

THE PILOT

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



February 2012

Declaring Bankruptcy (Lifeline, June 2011)

I came to OA hoping for physical recovery. I found the beginnings with my group's support and by reworking the first Three Steps. Some called that "Three Stepping." Many of us stop there, but real recovery takes work!

Early on OA challenged me to own my physical, emotional and spiritual bankruptcy. That admission laid the foundation for recovery. I came to OA in its infancy (when we relied on AA literature and had little of our own).

I knew I was physically bankrupt. My weight kept going up or down. Dieting interspersed with other times when I let go because I felt good about myself or didn't care to discipline my eating. I wanted something and felt deprived without it. Couldn't I enjoy myself sometimes?

My body had to deal with excess weight, lack of exercise and snacking. Was that sane behavior? My desire for recovery began in earnest when I recognized my pattern of weight gain and dieting. This helped me declare physical bankruptcy.

Soon I realized my emotions were either up or down. Feeling "moderate" felt uncomfortable; I had little experience with it. I lived a black-and-white existence with few tools to deal with emotions. Yes, I was emotionally bankrupt.

I couldn't identify with spiritual bankruptcy. I believed in God, prayed and centered life on my church community. I knew their importance. Even my work connected with my church and faith. After six months I found my answer in OA. I waltzed through Steps One, Two and Three to establish good abstinence before doing Step Four.

But my eating was worse after I came to OA; only then did I realize I couldn't control it! What to do?

I found myself in front of the recovering priest who had challenged me into recovery. He asked, "You haven't owned spiritual bankruptcy, have you?" I admitted I hadn't. He said, "You won't recover until you do!" I wanted recovery with my whole heart. Stunned, I left his office.

That evening I looked up at the sky and prayed, "Well, God, I guess I don't know you."

My spirit became a blank page. Old beliefs left. It took time to rebuild my concepts of my Higher Power, thoughts and prayer. I had an uncomfortable feeling of spiritual emptiness. Once I wanted to fill my void with Bible study. But I received the message, "Stop. You cannot control filling your void. You must wait for your Higher Power to reveal him or herself."

I let go and waited. A new spirituality grew. Years later I realized this spirituality felt off base. Experiences conflicted with the Higher Power I wanted to believe in. I claimed bankruptcy and started over.

In my 27 years in OA, I have owned spiritual bankruptcy at least three times. Doing that has been an important step in releasing the old so a newer, healthier and freer spirituality might take its place.

Much distortion comes with our disease. My perceptions of life, others, HP and myself experienced vast changes because I found healing and miracles in the Twelve Steps. I had to be willing to learn.

I can't add to a full glass. But if I empty the glass, I receive new sanity, perceptions and health. I liken that to my experience with bankruptcy. It's a lesson I will never forget.

— Kathy B., St. Cloud, Minnesota USA

“Saying Goodbye to a Defense” (Galveston Newsletter, June 2009)

I went to a conference on Process Addictions which are all addictions except drugs and alcohol. It was fabulous. I heard some master speakers. I was intrigued by Claudia Black’s suggestion to write a Goodbye Letter to a Defense, stating:

1. thank the defense
2. share how it is getting in the way
3. tell it you need to let it go.

She talked at length about defenses. Some of our favorites are:

- ◆ Perfectionism
- ◆ Denial
- ◆ Need for approval
- ◆ Rationalize
- ◆ Preoccupation
- ◆ Control
- ◆ Compartmentalizing
- ◆ Minimizing
- ◆ Difficulty knowing what you feel
- ◆ Difficulty expressing feelings
- ◆ Difficulty containing feelings
- ◆ Difficulty soothing your feelings
- ◆ Fear of rejection or abandonment
- ◆ Fear
- ◆ Compulsive self-reliant
- ◆ Blaming self and others
- ◆ Over-eating
- ◆ Not eating
- ◆ Resentment

We created so many ways to defend and protect ourselves. We now need to love ourselves for this and be willing to say goodbye to those defenses — the very thing that once protected us now hurts us.

-the editor

Literature Selection: VOR, Sept 26

“Take the time to enjoy your meals. You deserve it.”

