



June 2010

Literature Selection (Lifeline, July 2009) - "Observations and Insights"

After 24 months in the OA program, I am deeply grateful. Here are some observations that have had a strong impact on me during this wonderful time of my life.

- There is always a way. Sometimes "no way" is the way.
- No expectations: expectations lead to anxiety, and high anxiety makes me forget about working the program.
- I can see clearer. Low anxiety leads to high serenity, which allows me to see problems and challenges differently. This leads me to choose the best available option to deal with a challenge in the moment.
- Whatever I do, I can enjoy. Now is the moment to enjoy life. Life, consciousness and the Supreme Being converge simultaneously in the now—not yesterday or tomorrow.
- I can work Steps One through Three whenever I want; I don't need to be done with Steps Four through Twelve. Working the first three Steps every time I want keeps my spirit and mind healthy.
- In a professional setting, giving advice is a valid action to be successful. In the dynamics of recovery, giving or taking advice could become harmful. Sharing experience, strength and hope is the best way to go.
- Even when I have no choice, I have options. I am diabetic; I have no choice, but I have the option to take care of myself. Within the world of complications in Planet Diabetes, I also have options. Taking care of my blood sugar is the most important option today. Once I deal with that, other options are there for me.
- Food is not the problem; it's the solution. This is because I have no choice—if I don't eat, I die. I am grateful to the Supreme Being that I have options about what I can eat. Things are different with alcohol. If I don't drink alcohol, I don't die. Drinking alcohol is a choice, not an option.
- When I have to deal with a problem, I try not to think in the "I" mode. First I pray the Serenity Prayer, and then I become aware that I need to be part of the solution and not part of the problem. After weighing the available options, I act. I have done my homework; the rest is up to the Supreme Being.
- Whenever I want to help family members or friends with their addictions, I realize the best thing I can do is work the program. Sharing my experience, strength and hope is best for all of us, but if I don't work the program, I have no experience, strength or hope worth sharing.
- "Never" is too late to be kind to myself. Working the program is the best thing I've ever done to be kind to myself.

~ Gus, New York, New York USA

The wish to be well
is a part of becoming well.

~Seneca

Literature Selection (VOR May 8)

The only defense I have against the disease of compulsive overeating is a spiritual one. After years in the program, after weight loss, after learning and practicing healthy eating habits, after discovering better ways to react to life's changes, I must continue to search for and accept guidance from a Higher Power. How many times have I fallen for the mistaken notion that after a few days or months of successful eating and living, I can again take charge of my life? I've learned the hard way, by successive relapses and humiliations, that no matter how much better I look, act, or feel, God must always be in charge of my life. My continued recovery depends on the continual maintenance and growth of my spiritual condition. That hasn't changed from the day I set foot in my first Overeaters Anonymous meeting, and it never will.

Affirmation

My addiction to "more" tells me I want more food.

That is a lie.

What I want—more than anything—is *peace of mind*.

My willfulness tells me I need to be able to eat whatever I want in order to be free.

That is a lie.

Surrender relative to food is what allows me to be free.

I surrender my will regarding food.

I am so very grateful for my abstinent, healthy food plan.

Thank you, God!

Literature Selection (Lifeline, July 2009) “Stop, Drop and Work”

Since childhood, we’ve been taught this life-saving procedure: if you find yourself on fire, stop, drop to the ground and roll until the flames are extinguished. Children remember this advice easily, and I think OA members can find memorable wisdom in it too. The next time you find yourself on fire with fear and resentment, you know what to do.

Stop. Stop and notice the burn.

You are hurting and that’s okay. You have the Steps and will be fine.

Drop whatever you are doing and grab paper and pen.

Time for some Step work!

Work the Steps. Here’s a quick recap:

1. I can’t.
2. My Higher Power can.
3. I’ll let Higher Power.
4. Inventory my character defects—icky but necessary.
5. Share my inventory.
6. Be willing to let the character defects go.
7. Ask HP to take the character defects.
8. List the folks I’ve hurt and be willing to make amends.
9. Make my amends.
10. Do Steps Four through Nine (but really One through Nine) over and over.
11. Keep working to know HP and what he wants for me.
12. Keep living this stuff and reaching out to other compulsive overeaters.

Suddenly you may find the fire is not as intense, your resentments and fears have packed up and gone, and you have a measure of treasured serenity in your life.

It sounds easy. It’s not. But it is eminently worth it.

Remember, when you’re in trouble, Stop, Drop and Work the Steps.

*~ Edited and reprinted from The Northern Lights newsletter,
Anchorage Area Intergroup, May/June 2006*



•••••
• My life consists of single moments. I occupy •
• them one at a time, savoring the fullness of •
• each, and find that there is no room for fear. •
•
• ~For Today, p. 293
•••••

Self-worth makes you
extremely attractive.

~Alan Cohen

Ask Anna Nimity

Dear Anna,

Why do they talk about surrendering in Overeaters Anonymous? Isn't that giving up?

Baffled

Dear *Baffled*,

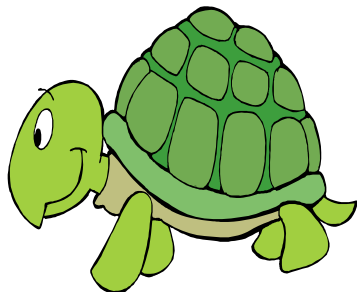
No, surrender does not mean giving up. Actually, it means "letting go" and admitting that I can't recover by myself. Until I admit I need help and I am willing to ask for that help, the disease just grows worse. I suggest you find someone who has what you want and ask them how they got it.

Yours in service,

Anna

MYRTLE THE TURTLE:

Keep that magic
magnifying mind
focused on the
solution!



June Big Book Reading List

- | | |
|------------------|--------------------|
| 1. 136-145 | 16. 446 |
| 2. 145-150 | 17. 388 |
| 3. 268 | 18. 486 |
| 4. 182 | 19. 58-63 |
| 5. 295 | 20. 63-71 |
| 6. 375 | 21. 309 |
| 7. 522 | 22. 10 |
| 8. 348 | 23. 501 |
| 9. 104-113 | 24. 369 |
| 10. 113-121 | 25. 30-37 |
| 11. 494 | 26. 37-43 |
| 12. 151 | 27. 258 |
| 13. Dr's Opinion | 28. Gratitude List |
| 14. 470 | 29. 44-49 |
| 15. 281 | 30. 50-57 |

ANNOUNCEMENTS

Next Intergroup Meeting, June 8, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

We are in need of a new Parliamentarian!

If interested, please attend the next Intergroup Meeting on Tuesday, June 8 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	\$281.65
Donations (\$553.41)	
Unknown donation	\$ 4.66
Monday 10 AM	\$ 40.00
Monday 5:30 PM	\$ 88.00
Monday 7:30 PM	\$243.00
Saturday AM	\$ 35.00
Step Study Group	\$ 65.00
Big Book	\$ 24.75
Fri noon	\$ 19.00
Independence	\$ 34.00

Expenses (-\$403.87)

Rent	-\$260.00
Sec of State	-\$ 40.00
AT&T (Mar-Apr)	-\$ 51.98
AT&T (Apr-May)	-\$ 51.89

Net (Donations minus Expenses) +\$149.54
Ending Balance \$431.19

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!