passage from the Bible. Then I close my eyes and follow my basic routine, described above. Always, I thank God in meditation.

Not long ago, a change at work, totally unexpected, removed a major obstacle to my remaining with the company. After the meeting, I went into the lounge and sent a string of thank-yous off to God. I could feel the words going into the air. That too, is meditation, as is the tenth step I take each night. Again, I end by thanking God for the day.

If all this sounds as though meditation takes a long time, it doesn’t really. It takes me from ten to thirty minutes in the morning, depending on when it feels right to stop. I set no limits. Considering how I act when I don’t meditate—angry, confused and obsessed—it’s a small price to pay.

There are many ways to meditate, varying considerably in length and formality. But meditation doesn’t have to be long or formal. One can begin with a simple prayer or favorite inspirational quotation. I’m glad I started somewhere and allowed meditation to progress as it did. I’m confident it will continue to grow as I do.

ANNOUNCEMENTS

Next Intergroup Meeting, March 9, 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
Treasurer's Report January 2010**

Checking:

Beginning Balance	\$385.26
Donations (448.80)	
Hutch Sat A.M.	\$ 50.00
Monday 10 AM	\$ 20.00
Monday 5:30 PM	\$ 40.00
Monday 7:30 PM	\$166.50
Wednesday 7:30 PM	\$ 33.30
Friday Noon	\$ 24.00
Saturday 9:30 AM	\$ 46.00
Saturday 1:30 PM	\$ 15.00
Step Study Group	\$ 54.00
Expenses (-\$636.41)	
March Rent	-\$260.00
State Farm Insurance	-\$325.00
Phone	-\$ 51.27
Net (Donations minus Expenses)	-\$187.61
Ending Balance	\$197.65

To be wronged is nothing unless you
continue to remember it.

~Confucius

Ask Anna Nimity

Dear Anna,

I find it very difficult to take action
for fear I'll make a mistake. Can you
help me with this problem?

Been Wrong Before

Dear *Been Wrong*,

The only way to overcome this
vicious cycle is to act—right or
wrong. We will learn from the action
itself, and it will make us dread less
the next situation that calls for a
response.

The more we act, the more we are
able to act. A new habit is formed.

One of recovery's greatest gifts is
the courage to take action.

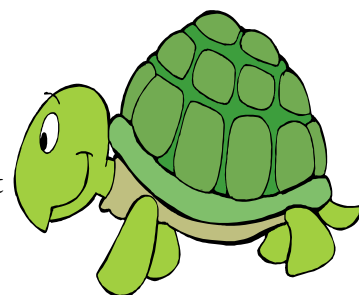
Yours in OA service,
Anna

March Big Book Reading List

- | | |
|-----------------|-------------|
| 1. 151 | 16. 17 |
| 2. 359-364 | 17. 535 |
| 3. 364-368 | 18. XI-XXIV |
| 4. 246 | 19. 388 |
| 5. 512 | 20. 561-574 |
| 6. Dr's Opinion | 21. 182 |
| 7. 544 | 22. 122-129 |
| 8. 171 | 23. 129-136 |
| 9. 446 | 24. 348 |
| 10. 219 | 25. 522 |
| 11. 501 | 26. 476 |
| 12. 382 | 27. 437 |
| 13. 44-49 | 28. 268 |
| 14. 49-57 | 29. 458 |
| 15. 295 | 30. 104-113 |
| | 31. 113-121 |

**MYRTLE THE
TURTLE:**

God is not only a
present help in time
of trouble, but a great
help in keeping us
out of trouble!



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!