

# THE PILOT

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



## March 2012

### Opening Windows (Abstinence, p 139)

Last summer we started renovating our big, old house. I'd been in OA for three years, had lost eighty pounds, and was enjoying a clean abstinence, one day at a time.

I was excited about getting a new kitchen and bathroom. The old ones were dark and cramped, and I longed to knock down the old walls, put in lots of beautiful new windows, and bring in some sunshine and fresh air.

During the construction, I struggled with my eating. It was hard to stay abstinent, I rationalized, because my kitchen was all torn up, and I couldn't cook properly. The stress of the expense of the project and the unexpected delays and complications made it hard for me to meditate and exercise.

When it was completed, the house was beautiful, and I was twenty pounds heavier and desperate to find a way back to the serenity I had once enjoyed.

As I struggled, my HigherPower reminded me of the windows I had needed in my home. I realized that I need to open windows, one day at a time, to work my OA program as well.

When I call my sponsor, it feels as if I've opened a window and let in the fresh morning air.

When I take time to read OA literature and meditate, the warm sunshine of understanding shines on my face.

Whenever I go to a meeting, I feel like I'm opening a window that lets me see where I'm going and where I've been.

I used to feel that "working my program" was indeed work. But now it's as easy to me as opening windows--and how much joy, strength, and comfort I get from living with sunshine and fresh air!

I realize that I want to use the tools of the program--my beautiful windows--everyday.

~Minneapolis, Minnesota

## “Service Equals Growth”

Ours is a disease of isolation. Most people relate to this in their own individual lives, i.e., by hiding out at home to binge, refusing invitations, not answering the telephone, etc. But there are other ways we can isolate and that is by not being involved in OA at all levels. Being involved in a meaningful level helps not only us but OA as a whole.

Groups can isolate by not being involved with Intergroup, and Intergroup isolates by not being involved in Region IV and/or World Service. Growth comes from getting out of ourselves individually and as a group; and through growth, we get recovery. So I challenge you to look at yourselves and your groups and honestly ask: Am I doing everything I can to make our group a success? Is our group going beyond just existing? Are we sending a representative to Intergroup? Am I willing to get involved at the Intergroup level by being a group representative, serving on the publicity committee, being an officer at Intergroup, or a Region IV delegate on behalf of Intergroup?

I could very easily sit back and let someone else do it and I have done that at times. But what happens is that the same people end up doing all the work and eventually get burned out. I do not want that. I NEED this program to survive. To ensure that, I needed to get more involved. But I can't do it alone, none of us can. The Intergroup needs you, we need your fresh ideas, we need your energy and excitement for the program. Please consider serving beyond your group level. For OA in our area to survive and grow in recovery, we all need to do our part.

-OA's Responsibility Pledge-

*Always to extend the hand and heart of OA to all who still suffer, for this I am responsible.*

~ Deb S, Wichita



### Literature Selection: VOR, Sept 23

*“What do we say when we talk to God? We say whatever we feel like saying.”*

*~OA 12&12, p93*

I used to believe that the God of my understanding would not want to hear my ranting, my fears, my anger, my insecurities. Now, in recovery, I know that this God of mine is loving, understanding, and has a sense of humor. My God is always willing to love me as I am, even if I'm not. I know now what peace there is when I surrender completely and I know that whatever form my prayers take, my Higher Power allows me to turn problems over and not eat over anything or anyone!

'Resentment' is when you didn't get your way yesterday.

'Anger' is when you don't get your way today.

'Fear' is that you won't get your way tomorrow.

~ *The Pocket Sponsor*



### “Finding Direction”

I had excessive exposure to religious teachings while growing up, but my steady intake of large amounts of sugar caused buzzed or elated thinking that counteracted much of that exposure.

Until I came into the OA Twelve Step program at age 34 and experienced food in its proper perspective for the first time, I didn't know I was missing the Good Orderly Direction many in OA were talking about. I began to experience a new peace of mind and feeling of oneness with my fellow man and this world. My willingness to let go of self-will, one day at a time, and have "thy will" gave me peace of mind and direction.

At times I try to read more into it when activated into "old thinking." I reactivate my willingness and the ability to put it into action when I keep coming back, putting one foot in front of the other, doing the daily things that have worked, taking the Steps and doing the actions. As of this writing, I have been coming to OA for over 32 years and following an eating plan for the last 26 years, one day at a time.

~ Mary G, Wichita



“Friendship is born at that moment

when one person says to another:

“What! You too? I thought I was  
the only one.”

~ *C.S. Lewis*

**Life is too short to hold a grudge,  
 also too long.**  
 ~Robert Brault

**Ask Anna Nimity**

Dear Anna,  
 I love OA and I really need the program, but I do not care to be hugged. It makes me uncomfortable. I am considering dropping out because of this. What should I do?  
*Not So Touchy-Feely*

Dear *Not So Touchy-Feely*,  
 It is perfectly OK if you do not care to be hugged. Many recovering in OA are so exuberant about their recovery that they spontaneously try to hug everyone. Simply let your group members know that you prefer not to be hugged. You are accepted, hugger or not. Also, it is good to practice the skill of asking for what you want, a very necessary skill for long-term recovery.

Yours in OA service,  
*Anna*

**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 6:30 PM Mar 13, 2012  
 Intergroup Office, 7701 E Kellogg Dr Ste 835  
 All are welcome!  
[www.oawichita.org](http://www.oawichita.org)

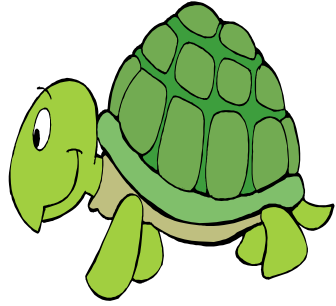
**Mid-Continent Intergroup  
 Treasurer's Report Feb 2012**

**Checking:**

Beginning Balance	\$1234.92
Donations (396.05)	
Wed BB	\$ 31.00
Friday Noon	\$ 12.55
Mon 7:30PM	\$ 221.05
Step Study	\$ 69.00
Misc	\$ 62.45
Expenses (-\$310.40)	
Rent	-\$ 260.00
Publicity	-\$ 50.40
Net (Donations minus Expenses)	\$ 85.65
Ending Balance	\$1320.57
(Publicity Budget = \$500;	
\$449.60 remg;	
\$145 encumbered, not pd)	
(Prudent Reserve = \$3367.34)	

**MYRTLE THE  
 TURTLE:**

Which would you rather expand— your joy or your waistline?



**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