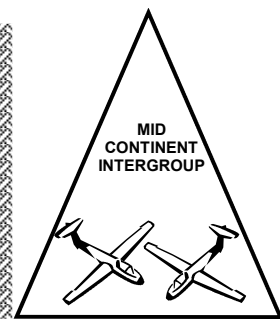


THE PILOT

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



MAY 2010

Literature Selection (Lifeline, May 2009) - "No Single Slogan"

No single slogan has changed my life. Just like it takes a Higher Power and a Twelve-Step community to keep me going, it takes many slogans to keep me sane. Some have had more impact at a given time than others.

"Don't eat, no matter what. No matter what, don't eat." No food will fix it. I had to hear that for many years before it sank in, and I am glad it did. I used to think that some food, somewhere, would take away my fear, doubt and insecurity. I haven't found that food yet, and I don't intend to research it any longer.

"Keep your eyes on your own plate." That sounds simple, but it encompasses all of life. My food plan works for me; your food plan is your business. What "normies" eat or what my family eats is their business as well. This also applies to the way I work my program. You and I may have different ways of doing what it takes; there is no right or wrong way. I need to focus on my recovery, just as you need to focus on yours.

"First things first." I used to claim that multitasking was one of my greatest skills. What I really meant was that I had not yet learned to prioritize. Working my program has taught me that my number one priority is to live my life to the best of my ability without using food or any other substance or activity as a crutch. My recovery has to come first. Abstinence is the first tenet of my recovery. If I don't put my recovery first, I will not be available for the other people and things in my life.

"If you don't share it, you are going to wear it." I have no problems sharing, but that has not always been the case. In the past I was afraid to share my thoughts and feelings; I was afraid they were wrong or not good enough.

"We're as sick as our secrets." I wish I could say compulsive overeating is my only addiction, but I am one of those "lucky" folks who have multiple addictions. I share about those, but generally not at meetings. Higher Power has put some wonderful people in my life who understand and accept me, and they let me share when one of my other addictions rears its head. Working my Fourth Step has taken away any secrets I might have thought to keep.

"You are not alone." I always felt like an outsider. I was the kid standing at the window watching a happy family do loving, healthy things. I believed the things I did, thought and felt were unique, and no one else would understand or accept me. At my first OA meeting, I discovered I was wrong, and I rediscover it at every meeting I attend. I did not invent compulsive overeating or food addiction. I am not the worst person on earth, nor am I the best. I just am, and so are you.

"Together we can do what we could never do alone." I have my own explanation of this. I see the triangle as having three angles: my Higher Power, doing my part, and you. Without one of those angles, my triangle of recovery would collapse.

"I can't. God can." That says it all, doesn't it?

~Janet C.

•••••
• The world you see is less of an indication
• about the world and more of an indication
• about your seeing.
• ~Alan Cohen
•••••

Literature Selection (VOR Apr 2)

“Repetition is the only form of permanence that nature can achieve.”
~George Santayana as quoted in *For Today*, p. 204

This helps me remember that repetition in recovery is a wonderful gift, not the enslavement to rote behavior that my relapse would have once had me believe. I felt angry that I had followed a food plan for over seven years, attended several meetings a week, kept eighty pounds off, and still relapsed. My new denial was not that I had a problem with food, but that the OA program would not work for me. Though it worked for many others, I was convinced that it would not work again for me. And even if it would, it was only temporary—like everything else.

During my ten-year relapse, the repetition of the OA program sounded like an impossible chore. But today in recovery, I feel like OA’s repetition has a beauty and a rhythm. It adds a life-saving structure to my day on three levels: physical, emotional, and spiritual. Conversely, the nightmare is repeated daily if I live in the disease. It can also achieve a form of permanence. So for today, I use the tools and work the Steps to stay spiritually fit. And I accept that everyone’s recovery, not just mine, is permanent only through repetition.

Affirmation
Abstinent portions are *plenty*.
I not only *have* enough, I *am* enough.
I gratefully release that which does not serve me.
Thank you, God!

•••••
• Dignity is not built on possessing honors,
• but on the awareness that you deserve them.
• ~Aristotle
•••••

Literature Selection (Lifeline, February 2010)

- "It's Not Just the Weight: It's a Deadly Disease!"

Fatal

When I first entered program, I was acutely aware of my powerlessness over food because I had just hit bottom. I've been blessed with abstinence for a while, so I tend to forget how powerless I was and am. I need to remind myself to maintain a healthy respect for my disease. I cannot afford to become complacent about its seriousness; it can be fatal.

