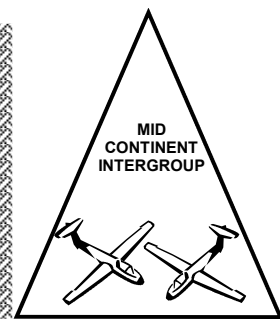


# THE PILOT

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



## July 2010

### Omaha OA Newsletter, May 2010 - "Watch Out for UFO's!" ~Sherry W

I have been struggling with UFO's lately. I have seen so many of them, especially during the recent holiday months. I'm sure you've seen them too. They can be annoying. They can be challenging. They will always be a part of our lives.

What are UFO's you ask? UFO's are Unexpected Food Opportunities – those unforeseen situations where food is available, like the unannounced arrival of bagels at work, the unexpected edible gift from a friend, or the unpredicted appearance of treats in your home.

Most of the time, by the grace of God, I do not have to worry about surprise food. When my program is strong and I am staying connected to my Higher Power, those UFO's just pass on by. But when I am struggling, when I am trying to control the events, people, and situations in my life, when I am not using the tools of the program, and due to my lack of action, I am not experiencing the peace and serenity that can be a part of my recovery, that's when the UFO's loom large.

Before coming to OA, UFO's were not a problem for me. As a matter of fact, I welcomed them! Treats in the teacher's lounge? I'm there! A large box of chocolates from a friend on Valentine's Day? Let's dig in! A family member brought home some snacks for the game on T.V, tonight? You bet! But that all changed when I found Overeaters Anonymous.

After joining OA, it seemed like there were more UFO's around than ever. It was as if everyone in the world was out to get me. I went through a period of time where I thought everyone else should change their behavior to accommodate me. I believed that the people in my life should limit their eating in my presence, should not offer me foods they know I can't eat, or simply refrain from bringing my trigger foods anywhere near me.

Program has taught me a lot. I no longer believe the world should revolve around me. I now understand that *I* am the one with the problem, not everyone else. It's *my* behavior that needs to change, not theirs. If I am doing the work, my struggles with UFO's are greatly reduced and can even be eliminated. My Higher Power will help me through those difficult times when the disease takes hold, if I let Him. If I am doing my part, God will relieve the compulsion to overeat.

I have heard so many times during my 4 years in recovery that this is a simple program, although it's not easy. When the UFO's appear and it becomes difficult to deal with them, I try to remember that. How I need to handle UFO's is not complicated. I simply need to turn to my Higher Power and ask for help. I ask Him to tell me what actions I need to take in order to help myself get back on track. As long as I am willing to listen, the answer always comes. Always.

***To me, being a compulsive eater means that:***

For no reason I can explain, I have eaten past the point of full, past the point of stomach ache, past the point of really hurting, to the point of immobilizing physical pain.

I have gorged on foods I don't even really like.

I have obsessed about food so much that I have ignored my daily responsibilities.

I have thought about food while appearing to be intently and sincerely listening to someone else speak to me.

I have rushed my children through their bedtime routines so that I could raid the kitchen pantry.

I have gotten out of bed at night after my husband fell asleep so I could eat.

I have driven from one fast food drive -thru to another to another so that the workers would not recognize me.

I have opened a new box of treats my husband knew were in the cupboard and eaten so many that I was embarrassed, so I finished off the whole box and bought another to replace it.

I have craved sweets so desperately that having found none in the house, I ate spoonful after spoonful of sugar from the sugar canister on my kitchen counter.

I have opted to stay home instead of join my husband on an outing so I could be alone to eat.

I have eaten more in private after a social occasion or outing where I ate very little in public - an outing where people commented on how little I ate and I thought "If they only knew."

I have snuck sweets from friend's and family's cookie jars, cupboards, freezers, and pantries for as long as I can remember.

I have abused my body in a way that I would never allow anyone else to or would ever do to anyone else.

At times, I have allowed food or the desire for food to be my #1 priority.

With certain foods, if I start I will only want more.

I have eaten solely to satisfy my tongue and taste buds, while completely ignoring my stomach's screams for me to stop.

***To me, being a RECOVERING compulsive overeater means that:***

I say out loud "Thy will be done" several times each day.

I write down my food before I eat.

I journal most mornings before I start my day.

I call my sponsor at the same time Monday through Friday.

I am learning to call my sponsor when I need to, outside of our scheduled time.

I am learning how to practice self-care.

I am learning how to be okay with doing things "good enough" instead of perfectly.

I am learning how to fail at things and that failure is better than sitting back, afraid to try.

I am learning to prioritize my tasks for the day and try to leave the rest for another day.

I am adding new people to my OA support network. I am learning to trust my Higher Power.

I look for service opportunities that I will enjoy, not dread.

I look for ways to keep myself from getting bored with the routines that work for me - whether it be with my food plan, my exercise, my writing, or my home meeting.

I am learning to give myself permission to spend more money on foods and individual pre-packaged portions when I find that they work for me.

I am learning to allow myself to experience the present.

I am looking for H.P. throughout my day.

I am learning to live in the light of honesty instead of hiding in the darkness and shame.

## Galveston OA Newsletter July 2008 "PERFECTIONISM" ~ Anonymous, Clear Lake

*(First in a Series)*

The journey to healthy thinking patterns has been a long one for me. Even before I found OA 3-4 yrs ago, I was forced to evaluate the inaccurate thoughts that I habitually used. These thought patterns were, by then, chemically imprinted so I could not see the damage they were causing me. The negativity led me to bouts of binge eating so I could soothe the obsessive thinking and the hurt that my own thoughts were causing me.

