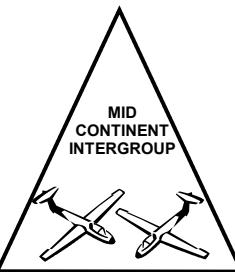


THE PILOT

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



May 2012

And More Will Be Revealed (Southern Arizona Newsletter, May-June 2011)

For the past few months I have been hearing a certain phrase over and over again at the eastside OA meetings I attend. The phrase is “More will be revealed”. Like a message from the great beyond, it sounded a bit spooky at first as if the lights should dim and flicker and the theme music from the Twilight Zone should suddenly flood the room.

People sit up straighter in their chairs in awe and reverence of this puzzling enigma. That somehow this strange and mysterious miracle will occur for us if we continue along this path of recovery.

Looking for answers, a friend described it this way, “Ah yes, the peeling of the onion.” Now, I’ve done my fair share of peeling onions and what I know is that there is a great deal of crying involved and there is seemingly no end to it. As soon as you remove the papery skin and rough outer layers, you have in your hand a smooth round root of an object that can now be chopped or sliced in order to heighten the flavor of something else. But if you look closely (and I actually dissected a real onion out of my own compulsive curiosity) you will find yet another layer, the edge of which is slightly lifted, just begging to be removed, and then another. Layer upon concentric layer.

As each layer is discarded, something new is being revealed. It may not look much different but there are subtle changes. The onion becomes smaller but it also becomes much firmer. This program has taught me that by removing my layers of conceit, selfishness, self-pity and fear that permeated my day to day life before OA, I am free. The shackles have been removed from my feet and I can dance and encourage others to follow. I can become an ingredient, one among many, that can heighten the flavor of someone else. It is interesting to note that the word onion derives from the Latin *unionis*, meaning union.

This is where I usually stop. Emphatically resistant to change, this is the point from which I waiver. I can do no more, I think. It is enough. I do service, I sponsor, I am abstinent. But more will be revealed and more is required. As a human being living on this earth at this time, it has recently been revealed to me that I am accountable for the welfare of others. It may be my joy to dance with them, to support their goals, and even spice up their lives a bit, but it is my bigger responsibility to care for them through my every thought and deed.

Sprawled across my kitchen counter, my newly dismembered onion reveals this truth as well. For within this shiny orb lies a secret center. Moist and green, so dainty and slight it may be overlooked, is the molecular intelligence that will enable new life. Even the lowly onion knows that in order to grow, it must first die to itself. It must be buried in the soft and fertile ground where it will sprout, then flower and finally bloom, its tiny seeds scattered by a passing puff of wind.

~Mary M (Arizona)

**From "Courage to Change: One Day At A Time in Al-Anon II"
March 26**

"Anything worth doing", goes a slightly cockeyed version of the old saying, "is worth doing badly." Perfectionism, procrastination, and paralysis are three of the worst effects of alcoholism upon my life.

I have a tendency to spend my life waiting for the past to change. I want to spend the first hundred years of my life getting all the kinks ironed out and the next hundred years actually living. Such an inclination to avoid taking risks, to avoid doing anything badly, has prevented me from doing some of the things I enjoy the most, and it has kept me from the regular practice that produces progress.

If I'm unwilling to perform a task badly, I can't expect to make progress toward learning to do it well. The only task that I can pretend to perform perfectly is the one that I have left entirely undone.



Literature Selection: VOR, March 30

"Service in OA has been a surprisingly powerful factor in our recovery."

~OA 12 and 12, p 101

When I first joined OA, I shied away from service opportunities. I told myself several things: "I'm too new," "I don't know enough about program to perform that particular service," "It will take too much time from my work or family," "and, best of all, "In the past, I have given too much of myself and my time to other organizations. Since I don't know how to give in a healthy way, I'm going to be very cautious now."

In order for me reap the benefits of service, I had to get over the hurdles I set up to sabotage my own attempts at recovery. I had to blindly volunteer to perform service even though I did not feel experienced enough or recovered enough or healthy enough to set appropriate limits around my service. Even though I thought I was making it easier for myself by not doing service, I was actually making it harder on myself by denying myself the tool that so effectively enhances my recovery.

I may not have gone where I intended to go,
but I think I have ended up where I needed to be.

~ Douglas Adams



“Seeing Ourselves As Our H.P. Does” (Denver Newsletter, May 2011)

I am a Compulsive Overeater. I am 52 years old and have binged and dieted since I was 14 years old. I am also an exercise bulimic and therefore have never been 100 pounds or more overweight, but I have gained and lost 1,000s of pounds in the last almost 40 years of my addiction. A few months ago, after I had gained another 15 pounds which I had to “get with it and lose,” I started to ask myself if the number on the scale that I always dieted to, and once there proceeded to gain from, was really the weight God wanted me to be. My sponsor had said that she wanted me to think about what would happen if I could never lose any weight, could I be happy just where I was?

God loves me exactly the way I am today, this very minute. Why don’t I love myself and accept myself as He does? Could it be that I was not meant to be that weight I always starved myself down to? Could it be that I was meant to weigh more and love myself anyway? Wow, hard to think of, and even harder to do. Accept myself just as I am? But I started, that day, telling myself that I loved myself just as I was; just as God did. I continued to exercise every day, eat healthy foods, but not to restrict my foods and starve myself. And an amazing thing happened. In the last three months I have maintained a fairly stable weight. I enjoy my food, I love my exercise and I stand in front of that bathroom mirror and tell myself that I love myself and that God loves me just as I am. It’s progress, not perfection. It’s one day at a time. It’s being kind and gentle with ourselves. The reality is; God loves us now, as we are, today, and we need to do the same.

~ Anonymous



You are not a beggar at the table of life.

You are the honored guest.

~ Emmanuel (Pat Rodegast)



- Learn from the mistakes of others.
- You can never live long enough to make them all yourself.

~Groucho Marx

Ask Anna Nimity

Dear Anna,

I am a newcomer. I want to carry the message, but I feel that I don't have the ability to sponsor. How can I help?

Willing

Dear Willing,

Here are some ways to help—be an example, make calls to new members, attend meetings regularly, and make visitors feel welcome. Share your experience, strength, and hope and encourage everyone to keep coming back!

Yours in humble service,
Anna

May Big Book Reading List

1.	72-80	16.	129-136
2.	80-88	17.	289
3.	246	18.	437
4.	193	19.	219
5.	301	20.	476
6.	535	21.	246
7.	359-364	22.	553
8.	364-368	23.	232-239
9.	544	24.	239-245
10.	208	25.	XI-XXIV
11.	Gratitude List	26.	512
12.	171	27.	382
13.	407	28.	458
14.	328	29.	398
15.	122-129	30.	531
		31.	338

ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM May 8, 2012

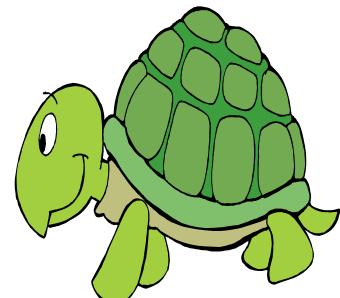
Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

www.oawichita.org

Mid-Continent Intergroup
Treasurer's Report Apr 2012

Checking:



MYRTLE THE TURTLE:

The best thing about the future is that it comes one day at a time.

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