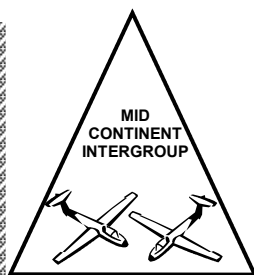


THE PILOT

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



September 2012

No Single Slogan

No single slogan has changed my life. Just like it takes a Higher Power and a Twelve Step community to keep me going, it takes many slogans to keep me sane. Some have had more impact at a given time than others.

“Don’t eat, no matter what. No matter what, don’t eat.” No food will fix it. I had to hear that for many years before it sank in, and I am glad it did. I used to think that some food, somewhere, would take away my fear, doubt and insecurity. I haven’t found that food yet, and I don’t intend to research it any longer.

“Keep your eyes on your own plate.” That sounds simple, but it encompasses all of life. My food plan works for me; your food plan is your business. What “normies” eat or what my family eats is their business as well. This also applies to the way I work my program. You and I may have different ways of doing what it takes; there is no right or wrong way. I need to focus on my recovery, just as you need to focus on yours.

“First things first.” I used to claim that multitasking was one of my greatest skills. What I really meant was that I had not yet learned to prioritize. Working my program has taught me that my number one priority is to live my life to the best of my ability without using food or any other substance or activity as a crutch. My recovery has to come first. Abstinence is the first tenet of my recovery. If I don’t put my recovery first, I will not be available for the other people and things in my life.

“If you don’t share it, you are going to wear it.” I have no problems sharing, but that has not always been the case. In the past I was afraid to share my thoughts and feelings; I was afraid they were wrong or not good enough.

“We’re as sick as our secrets.” I wish I could say compulsive overeating is my only addiction, but I am one of those “lucky” folks who have multiple addictions. I share about those, but generally not at meetings. Higher Power has put some wonderful people in my life who understand and accept me, and they let me share when one of my other addictions rears its head. Working my Fourth Step has taken away any secrets I might have thought to keep.

“You are not alone.” I always felt like an outsider. I was the kid standing at the window watching a happy family do loving, healthy things. I believed the things I did, thought and felt were unique, and no one else would understand or accept me. At my first OA meeting, I discovered I was wrong, and I rediscover it at every meeting I attend. I did not invent compulsive overeating or food addiction. I am not the worst person on earth, nor am I the best. I just am, and so are you.

“Together we can do what we could never do alone.” I have my own explanation of this. I see the triangle as having three angles: my Higher Power, doing my part, and you. Without one of those angles, my triangle of recovery would collapse.

“I can’t. God can.” That says it all, doesn’t it?

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• **The great seal of truth is simplicity.** •
• *~Herman Boerheave* •
•••••



Literature Selection ~ "Coming to Know God" (from "Seeking the Spiritual Path")

After over a year in OA, I was diligent about working all the tools of recovery, but I felt that something was missing. I was aware that meditation is mentioned in Step Eleven, but since it wasn't one of the tools, I didn't pay too much attention to it.

"God could and would if he were sought" is one of the promises of the program. God could restore me to sanity, if I would seek him. But where, when, and how can I seek God?

If I want a relationship with God, I must do exactly what I do when I want relationships with people: I have to spend time with him, talk to him, listen to him. When I take quiet time only with him, and nobody disturbs us, I can be completely honest. I can share my best and my worst.

It doesn't matter when I do this. Wherever I am, I can visualize whatever kind of place I prefer. The important thing is that I am quiet enough to consciously put myself in his presence, seeking his will for me; I ask for his guidance and protection.

When I didn't know God yet, I had to act as if I knew him. Slowly, I came to know my nourishing, loving, caring God, who works with me and loves me unconditionally. He encourages rather than threatens.

I could not have the recovery I have today if it weren't for God. And I couldn't have the relationship I have with God without the time I spend in meditation.

~Wisconsin USA



Literature Selection ~ VOR ~ August 17

"In OA we share a belief that we can each recover through a spiritual relationship with a power which is greater than ourselves alone."

The variety of religious, non-religious, and irreligious backgrounds in OA is truly impressive. We don't have to agree to disagree. What we all agree on is a reliance on a power which can relieve us, one day at a time, of this horrible disease. Relief from the burdens of compulsive overeating is only the beginning. Step Eleven is both a practical necessity and a spiritual dream come true.

Literature Selection ~ AA "Big Book", from Chapter "We Agnostics" pp 53-53

Logic is great stuff. We liked it. We still like it. It is not by chance we were given the power to reason, to examine the evidence of our senses, and to draw conclusions. That is one of man's magnificent attributes. We agnostically inclined would not feel satisfied with a proposal which does not lend itself to reasonable approach and interpretation. Hence we are at pains to tell why we think our present faith is reasonable, why we think it more sane and logical to believe than not to believe, why we say our former thinking was soft and mushy when we threw up our hands in doubt and said, "We don't know."

