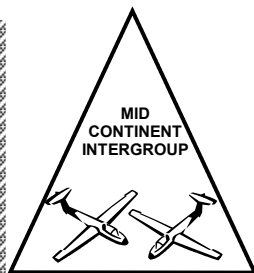


THE PILOT

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



January 2012

Recovery Mathematics Omaha Newsletter, Jan 2008

I woke up feeling so alone. I wondered, why am I feeling this way? I'm on Step 9 and I've been making my amends ... aren't I suppose to be feeling happy, joyous and free by now?

I dragged myself out of bed and started to plan my day. It's a nice day for January. Should I go for a walk? Maybe I should do the last of my Christmas returns? The list of possibilities swirled around and around in my already overworked brain. I stay in my head most of the time. Restless, irritable, discontent — it always comes back to these 3 perfectly descriptive words. What I needed was a spiritual connection, a good dose of “heart” — perhaps this would lead to some direction and guidance for my day. Prayer, meditation and a good cup of coffee was in order!

It didn't take long before the water works started flowing. I had so many things I was feeling yucky about. I won't bore you with the long list but it all comes down to this — SELF PITY! My meditation revealed the need to get out of myself and be of service to others. The thought “newsletter” came to mind ... so here I am.

For those of you who don't know, the newsletter has been short on articles. I think we actually missed the normal newsletter release because there were no submissions. Ever since I've heard this I've been thinking, “nobody seems to care about OA anymore.” This OA program is lacking in this-and-that and this-and-that. But did I stop what I was doing and write an article? No. So, here I am today, writing and sharing.

What is the point of my submission? I'm asking myself that very question. I guess it's this — participation is the key to harmony. If I stop “thinking” and start “participating,” my life gets a whole lot better and happiness, joyousness and freedom reign supreme. I can be a mental hopeless tragedy one minute and then HP reminds me to think of others and take action in my life and the sun starts shining and the birds begin to sing. Self pity breeds despair. I sit and think and stew about all that is wrong with my world. I take inventory of what others need to be doing differently. All the while, I don't want to do anything but dwell on the hopelessness of it all. That, for me, is my disease.

Prayer and meditation opens the door to my HP — add a healthy dose of willingness and I'm writing this article, hopping in the shower, making one OA outreach call and before you know it, I'm participating in this thing called life.

Self pity makes me a victim to life. Participation and reaching out to others gives me a life worth living.

Here's the formula: Focus on what I don't have + Focus on what I think is wrong with others in the world = A huge hole in my being, with despair and hopelessness that engulfs me.

Or, instead, I could apply this formula to my daily living: Prayer and meditation + Willingness to follow directions + Being of service to others = Gratitude and peace.

The thing is, my way doesn't work. I must be willing, one day at a time, to do things differently. It is a hamster wheel of willingness day in and day out.

I am thankful to all those who have shared the solution with me.

— Anonymous

“Game Plan” (Lifeline, Feb 2011)

I abstain from eating between meals, and eating products containing any form of sugar, flour or wheat. I shop and prepare my own meals, and I weigh my portions so I'm honest with myself. But what happens when I travel, or my office mates or family want to eat out? I can still maintain my abstinence.

I don't eat between meals. So if it's not mealtime, I order a coffee or tea and sit and enjoy the company. If it's mealtime and we're eating out, almost all restaurants serve a lettuce-based salad with vinegar and oil on the side—even fast-food restaurants do that now. If I'm lucky, plain grilled chicken or beef will also be on the salad. If the restaurant's salad dressing is pre-packaged, containing something I don't eat, I eat my salad dry, or with a squeeze of vinegar and lemon. I remind myself it's only one meal and I won't die if it's a dry salad. I concentrate on the people at the table and enjoy their company.

Some places serve only fried or floured foods, so I pass on those places. On occasion an office mate may have chosen the restaurant for a specific celebration. In that case I tell them to go ahead and I'll catch up. I eat my own abstinent meal first and then join my friends at the restaurant for coffee and friendship after their meal.

