

THE PILOT

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



April 2012

(Galveston Newsletter, July 2009)

I hear, I forget
I see, I remember
I do, I understand

Chinese Proverb

All too often I want to understand something before I do it. This line of thought may originate in the part of my mind that wants to be a perfectionist, or it may originate in the part of my mind that wants to slip into denial. I was told when I first got in the Program to “utilize” rather than “analyze” the Steps.

I am very adept at rationalizing how (or not) things are going to work (or not). I can make tons of excuses, and I can justify every thought or action that I take. When I use the steps on any situation, it helps me get my thinking straight and into action. The action offered in the step work gets me on the right track with God and with the human race.

I used to sponsor a person who was always asking me “Why.” “Why? Why? Why?” I heard it so much that it started to sound like whining to me. It does not make any difference! That is one question that God has never answered for me. He will; however, answer Who, What When, Where, and How because that is the direction in which my recovery lies.

I hear lots of things in meetings and from Program people that I forget. I see results that people are getting, and I remember. I utilize the Steps and take the action they require of me and I truly understand how beneficial they are to me and the people in my life.

They are a gift that has been given to me to pull myself out of the muck and mess that I can get myself into. They teach me how to live the way that God would have me live. I never cease to be amazed. My relationships are much better. I am on as good as terms as possible with all people. I don't hate myself anymore because I can't wrest the satisfaction out of life the way I want life to be. God's way is much better than mine. I would have never know that had I failed to do the Steps.

kh

“What My Sponsor Means to Me ” (Tulsa Newsletter, Aug 2009)

It took me a while to get up enough nerve to ask someone to be my sponsor. When that person explained to me that they were already sponsoring too many people, I almost didn't get up enough nerve AGAIN to ask someone else. However, if I hadn't, I probably would still be back at square one with my recovery.

After selecting another sponsor candidate, I took that next step and asked again. She said, “Yes.” It was just one word, but it was sweet music to my ears. More than that, though, it was the first step on my way to getting well. She gave me the confidence to move forward instead of remaining in my isolation.

She listens to me when I'm ready to talk, she doesn't judge me, but she doesn't let me get by with anything either. She honestly cares about me. She knows where I am in my recovery because she's been there.

Her gift of time to serve as my sponsor is one of the most meaningful parts of my recovery.

Thank you, dear sponsor, for saying YES!

~Anonymous



Literature Selection: VOR, May 8

“At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that will power, emotional health, and self-confidence, which some of us had once possessed, were no defense against it.”

~OA 2nd ed, p1

The only defense I have against the disease of compulsive overeating is a spiritual one. After years in the program, after weight loss, after learning and practicing healthy eating habits, after discovering better ways to react to life's changes, I must continue to search for and accept guidance from a Higher Power. How many times have I fallen for the mistaken notion that after a few days or months of successful eating and living, I can again take charge of my life? I've learned the hard way, by successive relapses and humiliations, that no matter how much better I look, act, or feel, God must always be in charge of my life. My continued recovery depends on the continual maintenance and growth of my spiritual condition. That hasn't changed from the day I set foot in my first Overeaters Anonymous meeting, and it never will.

**A miracle is often the willingness
to see the common in an uncommon way.**

~ Noah Benshea



“Love at Any Age” (Lifeline, Feb 2011)

I’d rather be aging in OA than outside OA! I’m not even sure I would be aging if it weren’t for OA—I might not be alive. Thanks to this program, I am aging with 17 years of recovery and abstinence.

I don’t like aging! I don’t like wrinkles, sags, a poufy tummy, arthritis, forgetfulness, warts and age spots. I especially don’t like needing fewer calories to maintain my weight in spite of a strong exercise and activity program. However, I am trying to do as the program teaches and accept “life on life’s terms.”

It helps to look at older people and realize I love them in spite of their age-related changes. Then I know I can love myself at any age.

Aging in OA has taught me to grow up, so I do have a little more maturity and wisdom. Abstinence gets easier the longer I maintain it because it becomes a habit. Abstinence is an ingrained behavior now, so I’m not as likely to slip (though I’m never free of the disease and must maintain my recovery).

The disadvantage of aging in OA is I have to keep changing my plan of eating to accommodate my lower-calorie needs. I look back on what I could eat 17 years ago, and I’m amazed at how much smaller the meals are becoming! As a compulsive overeater, that disturbs me. But I just keep making adjustments, because I want to take good care of myself more than I want to eat large amounts of food.

The spiritual aspect of this program helps me accept and value my aging. I am learning to be grateful for everything I am experiencing. This is my life, and I want to live it fully.

~ Anonymous



**What you condemn you continue. Focus on
where you want to go rather than what you
want to get away from.**

~ Alan Cohen

An insult is a boon to a sage.

~Lao Tsu

Ask Anna Nimity

Dear Anna,

I know there are certain foods I should not eat, but I can't stand the thought of giving them up forever. What can I do?

Unwilling

Dear *Unwilling*,

Would you be willing to give up the foods for a few hours or a day? Our program works one day at a time. You don't have to do anything forever. Don't stress yourself by saying that you'll never again eat a particular food. Give yourself the gift of choosing not to eat a binge food just for today.

Yours in humble service,
Anna

April Big Book Reading List

- | | |
|------------|--------------------|
| 1. 136-145 | 16. 30-37 |
| 2. 145-150 | 17. 37-43 |
| 3. 531 | 18. 301 |
| 4. 470 | 19. 258 |
| 5. 104-113 | 20. 328 |
| 6. 281 | 21. Gratitude List |
| 7. 309 | 22. 486 |
| 8. 494 | 23. 289 |
| 9. 338 | 24. 58-63 |
| 10. 407 | 25. 63-71 |
| 11. 193 | 26. 208 |
| 12. 375 | 27. 72-80 |
| 13. 246 | 28. 80-88 |
| 14. 369 | 29. 398 |
| 15. 553 | 30. 113-121 |

ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM Apr 10, 2012

Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

www.oawichita.org

Mid-Continent Intergroup Treasurer's Report Mar 2012

Checking:

Beginning Balance \$1320.57

Donations (\$411.18)

Mon 10 am \$ 20.00

Friday Noon \$ 8.11

Mon 7:30PM \$ 276.47

Step Study \$ 22.00

Salina \$ 38.00

Mon 530pm \$ 46.60

Expenses (-\$724.96)

Rent -\$ 520.00

Publicity -\$ 100.00

Phone -\$ 104.96

Net (Donations minus Expenses) \$ -313.78

Ending Balance \$1006.79

(Publicity Budget = \$500;

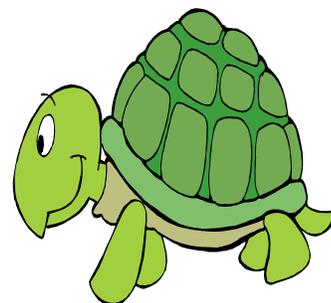
\$349.60 remg;

\$45 encumbered, not pd)

(Prudent Reserve = \$3367.34)

MYRTLE THE TURTLE:

The best vitamin
for making friends?
B1!



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