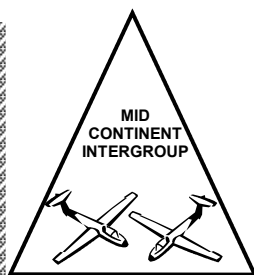


# THE PILOT

MID-CONTINENT INTERGROUP  
7701 E KELLOGG DR STE 835  
WICHITA, KANSAS 67207



## December 2011

### Ask, Listen and Do

Lifeline, Nov 2010

In May 2006 I walked into my first OA meeting (held in Marietta, Georgia) weighing 313 pounds (142 kg). I only came to prove to my doctor that like diets, OA wouldn't work either, and she would have to approve me for bariatric surgery.

What I found instead was profound relief I was not alone and knowledge that perhaps a better solution existed.

Today I look down at my 173-pound (79-kg) frame and cannot believe my eyes. Not only have I been maintaining my 140-pound (64-kg) weight loss for almost two years, but my life has also gone through dramatic changes. I no longer need blood pressure medication, sleeping aids, or antidepressants to relieve an almost-suicidal depression. I no longer fear the future. I just celebrated my 70th birthday by vacationing with my wife of 48 years at a golf and tennis resort. I experienced long walks on the beach, 18 holes of golf, tennis, happiness, peace and serenity "beyond my wildest dreams"—without surgery!

This past week our Step-Study meeting asked each member to select one question from the OA Workbook, Step Three to write about for 10 minutes and share with the group. I selected, "How do I feel about completely turning my life over to a Higher Power for guidance?" (The Twelve-Step Workbook of Overeaters Anonymous, p. 22).

I feel profound relief.

All my life I believed it was my duty and power to fix and control everything—my eating, family, people around me and state of the world—an impossible and onerous responsibility. What a relief to learn in Step One I have no such duty or ability to control. I am powerless to control anybody or anything outside myself, even what seems like an insatiable desire to binge.

So turning over everything to my Higher Power gives me an exhilarating feeling of profound relief. No more guilt. No more beating myself up over my lack of willpower or any power to change other people, places or things. All I must do is pray daily for abstinence, guidance, strength, wisdom and serenity. Then I hear his word and follow it, no matter what. God tells me, "Put down that fork. You've eaten enough." I say, "Okay, God." God says, "Stop belittling your wife with sarcasm. Treat her with kindness, patience, courtesy, dignity and respect." So I say, "Okay, God."

All I need to do now is ask, listen and do. The opposite of not being in control isn't being in control, it is not needing to be in control. I give up that responsibility. I turn my life and will over to his care. I turn "control" over to him. His will be done.

— Sander B., Georgia USA

## “Nightmares” (Lifeline, Nov 2010)

It began when I didn't commit my daily food plan to my sponsor. Next my food choices and plan of eating became sloppy. No big deal, but by the end, I was in total insanity, spooning large amounts of food into my mouth.

I woke up in my bed. Feelings of guilt, confusion, regret, anger, self-pity and embarrassment consumed me. I couldn't believe I had broken my abstinence! The emotions were so vivid, and I remembered the taste of the food.

As I lay in bed, my thoughts raced. “Wait! Did that just happen?” It had felt so real. I began a conversation with God to try to decipher what had happened. God and I realized it had only been a dream. I thanked God for my abstinence and got out of bed to start the day.

Later that day I spoke with my sponsor about this experience. I described the dream's intense nature and the confusion it caused. I wondered why this had happened. My sponsor suggested the dream was a message from God.

The more I thought about it, the more God helped me understand the nightmare was a gift. God reminded me of the despair of this disease without having me live through a relapse.

I have had a few more “relapse dreams” since the first. The dreams remain a powerful display of God's communication of what I need to hear. Now when I wake up from those dreams and the disorientation lifts, I can appreciate the dream and thank my Higher Power.

Thank you, God, for reminding me of the insanity and nightmare of compulsive over-eating, without taking me through the depths of relapse.

~ Alicia, Brownsburg, Indiana USA



### Literature Selection: VOR, Oct 6

*“Every character defect we have today has been useful to us at some point in our lives, and we need to recognize that fact.”*

~OA 12 and 12, p. 57

As I acknowledged the usefulness of each of my character defects, I panicked. What would I become without my coping mechanisms? Surely I would flounder! Wouldn't I become an empty, dull, non-person?

Then I realized that each of my coping mechanisms has an opposite. If am violent, then God can make me non-violent. If I am a passive person, then God can make me active. If I ask God to replace my egotism with selflessness, then I can be sure it will be done.

So when God removes my shortcomings, I will always be able to cope. After all, what better coping mechanisms are there than non-violence, action and selflessness? Each of my character defects is replaced by its opposite, and I am equipped with a new set of survival skills—stronger, braver, and more adventurous than the old ones. God will never leave me empty. By His grace, I shall always survive.