~A Commitment to Abstinence, p 4

As I was growing up, meals were the time and place for verbal abuse and general arguments around the table. I remember eating while feeling a lump in my throat, choking down tears while eating as fast as I could to be sure to get enough. Enjoying, or feeling I deserved either the food or the enjoyment, were foreign to me. In program I have realized that I always felt guilt and shame as part of my reactions to a meal. Only through working the Steps have I been able to acknowledge these feelings and recognize their proper place as relics of the past. I am grateful I’m able to enjoy guilt-free and pain-free eating.

**No one can liberate a slave who
loves his chains.**



“Facing Life and Living in the Moment” (Omaha Newsletter, Jan 2008)

I’ve always been a daydreamer. I remember daydreaming when I was a little girl and it has continued well into my adulthood. It has been a way for me to escape from real life and imagine my life how I think it should be or wish it would be.

I have been abstinent for over a month with a 5½ pound loss to show for it. This has been one of my longest and best stretches of abstinence since being in OA. The interesting thing about this abstinence is that the daydreaming has come roaring back. The daydreams have been so intense at times that I have unconsciously stopped whatever I was doing (including walking up stairs) because I became immersed in them. I have come to realize that when the food was taken away there was still a part of me that didn’t want to deal with the real life that had been “smoothed over” by the food. As a result, I subconsciously resorted to daydreams to avoid dealing with life.

I don’t want to avoid life anymore. I want to experience every moment, good and bad, because I now believe those experiences are what make life worth living and enrich it. It isn’t always easy but it is life. When the daydreams start I remind myself that if their content is meant to happen it will because my Higher Power will always take care of me and bring to me what I need. If it doesn’t happen then I don’t need it and I’m wasting my time wishing for it to happen. I also remind myself to “live in the moment” because if I don’t life will pass me by and I won’t experience everything it has to offer.

Facing life is scary. I don’t know if I have the strength but then I guess I don’t need strength, I just need to rely on my Higher Power.

Thy will be done.

~ SJTD



**Food won't make it better or help you cope.
It will prevent you from coping and make it worse.**

~Anonymous

Just cause you got the monkey
off your back doesn't mean the
circus has left town.

~George Carlin

Ask Anna Nimity

Dear Anna,

My sponsor really helps me with my program. She says that being a sponsor helps her keep her recovery. I'm not sure I understand. How important is sponsorship to recovery?

Thankful But Perplexed

Dear *Thankful*,

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (BB p 89) Experience has shown this to be true for compulsive overeaters as well.

If the compulsive overeater fails to enlarge their spiritual life through work and serving others, they will overeat again and delay recovery. Helping others is the cornerstone of recovery.

Yours in OA service,
Anna

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 |
| 7. 171 | open |
| 8. 446 | 21. 494 |
| 9. 535 | 22. 328 |
| 10. 432 | 23. 476 |
| 11. 281 | 24. 268 |
| 12. 458 | 25. 44-49 |
| 13. 151 | 26. 50-57 |
| 14. 289 | 27. 348 |
| | 28. 561-574 |

ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM Feb 14, 2011

Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

www.oawichita.org

Mid-Continent Intergroup Treasurer's Report Dec 2011

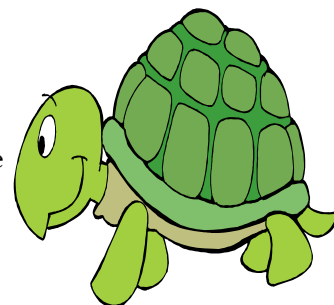
Checking:

Beginning Balance	\$1771.74
Donations (695.49)	
Sat PM	\$ 30.00
Monday 10AM	\$ 20.00
Monday 5:30PM	\$ 80.58
Wed BB	\$ 73.91
Friday Noon	\$ 67.00
Mon 7:30PM	\$ 324.00
Step Study	\$ 74.00
Anon	\$ 26.00
Expenses (-\$1232.31)	
Phone	-\$ 337.31
Rent	-\$ 520.00
Insurance	-\$ 375.00
Net (Donations minus Expenses)	\$ -536.82

Ending Balance \$1234.92
(Publicity Budget = \$300; \$88.27 remg)
(Prudent Reserve = \$3366.06)

MYRTLE THE TURTLE:

One of the secrets
of abstinence is, once
you've got it,
remember how
much you wanted it!



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