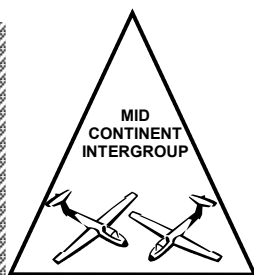


THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 635
WICHITA, KANSAS 67207



February 2011

Beginning the Process of Abstinence

(Excerpt from "A Food Plan As A Spiritual Tool": <http://www.foodaddiction.com/>)

There are two schools of thought about the strategy for surrendering to a food plan. One says that it is best to proceed incrementally. The other says that it is best eliminate all dangerous food and triggers at once. There is an abundance of experience that both of these strategies work well for some people, and many "true believer" arguments that their way is the only way among those for whom their food plan or their strategy has worked.

There are many old-timers who will say very truthfully and helpfully that their abstinence evolved. Maybe they were only willing and able to give up "junk food" or eating between meals at first, but they did, and this showed them both that abstinence worked and that there were further issues of abstinence to which they needed to attend.

Also, there are people who were able to use certain foods in early recovery, e.g., diet drinks, but later the caffeine or the NutraSweet or some other ingredient was something they could not handle; as they would say the disease progresses even while we are in recovery. On the other hand, recovery is also progressive; what we could tolerate physically in early recovery becomes a problem as we recover more mentally, emotionally and spiritually.

There are also old-timers who will say that until they put down all their major addictive foods, they were not able to maintain their abstinence from any of them. They found that when they put down ice cream, they eventually picked up bread, and bingeing on bread brought them back to the sugar. Others found that though they appeared to have control regarding a particular food, e.g. wheat or a sugar-free desert, it was giving them low-level cravings which in the long run made it impossible for them to sustain their abstinence over their major binge foods, or they started overeating with volume.

To the newcomer, all these details frequently appear very confusing. This is especially true because for many compulsive eaters, there are food plans and approaches to food abstinence that work for them but not other food addicts. And, of course, there are often food plans which will not work for them no matter how much other food addicts say that this is the only way. It is clear that while recovering food addicts have a lot to share with each other, we are only human, and this means that we all need a Power greater than ourselves.

We have this piece of advice: action is usually better than inaction. After consultation with those we most trust – and, if we choose, a period of prayer, it is always useful for the food addict to practice surrender. Even if there are ways that we are unwilling to surrender, it is helpful to practice going to the lengths that we can. Even if a particular surrender plan is not exactly the one that will work, it is worth exercising our spiritual muscles. In the matter of food plans, act boldly that learning and grace may abound. (Phil W)

My insanity was the compulsion to eat and the food obsession which dominated my thinking and pressed against my mind most of my waking hours. I had little chance to speculate on what sanity might look or feel like, because the insanity of food addiction had become the most powerful and familiar force in my life. When I became desperate enough to admit my utter powerlessness to help myself, I sought out others who had found a way out of this disease by leaning into a Power greater than themselves. My disease had become so hopelessly powerful by this time that it took a leap of faith to believe that anything could be more powerful than my compulsion to eat, and my inability to stop once I started.

When I saw the joy and peace which radiated from the faces of friends I had known for years in OA—friends who had struggled and failed to stay abstinent, just like I had—I knew there was a Power greater than any of us which had allowed the impossible to happen. Their physical recovery was dramatic, but it was the sense of freedom I saw in their faces, the fact that they were actually happy without a food 'fix,' that was a miracle to me. I knew, without any doubt, that I could never make this happen in my life. I had thousands of experiences that had taught me I could never win against the compulsion to eat.

While I had a vague sense of a God of some kind, it wasn't the kind of power which could and would actually help me out of the hell of food addiction. I came to believe in that kind of Power through the miracle others had experienced, and through my willingness to do what they had done to find recovery. The gift of desperation left me ready to do anything, to give up anything to escape the agony of living in active addiction—it left me willing to open my mind to the possibility that a Power greater than myself could and would relieve me of the insanity of compulsive eating if I sought help from that Power. I didn't know it for sure—I just recognized that a Power had made it possible in the transformed lives of friends I'd known for decades in the rooms of OA. Maybe it could happen to me, too.