When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?

Arrived at this point, we were squarely confronted with the question of faith. We couldn't duck the issue. Some of us had already walked far over the Bridge of Reason toward the desired shore of faith. The outlines and the promise of the New Land had brought lustre to tired eyes and fresh courage to flagging spirits. Friendly hands had stretched out in welcome. We were grateful that Reason had brought us so far. But somehow, we couldn't quite step ashore. Perhaps we had been leaning too heavily on Reason that last mile and we did not like to lose our support.

That was natural, but let us think a little more closely. Without knowing it, had we not been brought to where we stood by a certain kind of faith? For did we not believe in our own reasoning? Did we not have confidence in our ability to think? What was that but a sort of faith? Yes, we had been faithful, abjectly faithful to the God of Reason. So, in one way or another, we discovered that faith had been involved all the time!

We found, too, that we had been worshippers. What a state of mental goose-flesh that used to bring on! Had we not variously worshipped people, sentiment, things, money, and ourselves? And then, with a better motive, had we not worshipfully beheld the sunset, the sea, or a flower? Who of us had not loved something or somebody? How much did these feelings, these loves, these worships, have to do with pure reason? Little or nothing, we saw at last. Were not these things the tissue out of which our lives were constructed? Did not these feelings, after all, determine the course of our existence? It was impossible to say we had no capacity for faith, or love, or worship. In one form or another we had been living by faith and little else.

Imagine life without faith! Were nothing left but pure reason, it wouldn't be life. But we believed in life - of course we did. We could not prove life in the sense that you can prove a straight line is the shortest distance between two points, yet, there it was. Could we still say the whole thing was nothing but a mass of electrons, created out of nothing, meaning nothing, whirling on to a destiny of nothingness? Of course we couldn't. The electrons themselves seemed more intelligent than that. At least, so the chemist said.

Hence, we saw that reason isn't everything. Neither is reason, as most of us use it, entirely dependable, though it emanate from our best minds. What about people who proved that man could never fly?

Yet we had been seeing another kind of flight, a spiritual liberation from this world, people who rose above their problems. They said God made these things possible, and we only smiled. We had seen spiritual release, but liked to tell ourselves it wasn't true.

Actually we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself.

We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.

All the beautiful sentiments in the world
weigh less than a single lovely action.

~James Russell Lowell

ASK Anna Nimity

Dear Anna,

I am afraid of God due to things I have done in my past. I desperately need OA. How can I overcome my fear and work the program?

Trembling

Dear *Trembling*,

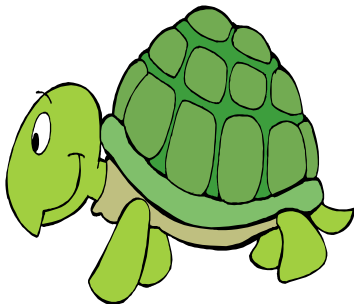
One of the great blessings of OA is that you can define your Higher Power in whatever way works for you. You don't even have to believe in God, just in something greater than yourself. Use the tool of writing to help you define what you would like that "something greater" to be and do for you.

Yours in humble service,

Anna

MYRTLE THE TURTLE:

Never underestimate
the power of
forgiveness!



September Big Book Reading List

- | | |
|-------------------|-------------|
| 1. 535 | 16. 531 |
| 2. 398 | 17. 182 |
| 3. 476 | 18. 348 |
| 4. 219 | 19. 232-239 |
| 5. 309 | 20. 338 |
| 6. 72-80 | 21. 295 |
| 7. 80-88 | 22. XI-XXIV |
| 8. Gratitude List | 23. 388 |
| 9. 122-129 | 24. 470 |
| 10. 129-136 | 25. 30-37 |
| 11. 246 | 26. 37-43 |
| 12. 437 | 27. 328 |
| 13. 375 | 28. 458 |
| 14. 17 | 29. 136-145 |
| 15. 289 | 30. 145-150 |

ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM Sep 11, 2012

Intergroup Office, 7701 E Kellogg Dr Ste 835

All are welcome!

www.oawichita.org

Mid-Continent Intergroup Treasurer's Report July-Aug 2012

Checking:

Beginning Balance \$1149.60

Donations (\$972.62)

Mon 10 am \$ 40.00

Friday Noon \$ 3.00

Mon 7:30PM \$ 499.11

Wed BB \$ 53.00

Sat AM \$ 49.75

Sat 130pm \$ 56.71

Anon \$ 50.00

Sharathon \$ 221.05

Expenses (-\$847.69)

Rent -\$ 520.00

OA WSO -\$ 100.00

OA RegIV -\$ 121.05

Phone -\$ 106.64

Net (Donations minus Expenses) -\$ 124.93

Ending Balance \$1274.53

(Publicity Budget = \$500; \$163.71 remg)

Prudent Reserve Balance = \$3367.34



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