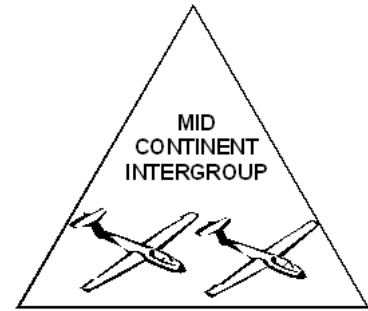


THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 835
WICHITA, KANAS 67207-1767



October 2012

F. E. A. R.

The acronym commonly associated in the 12-step programs with the word “fear” is **False Evidence Appearing Real**. While fear is, in one respect, an instinct that helps us survive, it is more commonly a super-feeling that imprisons us, keeping us from living the joyous life we are meant to live.

False evidence appearing real can come from our past, the future or the present moment. We may fear that someone will find out about our past, and how could anyone possibly like us if they know? Guilt and shame over things done or left undone can continue to haunt us, and the resulting fear-fog clouds our ability to think clearly and productively. The past is gone; we cannot change it. But we can make amends where appropriate and release the false evidence that tells us we are defective.

Worries and anxiety over future events are inherently false evidence since the future hasn’t happened yet. We diminish our present-moment joy with fear about the future. With infinite possibilities stretching before us in every moment, why not deliberately choose to select uplifting and joyful ideas for the days to come? Truly it is just as easy to select a positive thought as it is a negative one. It’s simply a matter of breaking an unproductive habit.

False evidence shows up in the present moment when we recognize a desire but make up excuses not to pursue it. Examples are “I’m not smart enough” and “people think I’m crazy” or “I don’t have time right now.” Any limitations we feel are false evidence we place upon ourselves. There is no one and nothing out there holding us back—it is simply we ourselves succumbing to false appearances.

I encourage you to look around your life experience to find any situations where you are assuming false evidence appearing real. Often, all it takes is awareness to brush away the cloud of fear and choose to live in the light of faith.

~ Leta. M., Wichita, KS

An adaptation from *Twenty-Four Hours A Day*, 16 August

Thought for the Day

The compulsive overeater is absolutely unable to stop eating on the basis of self-knowledge. We must admit we can do nothing about it ourselves. Will power and self-knowledge will never in the strange mental blank spots when we are

tempted to overeat. A compulsive overeater mentally is a hopeless condition. The last flicker of conviction that we can do the job ourselves must be snuffed out. The spiritual answer and the program of action are the only hope. Only spiritual principles will solve our problems. We are completely helpless apart from Divine help. Our defense against overeating must come from a Higher Power. *Have I accepted the spiritual answer and the program of action?*

Meditation for the Day

Rest now until life, eternal life, flowing through your veins and heart and mind, bids you to bestir yourself. Then glad work will follow. Tired work is never effective. The strength of God’s spirit is always available to the tired mind and body. He is your physician and healer. Look to these quiet times of communion with God for rest, for peace, for cure. Then rise refreshed in spirit and go out to work, knowing that your strength is able to meet any problems because it is reinforced by God’s power.

Prayer for the Day

I pray that the peace I have found will make me effective.
I pray that I may be relieved of all strain during the day.

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Literature Selection ~ *For Today* ~ 8 April

“To win without risk is to triumph without glory” (Pierre Corneille).

Never risking is never growing beyond fear or ridding myself of it. To explore a cave, confront a friend, dial a number, ask for a raise, change jobs or just say No — all of these can be acts of heroism, leaps into freedom. To do what others expect, so they’ll love me, is to play it safe. To throw imagination into the ring is an act of courage.

It is not easy to risk failure in plain view of those who wait smugly on the sidelines. To be thought foolish or insane could well start an avalanche of negative self-judgments. But as I grow, I become more willing to venture out of my safe cocoon.

For today: I have the strength to walk through my fears, to take a chance on a new way of life.

Fed from Within

When I first came to OA, my program was a food plan and meetings. I also exercised. These were enough to take off pounds, but not to keep them off.

For the next decade, I went deeper, learning how to recognize feelings and how to cope with them. When I was angry, I saw that I “ate at” people instead of confronting them. When I was fearful, I ran away into food. No matter what the feeling—lonely, depressed, hurt, self-hating, guilty, deprived, worried—I used food to bury it. Since I was “abstinent” and didn’t overeat, I maintained my weight loss.

Gradually, I learned healthy alternatives. When I was envious, I realized that the person I envied was someone to learn from. Loneliness didn’t mean that I needed other people; it was a sign that I was alienated from myself. Boredom signaled that I was under-stimulated. When I found a challenging book, I felt mentally fed and my hunger vanished. Slowly, I substituted emotional and mental sustenance for food.