That was almost five years ago, and my faith in that Power has steadily deepened as all aspects of my life have been transformed in ways I never could have imagined, let alone brought about. It is only through that Power that these deep changes have been possible in my life, that four years and nine months of continuous, weighed and measured abstinence has been possible, 24 hours at a time.

What has happened to me is clearly described on page 50 of the Big Book: "...since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, there has been a revolutionary change in their way of living and thinking." Taking the Twelve Steps lets me receive that Power one day at a time—without that Power, 'ole cunning, baffling, and powerful is waiting to take me back into that special hell we compulsive overeaters know so well.

~Victoria V.



•••••
• **The truth is that constant entertainment** •
• **permits us to escape from ourselves and** •
• **keeps us from having to come** •
• **face-to-face with the painful,** •
• **messier aspects of our life.** •
• *~Michael B. Beckwith* •
•••••

What lies behind us, and what lies
before us are small matters compared
to what lies within us.

~Ralph Waldo Emerson

Ask Anna Nimity

Dear Anna,

Everyone else at OA meetings seems to be making more progress in recovery than I am. I feel I am too slow in learning the program. Can you help?

Pokey

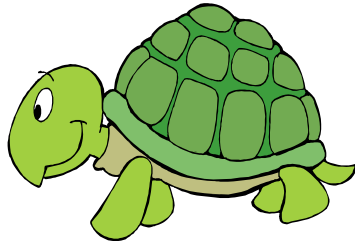
Dear *Pokey*,

It is important not to compare your insides with other members' outsides. Even with the honest sharing at meetings, we only see a small glimpse of each other. Your path of recovery is your own, and the pace you move is just right for you. Even though you think your progress is slow, I'll bet others can see wonderful changes in you since you came to OA. Keep coming back!

Yours in humble service,
Anna

**MYRTLE THE
TURTLE:**

What others think
of you is none of
your business!



February Big Book Reading List

- | | |
|------------|-----------------|
| 1. 246 | 15. 522 |
| 2. 359-364 | 16. 553 |
| 3. 364-368 | 17. 338 |
| 4. 193 | 18. 531 |
| 5. 232-239 | 19. 407 |
| 6. 239-245 | 20. Random open |
| 7. 171 | 21. 494 |
| 8. 446 | 22. 328 |
| 9. 535 | 23. 476 |
| 10. 432 | 24. 268 |
| 11. 281 | 25. 44-49 |
| 12. 458 | 26. 50-57 |
| 13. 151 | 27. 348 |
| 14. 289 | 28. 561-574 |

ANNOUNCEMENTS

Next Intergroup Meeting, Feb 8, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635

All are welcome!

www.oawichita.org

**Mid-Continent Intergroup
Combined Treasurer's Report Nov-Dec 2010**

Checking:

Beginning Balance (Nov)	\$1081.04
Donations (\$718.35)	
Book Study	\$ 22.00
Monday 7:30PM	\$ 450.75
Monday 10AM	\$ 20.00
Monday 5:30PM	\$ 51.00
Wed BB	\$ 52.25
Friday Noon	\$ 18.00
Sat AM	\$ 58.00
Sat PM	\$ 46.35
Expenses (-\$743.36)	
Phone (Oct19-Dec18)	-\$104.63
Rent (Dec and Jan)	-\$520.00
Publicity Expenses:	-\$118.73
Literature	(-\$81.72)
Postage	(-\$10.01)
Advertising	(-\$27.00)
Publicity Budget = \$300; 181.27 remg	
Net (Donations minus Expenses)	\$- 25.01
Ending Balance (Dec)	\$1056.03



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:	Laura L.	316-684-5904 (1st term, '10)
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