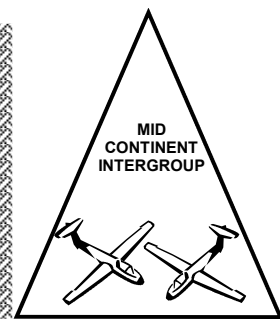


# THE PILOT

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



## APRIL 2010

### “Spring Cleaning”

I have been practicing meditation much more in the last few months than ever before in my life. It has been a rewarding practice, but some days are harder than others.

The other night, in an effort to ‘clear my mind of everything but God’s love for me’, I visualized my mind as a disorganized and cluttered storeroom and the air-conditioning as God’s love. It was immediately obvious that I had to remove things from the vents and clear some things out so that the air (love) could flow freely in the room.

So what were these things that were blocking God’s love for me?

First, there was a big, heavy box of resentments sitting on top of the main vent; crankiness at having too much responsibility, irritation at people who are “doing it wrong”, anger at those who had hurt my feelings or inconvenienced me in some way. Steps 4-9 will help me work through those thoroughly, but for the moment, I could at least pick up that box and move it off the vent, and out of the room. The effect was immediate; the stuffy air began to be infused with coolness.

But, as I turned around, I tripped over an old coat rack. This was full of my hang-ups; about my weight, about how I don’t live up to my own expectations of myself, about my fear of intimacy—about my fear of abandonment. Phew, some of those had obviously been hanging up there a LONG time. I picked up the coat rack, hang-ups and all, and carried it out of the room. That felt better. The air in that part of the room could finally circulate.

Yet there was still a really stuffy area in there, something that was generating its own heat. I traced it back to an old film projector, which was running. It was projecting all my character defects out onto other people. It was old and dusty and hot. Probably been running all my life. I turned it off, disconnected it from the power, and moved it out of the room. That felt a LOT better.

With the projector off, though, I could hear this funny murmuring noise. Finally, I found the last major culprit, back behind some boxes of mementos and old photos: The Tapes. The old Tapes of everything my momma ever told me, my fears about the things my father never said, the scornful sound of people laughing at me when I got things wrong, and running through it all, the messages about how unworthy I am of anything good in life. I turned the Tapes off and removed them.

After that, it was nice and quiet and cool and peaceful in the room of my mind. There were still some other things in there, but the love of God flowed much more freely after I cleared those things out. It’s amazing what a little Spring Cleaning can do.

~Kirsten W., Wichita

**Affirmation**

There is love and strength flowing throughout my body,  
I don't want to eat any more than I need,  
I am abstinent Right Now,  
and  
I am grateful!

**Diseases of the soul are more dangerous and  
more numerous than those of the body.**

*~Cicero*

**Am I living in the problem  
or the solution?**

**Bad times have a scientific value. These are  
occasions a good learner would not miss.**

*~Ralph Waldo Emerson*

**Literature Selection (VOR Feb 18)**

*“Real humility about our character defects carries with it acceptance.” - OA 12 and 12, p 153*

I think of my personality characteristics as being something similar to a sound system. When the characteristics are moderate, the volume control is in the center. When the characteristics are way out of proportion, they become character defects. Take self-esteem, for example. If the volume is too high, I am practicing false pride. If the volume is too low, I am suffering from self-esteem problems.

I have to acknowledge, if I am humble, that my character defects may never be removed, but they can be tempered. They can be moderated by my Higher Power as long as I take my hands off the volume control. Humility means I know these things are going to keep showing up, and I get to keep asking God to put me back in balance.

## Literature Selection (Lifeline, September 1983) - "Snack Attack"

I had waited too late to prepare supper. As I began throwing things into a pan, my glance fell on a bag of snacks on the counter. Instantly, I decided to have a handful to take the edge off my appetite.

Just as suddenly, I thought, No I don't want to do that. So I prayed to my Higher Power to remove the obsession.

My next impulse was to go ahead and have some anyway. As I was reaching out, a voice rang out in my head,

"Give me a chance!"

I was so astonished, I laughed out loud. When I returned to my work after the momentary distraction, all desire for a snack was gone. I couldn't even pick at the food I was preparing.

Reflecting on this, I see two essentials for recovery at work. First, I need to affirm to myself that I don't *want* to carry out the act; that it is unacceptable to me. Second, I must admit my own powerlessness and ask for help. If there is a third, it is to let it happen, to "Give God a chance."

## What It Means to "Let Go" (Pilot Archives, August 1991)

To "let go" does not mean to stop caring. It means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to enable, but allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.

To "let go" is not to be protective, it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires but to take each day as it comes and cherish myself in it.

To "let go" is not to criticize or regulate anybody, but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less and love more.

~Anonymous, submitted by Donna K

**Guilt perpetuates unwanted behaviors.**

**Love dissolves them.**

*~Alan Cohen*

### Ask Anna Nimity

Dear Anna,

I've been coming to OA for several months now and I have not found the Freedom I hear talked about at the meetings. What am I doing wrong?

*Troubled*

Dear *Troubled*,

Are you working the steps to the best of your ability? Sometimes we get impatient and tend to forget our illness did not progress to the place we were in a few months. It would be nice if we would have instant recovery, but this happens "One Day At A Time".

The promises in the Big Book state that our attitude and outlook on life will change if we work for the change—sometimes quickly, sometimes slowly. It works if you work it! Keep coming back!

Yours in OA service,

*Anna*

### April Big Book Reading List

- |               |             |
|---------------|-------------|
| 1. 136-145    | 16. 30-37   |
| 2. 145-150    | 17. 37-43   |
| 3. 531        | 18. 301     |
| 4. 470        | 19. 258     |
| 5. 369        | 20. 328     |
| 6. 281        | 21. 553     |
| 7. 309        | 22. 486     |
| 8. 494        | 23. 289     |
| 9. 338        | 24. 58-63   |
| 10. 407       | 25. 63-71   |
| 11. 193       | 26. 208     |
| 12. 375       | 27. 72-80   |
| 13. 246       | 28. 80-88   |
| 14. 398       | 29. 104-113 |
| 15. Gratitude | 30. 113-121 |

## ANNOUNCEMENTS

Next Intergroup Meeting, April 13, 2010  
Intergroup Office, 7701 E Kellogg Dr Ste 635  
All are welcome!

[www.oawichita.org](http://www.oawichita.org)

We are so grateful for this opportunity to grow.

### We are in need of a new Parliamentarian!

If interested, please attend the next Intergroup Meeting on Tuesday April 13 at 7:30 PM, or contact an officer to let them know you are interested.

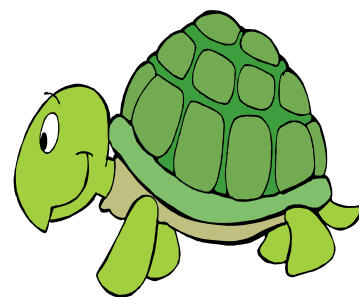
### Mid-Continent Intergroup Treasurer's Report February 2010

#### Checking:

Beginning Balance	\$197.65
Donations (\$345.00)	
Monday 5:30 PM	\$ 30.00
Monday 7:30 PM	\$254.00
Friday Noon	\$ 10.00
Step Study Group	\$ 51.00
Expenses (-\$311.41)	
March Rent	-\$260.00
Phone	-\$ 51.41
Net (Donations minus Expenses)	\$ 33.34
Ending Balance	\$231.24

### MYRTLE THE TURTLE:

Like the firefly, we  
only give off light  
when we're in  
**ACTION!**



### 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.:		

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