At times, I felt paralyzed and panic stricken and did not know why. When I was overeating, I didn't have to think anything. I was soothed by the numbness that compulsive overeating causes. I was actually on a precipice where I could not afford one more negative thought.

There turned out to be eight types of illogical thinking that I was using. I was in deep denial so asking the help of those who loved me was necessary to help me cull them out of my behavior, language and thinking. You humble me, Lord

One inaccurate thinking pattern was Perfectionism. I actually thought that less than perfect was unacceptable. It never dawned on me to question my thinking or explore the consequences of this. The good consequence was that it gave me boundless energy to achieve, work, and accomplish, especially in school and career. The bad consequences, however, tempered any good and left me with depression, low self worth, and an eating disorder that teeter-tottered from anorexia to compulsive binging.

Life could not be perfect unless the whole house was immaculate and orderly, the errands and shopping were complete, the children were clean and homework finished, and the gourmet dinner was nutritionally balanced. We all know that these things never happen all at once so I had great delayed satisfaction as I waited for life to start. I lived for tomorrow when I could get everything done and missed much of today. My family of origin had many problems so I fixed this by making a perfect one up. Though I labored day and night for straight A's in school, I ran through the graduation awards ceremonies, wondering what I could accomplish next. I didn't stop to appreciate the goals I met because it was never enough. I forced religion so my spiritual life would look perfect. My fear of failure oftentimes paralyzed me from even starting. Panic came from fear of being "less than" perfect. Control was needed so I could handle this defect so this led to other defects.

Step four helped me to name these flaws. Sharing it with another human being in step five helped me clarify and verbalize the problems, making them real. My sponsor was so gentle and nonjudgmental as she helped me to let go of control and forced perfection of myself and others. Now, good is good enough. I don't have to be or do anything perfectly. My life happens in the here and now. I love to spread the word, "You are a good mom and good is good enough, don't be so hard on yourself, celebrate everything today, etc."

God has led me to and through recovery in OA. None of this can be clear to me unless I am abstinent and work the steps. Thank you, OA.

### Literature Selection ~ VOR June 29

An OA friend mailed me a sand dollar and an essay he had written on perfectionism. His writing helped me let go of this character defect. The essay says to look at the sand dollar. It's not broken, but it has flaws. It may be stained and have a nicked edge or a small hole. Can you still love it? If you can learn to love your imperfect sand dollar, you are capable of loving the imperfect world and people around you. People have disappointed you, hurt you, and let you down by being imperfect. Can you let go of the idea of perfection and accept reality, loving people just the way they are?

Love the imperfect people around you. Love your imperfect self and your imperfect world. For if you cannot love life the way it is, you will suffer from eternal loneliness. We all live in an imperfect world, surround by imperfect people. The ability to love yourself and those around you is a gift from God that enables you to live fully, bravely, and meaningfully in an imperfect world.

We get what we expect,  
so "expect a miracle".

~VOR May 18

**Ask Anna Nimity**

Dear Anna,

I have too much unstructured time during the summer. I get bored and I want to overeat. What can I do?

*Bored*

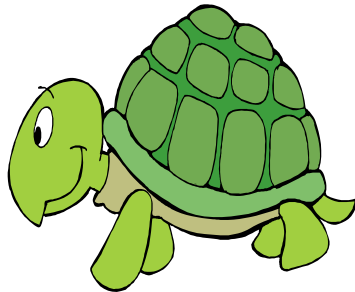
Dear *Bored*,

Relaxing without food is a skill learned over time. Ask for HP's help and guidance. Take OA literature to a park and read. Go to extra meetings. Take a class or learn a new skill. Write a letter to a friend. Make a gift for someone and deliver it. Invite a friend to a movie or play. Call an OA friend and ask them what they do for fun without food. Know that you always have a choice, and overeating is not in your best interest.

Yours in humble service,  
*Anna*

**MYRTLE THE  
TURTLE:**

The only thing wrong with doing nothing is that you never know when you are finished!



**July Big Book Reading List**

- |                 |                    |
|-----------------|--------------------|
| 1. 446          | 16. Gratitude List |
| 2. 44-49        | 17. 535            |
| 3. 50-57        | 18. 58-63          |
| 4. 328          | 19. 63-71          |
| 5. 470          | 20. 289            |
| 6. 359-364      | 21. 246            |
| 7. 364-368      | 22. 474            |
| 8. Dr's Opinion | 23. 30-37          |
| 9. 544          | 24. 37-43          |
| 10. 232-239     | 25. 301            |
| 11. 494         | 26. 512            |
| 12. 104-113     | 27. 561-574        |
| 13. 113-121     | 28. 446            |
| 14. 522         | 29. 72-80          |
| 15. 301         | 30. 80-88          |
|                 | 31. 208            |

**ANNOUNCEMENTS**

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

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

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**We now have a Parliamentarian!**  
**Thanks, Mary G!!**  
\*\*\*\*\*

**Mid-Continent Intergroup  
Treasurer's Report May 2010**

**Checking:**

Beginning Balance	\$431.19
Donations (\$281.50)	
Monday 7:30 PM	\$175.00
Saturday AM	\$ 23.50
Step Study Group	\$ 48.00
Big Book	\$ 21.00
Friday Noon	\$ 14.00
Expenses (-\$353.11)	
Rent	-\$260.00
RegIV Decorations	-\$ 93.11
Net (Donations minus Expenses)	-\$ 71.61
Ending Balance	\$359.58



**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.:	Mary G.	316-652-8689 (1st term, '10)

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