Dinners are similar. Most places serve grilled fish, meat and vegetables. A salad is almost always an option. I drink water with lime or lemon. I pass on desserts, and instead drink a coffee or special herbal tea.

Eat-out breakfasts in North America are no problem—almost everywhere serves eggs. I often order two with a side of tomatoes. If they only serve egg sandwiches, I eat the eggs and toss the bread. In other countries, continental breakfast doesn't work with my abstinence. But I will eat fresh fruit and sometimes yogurt or cheese, if available. If not, I move to “Plan B.”

I always have “Plan B” in my purse, suitcase, car and office desk: a zip-top can of tuna or chicken and a bag of dried whole-grain oatmeal. The oatmeal only needs boiling water added to a coffee cup, which is available at any restaurant. The tuna only needs a fork, and I carry a plastic one in my purse. It's not the “ideal” meal, but hey, it works, and it's only one meal. I won't die if this one meal doesn't pan out as well as my home meals.

~ Marilyn, St. Catharines, Ontario, Canada

Literature Selection: VOR, May 20

“When I was lonely, food was my friend. It soothed and comforted me and filled the hole that was there when I felt unloved, which was most of the time.”

~OA 1st ed, p. 56

I feel sad when I think back to my days before OA—days filled with unstoppable eating, self-loathing, and anger. I felt alone in my world and kept myself apart from family and friends. Excess food sedated me, but it was never enough. I would swear not to binge the next day, but I couldn't stop eating.

After twenty-two years of coming back to OA, I now love myself first, which means I can love others. I started with OA members. They didn't reject me because of my size or eating habits. I rely on a Higher Power who loves me and allows me to accept myself as I am. I have learned to love myself, and therefore I can love others. I give service to others in and out of the program. I am alone, but lonely no more.

Ask Anna Nimity

Dear Anna,

I am new to OA. I have met members in my group who have been in the program for 15 or 20 years or more. I was expecting to get this problem taken care of and move on. Why would anyone hang around so long? Are they just slow learners?

Soon to be Cured

Dear *Soon to be Cured*,

The disease of compulsive overeating, like most addictions, gets worse over time if left unchecked. The Big Book tells us that our recovery is a daily reprieve based on the maintenance of a fit spiritual condition. Many members find that attending meetings regularly is essential to keeping that fit spiritual condition.

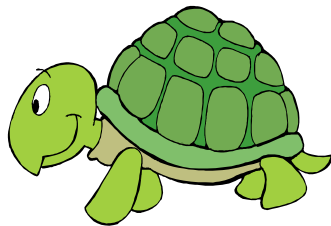
It is common that at first we go to OA meetings because we feel we have to; as recovery progresses, we go to meetings because we want to. So no, those long-time members are not slow learners—they are enjoying continuous long-term recovery through regular fellowship with other OA members. Keep coming back—you may be amazed.

Yours in OA service,

Anna

MYRTLE THE TURTLE:

Believe it or not,
the smaller portion is
enough!



January Big Book Reading List

- | | | |
|------------------------|---------------------------------|--------------------|
| 1. Doctor's
Opinion | 11. Gratitude
List | 22. 522
23. 470 |
| 2. 289 | 12. 486 | 24. 30-37 |
| 3. 171 | 13. 151 | 25. 37-43 |
| 4. 382 | 14. 531 | 26. 375 |
| 5. 72-80 | 15. 476 | 27. 494 |
| 6. 80-88 | 16. 58-63 | 28. 437 |
| 7. 328 | 17. 63-71 | 29. 553 |
| 8. 246 | 18. 348 | 30. 232-239 |
| 9. 446 | 19. 501 | 31. 239-245 |
| 10. 388 | 20. XI-XXIV | |
| | 21. Make a
plan of
action | |

ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM Jan 3, 2011

Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

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