## “Positive Changes” (Lifeline, July 2010)

Since I came to OA 18 years ago, I have changed in ways that help me live life on life's terms.

Before OA I felt less than others, but now I feel on the same level. When I did my first Fifth Step with my sponsor, I discovered she had many of the same problems I did, and I learned I'm not different from other people.

I've learned others are not responsible for my well-being and happiness. I've learned to state my needs instead of thinking others will figure out what I need and feeling resentful when they don't.

Before OA my thoughts were often in the next week, month or year. Now it is wonderful to just stay in the day—and sometimes the day is too big a chunk, and I live in the moment.

I feel accepted by people in program even if I don't know them well, and I feel at home when I go to a meeting. I have learned I can call a stranger from a meeting and feel comfortable doing so.

My career is in science and technology, and in the past I needed to figure out how something worked. I've discovered I don't need to know how the program works; it works if I work it.

Before program I could not find time to do important things in my life. Now I go to meetings even when I'm pushed for time or I'm tired. That's when I really need to attend a meeting, call someone or do some journaling.

Before OA I was ashamed to admit a character defect; now I know it's okay. Everyone has defects, except God, and it's not humiliating to speak of my shortcomings. It's humbling and stimulates growth.

Before OA my food problems were everyone else's problems. They made me eat or not eat because of the way they acted toward me or looked at me. Today I see I am responsible for how I handle food; I can't blame it on anyone else. I have learned to laugh at my mistakes and crazy behaviors. Before, I often got depressed over them.

I have learned to recognize whether I am isolating or just need time to be alone. Before program I isolated a lot and felt it was okay. Now I reach out to people in the program or to others. This has been very freeing for me.

I hope this gives a good idea of how great OA is and what changes it has made in my life. As I continue to work the Steps and use the tools, other positive changes will take place.

~ Mary H., Tennessee USA



If I make food an option,  
it will be the only option.

**Ask Anna Nimity**

Dear Anna,

If your sponsoree is an agnostic or atheist, how do you discuss God with him?

*Walking on Eggshells*

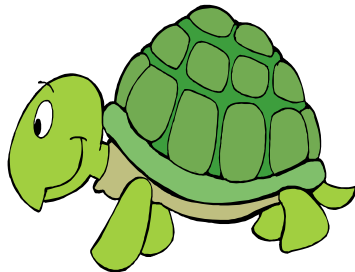
Dear *Walking*,

Explain exactly what happened to you. Stress the spiritual freely. Let him know he does not have to agree with your concept of God. He is free to choose any conception he likes, provided it makes sense to him. Encourage him to just be willing to believe in a power greater than himself and live by spiritual principles.

Yours in OA service,  
*Anna*

**MYRTLE THE  
TURTLE:**

It's the first bite,  
not the last one, that  
causes the binge!



**December Big Book Reading List**

- |            |             |             |
|------------|-------------|-------------|
| 1. 136-145 | 11. 50-57   | 22. 17      |
| 2. 145-150 | 12. 268     | 23. 208     |
| 3. 219     | 13. 458     | 24. 122-129 |
| 4. 182     | 14. 309     | 25. 129-136 |
| 5. 544     | 15. 258     | 26. 398     |
| 6. 369     | 16. 561-574 | 27. 535     |
| 7. 246     | 17. 359-364 | 28. 407     |
| 8. 301     | 18. 364-368 | 29. 104-113 |
| 9. 281     | 19. 512     | 30. 113-121 |
| 10. 44-49  | 20. 338     | 31. 295     |

**ANNOUNCEMENTS**

Next Intergroup Meeting 6:30 PM Jan 10, 2011

Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

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

**Mid-Continent Intergroup  
Treasurer's Report Oct 2011**

**Checking:**

Beginning Balance	\$1452.56
Donations (\$732.71)	
Scholarship R4	\$ 300.00
Monday 10AM	\$ 20.00
Monday 5:30PM	\$ 36.00
Wed BB	\$ 25.60
Friday Noon	\$ 17.00
Sat AM	\$ 10.00
Mon 7:30PM	\$ 277.11
Step Study	\$ 47.00
Expenses (-\$413.53)	
Phone	-\$104.95
Duplicate Keys	-\$ 8.58
Reimburse R4	-\$ 55.75
Delgate to R4	-\$ 244.25

Net (Donations minus Expenses) \$ 319.18

Ending Balance \$1771.74  
(Publicity Budget = \$300; \$88.27 remg)  
(Prudent Reserve = \$3364.79)



**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 (2nd term, '11)
VICE CHAIR:	Laura L.	316-684-5904 (1st term, '10)
SECRETARY:	Mary M.	316-619-8140 (2nd term, '10)
TREASURER:	Jane V.	316-558-1625 (1st term, '11)
LITERATURE:	Jill C.	316-371-2045 (1st term, '11)
PILOT EDITOR:	Kirsten W.	316-214-9144 (2nd term, '11)
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