My disease is fatal for several reasons. It is a killer because it causes or exacerbates physical illnesses. Studies often report the number of days missed from work and spent in the hospital due to alcohol-related illnesses. I'm certain a study done on eating-related illnesses and deaths would produce much higher numbers.

My disease is also fatal because it has a downward spiral, never just a flat plateau. It is like an addictive drug for which the addict develops increasing tolerance. When I'm in the disease, I either eat greater and greater amounts of food, or more and more unhealthy food.

My disease is fatal because it kills my quality of life. When I'm focused on the food—acquiring it, hiding it, preparing it, eating it or whatever—everything else diminishes. It's like I have a new set of values and nothing else is important. I miss the beautiful music, brilliant sunsets, singing birds and gentle breezes. My relationships skim by on superficial levels. I'm out of touch with myself and my real needs. I'm insulated from my emotions.

My disease is fatal for another reason. It closes the door to my Higher Power. Staying in touch with my Higher Power is the last thing that enters my mind when I am into the food. That's about as fatal as something can get.

~Anonymous

Literature Selection (VOR Mar 2)

"Once we compulsive overeaters truly take the Third step we cannot fail to recover."

~OA 12 and 12, p27

After telling my story at meetings, I get flurries of phone calls from old and new members asking for the "inside scoop" on how I really did it. It's not just the seventy-three pounds I released; people want to know about the serenity, what keeps me centered and calm despite hair-raising personal experiences in my life. What made the program's tenets click now, finally?

Simple: The Third Step corresponds to the principle of faith. Once we truly make the leap to believe, no matter what, that a power greater than ourselves will restore us to sanity and will take care of every other issue in our lives as well, we cannot ever fail to recover, and the compulsion to binge disappears. It has to happen! That power, I now know, has always been there for me, like a bridge waiting to be crossed. It's so simple that most of us believe there must be more to it than that, some other trick or secret.

There are no secrets, no magic. Anyone can have what I have. I've been cornered, trapped. The gate to freedom has closed behind me. I looked inward and there was honesty. I looked outward and there was hope. I looked up and there was faith.

ANNOUNCEMENTS

Next Intergroup Meeting, May 11, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

Hurt people hurt people.

~Unknown

Ask Anna Nimity

Dear Anna,

I did a fourth step inventory in another twelve-step program. My OA sponsor says I need to write another one. I don't understand why.

Wondering

Dear *Wondering*,

Many character defects were taken care of in another program, but we need to look at ways we hurt others by our obsession with food—the lies we told, isolating so we could eat alone, taking food that belonged to others, and not being able to share in family events because we were ill from bingeing.

Doing steps four and five and also the step ten continuing inventory are ways to look at our program daily.

Yours in service,
Anna

May Big Book Reading List

- | | |
|-------------|-------------|
| 1. 398 | 16. 364-368 |
| 2. 219 | 17. 258 |
| 3. 17 | 18. 171 |
| 4. 369 | 19. 535 |
| 5. 501 | 20. 289 |
| 6. 246 | 21. 407 |
| 7. 193 | 22. 494 |
| 8. 446 | 23. 338 |
| 9. 151 | 24. 432 |
| 10. 232-239 | 25. 122-129 |
| 11. 239-245 | 26. 129-136 |
| 12. 522 | 27. 544 |
| 13. 246 | 28. 208 |
| 14. 531 | 29. 553 |
| 15. 359-364 | 30. 58-63 |
| | 31. 63-71 |

We are in need of a new Parliamentarian!

If interested, please attend the next Intergroup Meeting on Tuesday May 11 at 7:30 PM, or contact an officer to let them know you are interested.

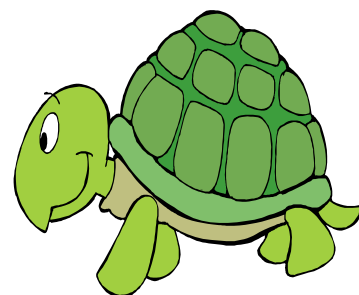
Mid-Continent Intergroup Treasurer's Report March 2010

Checking:

Beginning Balance	\$231.24
Donations (\$310.41)	
Dep of 2/22	\$ 20.00
Dep of 3/5	\$ 85.40
Monday 5:30 PM	\$ 17.00
Monday 7:30 PM	\$153.01
Saturday AM	\$ 18.00
Step Study Group	\$ 17.00
Expenses (-\$260.00)	
Rent	-\$260.00
Net (Donations minus Expenses)	\$ 50.41
Ending Balance	\$281.65

MYRTLE THE TURTLE:

Don't give up
before the miracle
happens!



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!