

THE PILOT

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



March 2011

Authenticity Takes Practice

Yesterday, my husband and I had a fight just before he left on an errand. His anger is typically not directed at me, but I felt that, this time, it was. I interpreted his anger as accusation towards me...as him being sick of me and my shortcomings. This raised my own anger. I felt propelled by it to begin doing chores. I did this with a sense of injury and resentment. When he came home, he had cooled off, but my sense of separation from him was not healed. For the rest of day and evening, I covered it, but there was falseness in my smile, and anger under my laughter.

Today, as I awoke in the stillness of the morning, I recognized that I was still angry. I mulled this exposed emotion over in the quiet of the bedroom. I acknowledged my anger, my sense of injury and resentment. I wondered what to do with this feeling. I thought about bringing the feeling to him, and expecting him to do something about it. That idea did not feel healthy. So instead, I picked up the rock of my anger and looked underneath it, and found fear. Fear of not being worthy of my husband. Fear that he had finally, at long last, realized that I am not worthy.

Slowly I realized that in recognizing the fear, my anger was gone, blown away like mist. It was never anything but a false front, a defense against fear. I sat with that for awhile, feeling sorry for myself. Then I decided to dig up the rock of my fear and see what was underneath it. I found its foundation: self-accusation, the opposite of self-acceptance.

I remembered something I'd already learned, that my low sense of self worth is a form of accusation, of judgment, that it destroys my serenity and fuels my addiction. It ultimately causes me to lash out and accuse others as well, furthering my sense of separation and calamity.

Conversely, when I accept others as they are without accusation, I am free to focus on myself. When I surrender to the guidance of my higher power, when I throw down my weapons and dare to accept myself, just as I am, when I allow myself to be "wrong", I feel a sense of peace. I am able to relax and let my higher power heal me, to remove my defects of character, including my addictions.

My sponsor clued me in long ago to the truth that my character "defects" are really character "defenses". They manifest like the anger I wore against my husband yesterday, to protect myself from what I perceived as his judgment of me...and what was really my judgment of myself. When I acknowledged the fear that was behind the defensiveness, the defensiveness melted away, no longer needed.

I realize now that this is the basis of how the 12 step program works for me. This is the mechanism of how my higher power relieves me of my addiction to food. My addiction is just another weapon, another suit of armor, one of many in my armory. Acceptance of self relieves me of the need for this defense, and removes the barrier between me and the world, between me and my higher power. Love floods in, and my addiction is gone, as if it never existed...until I get scared again, and take up my sword, and put my armor back on.

And so it goes, over and over again, and that is why I will never "graduate" from this program. As my ability to be authentic grows, my need for the armor and the weapons, the masks and the disguises, diminishes...but the nature of life is adventure, and the nature of adventure is risk, which brings with it fear. Working my program daily allows me to LIVE, to take those risks, because it keeps this truth in front me: *Surrender and acceptance cast out fear, allow my higher power in, and bring me freedom from suffering.*

Thank you, OA! ~ Kirsten W

I've heard several times that when you assume, you make an ass of you and me. ASS/U/ME. Throughout my life, I've found this true over and over again. Sometimes I wonder why don't I really get this concept so that I don't make assumptions any more. But I still do.

I have come to think that we need to keep learning day after day. We need to keep being conscious of our thoughts and actions. We need to be reminded not to regress into Inaccurate Thinking Patterns that are so ingrained within us. The "stinking thinking" of addiction is our enemy and we must be vigilant. And we must be vigilant about making assumptions.

I make assumptions about others, telling myself what this person meant rather than checking it out to see if I am correct or not.

I make assumptions about myself, lapsing into denial, not turning to my Higher Power, checking out what I am telling myself about myself. I assume I am stupid, lazy, wrong, selfish, and never will be able do what I plan.

I make assumptions about food. I assume that if I eat just a little more of this I will still be on my eating plan. I assume that one cookie won't hurt anything. I assume that if I buy that bag of chips I will only eat 6 at a time.

I make assumptions about my Higher Power. I assume that a certain thought is Higher Power's part and don't take responsibility for it. I assume that other thoughts are my part. I have a difficult time telling the difference. This is probably why I love the Serenity Prayer so much. It makes clear there is a difference. I want the courage to change what is mine to change. I want the wisdom to know the difference.

I make the assumption that I can control my addiction. I fight. I struggle. I try to control my eating. I weigh all the time or I don't weigh at all. I assume that if I just try "this or that" I will get my eating under control. I assume, I assume, I assume. I have come to learn my addiction is Higher Power's territory. I must let go and let God. My behavior, my thinking, my feelings, my actions are my part.

I pray for the wisdom to know the difference — and for clarity when I am making assumptions.
~ editor

Advice you receive is useful only if it resonates
within you in the place that feels like home.
~Alan Cohen

Literature Selection: VOR, May 29

"When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle." ~Overeaters Anonymous, 2nd Ed., p 238

I have found this to be true. When I totally accept Step One, my compliance with the program and my abstinence are easy. The difficulty is that it is not easy to accept such total powerlessness. A corner of my mind will start to fear the utter helplessness and resist. Then there is a battle in my own mind. The battle opens up a breach through which the disease may enter.

I have found it useful to have a standard of total acceptance at an unconscious level, and I compare my acceptance of Step One with this standard. I know I cannot walk through a brick wall, and I've totally accepted this fact, so I don't try. I don't even resent the fact that I can't do it. When I accept Step One as completely as this, I am easily abstinent. I am free.

Knowing is not enough; we must apply.

Willing is not enough; we must do.

~Goethe

Ask Anna Nimity

Dear Anna,

What does "going to any lengths in keeping my abstinence" mean?

Curious

Dear *Curious*,

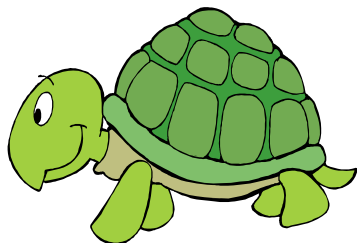
It means doing whatever you need to do to not eat compulsively. It may mean staying away from "dangerous" places and accepting that there are no excuses for not keeping your abstinence. Many members find that it means using the 12 Steps and program tools instead of taking that first compulsive bite. It means abstinence is your first priority, period.

Yours in humble service,

Anna

MYRTLE THE TURTLE:

What you go through
is nothing compared
to who you are!



March Big Book Reading List

- | | |
|-----------------|-------------|
| 1. 151 | 16. 17 |
| 2. 359-364 | 17. 535 |
| 3. 364-368 | 18. XI-XXIV |
| 4. 246 | 19. 388 |
| 5. 512 | 20. 561-574 |
| 6. Dr's Opinion | 21. 182 |
| 7. 544 | 22. 122-129 |
| 8. 171 | 23. 129-136 |
| 9. 446 | 24. 348 |
| 10. 219 | 25. 522 |
| 11. 501 | 26. 476 |
| 12. 382 | 27. 437 |
| 13. 44-49 | 28. 268 |
| 14. 49-57 | 29. 458 |
| 15. 295 | 30. 104-113 |
| | 31. 113-121 |

ANNOUNCEMENTS

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

All are welcome!

www.oawichita.org

Mid-Continent Intergroup Treasurer's Report Feb 2011

Checking:

Beginning Balance	\$1056.03
Donations (\$183.25)	
Anon. Donation	\$ 25.00
Monday 10AM	\$ 40.00
Monday 5:30PM	\$ 23.00
Wed BB	\$ 29.00
Friday Noon	\$ 15.00
Sat AM	\$ 15.00
Sat PM	\$ 36.25
Expenses (-\$687.34)	
Phone	-\$ 52.34
Rent	-\$260.00
State Farm Ins:	-\$375.00

Net (Donations minus Expenses) \$- 504.09

Ending Balance \$ 551.94

(Publicity Budget = \$300; 181.27 remg)



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.	316-619-8140 (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