In this decade, my food is spiritual. Because I’ve surrendered my will, because my heart has been opened by twenty-six years of sharing with thousands of OA members, I am now fed by:

- Gratitude: I am grateful for simple things, for being grateful, for being alive, for being me. I don’t need success to feel grateful.
- Coincidence: Constant serendipity reinforces the feeling that I am moving in the right direction.
- Connection: I sense a close bond among the different aspects of myself and between my Higher Power and me.
- Meaning: The world is no longer a jumble. I find pattern and divine order in everything.
- Trust: I know that despite the dangers around me, I am protected by being connected.
- Faith: I feel that God has ordained me to do the work I do and that my Higher Power is helping me to attain my life’s purpose.
- Guidance: At the right time, God is leading me to the people, places and things that I need or is attracting them to me. This has happened so many times that now I cannot deny it.
- Serenity: I have serenity attacks often. I feel calm and assured for no apparent reason.
- Peace of mind: The internalized self-hate is gone. I am my own best friend. I encourage myself.
- Contentment: Although the world seems to be getting more brutal and mechanical, I am convinced that God is still in charge. I do what I can to brighten my corner, but I no longer feel hungry because everything appears to be going downhill.
- Love: I am God’s child, and I am loved and cared for daily. God knows what I need better than I do, and he wants me to have it even more than I do.
- Inspiration: I am given what I need when I need it. I am in the flow of divine ideas. Because I have emptied myself of self, I can be receptive to spiritual food. I am now a vessel; I am fed from within.

~ California USA

The Best is Yet To Be

Now that I have passed my fifteenth year with Overeaters Anonymous, I pause to reflect on the many benefits I have derived from our program and those that continue to unfold.

When I took the first step, these many years ago, I admitted my powerlessness over food, my emotions and my disease. Today, I still have to confront this powerlessness, accept it and go on from there.

I have learned that no matter how discouraging it may seem, no life situation is permanent and inevitable. Through OA, the door to change is always open.

I, a woman who never in the world would have let you know how I felt, can now express my feelings. Secrecy was the chief symptom of my disease: I had a secret world in which I did my secret eating. The day this world began to disintegrate was the day I started opening up to people.

Where once I ran to escape myself, needing to be surrounded constantly with noise and excitement, I now mediate and find strength in silence.

Gradually I have assimilated the words of the Serenity Prayer. I find myself bending more readily to what I must accept. And when I need courage to face the hard challenges, it is usually there. Often, it turns out that what I need is the courage to fail. The lessons I have learned through failure have, in the long run, brought me rewards surpassing those of easy successes. To know this is to realize that I have not really failed.

I have learned that it is easier to dwell on what is right than what is wrong, and that positive thoughts establish a pattern for positive action.

I have learned to be flexible in all things, including abstinence. It has been said that when a person falls, it is less likely that any bones will break if one is relaxed. If, on the other hand, one is tense and rigid, a fall may well fracture an arm or a leg. So it is with abstinence. If I am flexible, I know that I can begin again; that a break in abstinence is not unforgivable; that I always have a chance. It is my spiritual condition that is important, not what I eat.

I have learned that OA is not a diet program, a reducing program, a twenty-one day program or any other kind of program except a one-day-at-a-time program. I refuse to project my abstinence beyond this twenty-four hours.

I have learned that if I cannot accept myself fat, there is no way that I will accept myself thin. I accept myself exactly as I am, where I am, knowing that with all my imperfections, I am the best me I’m capable of being today.

Because I can now “go with love,” I tell everyone I sponsor to do so. There isn’t a human alive who can resist a positive affirmation of love. I can only give love when I see you through the eyes of love. It doesn’t matter if you are unable to respond. Sending is my business; receiving is yours.

I have learned the art of listening. I can now hear you. Listening is a way of loving.

I have learned, after years of yearning to be a part of someone or something, that I belong to a community. Although I was married for forty years to a man I loved, I still felt I did not belong. I found that it is impossible to have a sense of belonging when one is alienated from one’s real self. With acceptance of myself and this Fellowship of loving men

and women, I find a common belonging and a common goal with them and with all of life.

I have learned that there are no coincidences in my life. I am put in the right place at the right time by my Higher Power. I no longer have to live this program by myself. The guidance and direction I once longed for and despaired of attaining are mine for the asking.

I have learned that I am worth saving. Once, when I heard an AA speaker say that, I couldn't understand it. Today, worth and dignity are elements in my life that I cherish.

Today, I can give to others what the program has given to me. I must give service to my group, to the intergroup, to my region and to World Service. It is only by giving that I can hope to keep the gift of this blessed program.

These fifteen years have been the happiest, most fulfilling, most "learning" years of my life. Above all, I have learned gratitude.

Only in Overeaters Anonymous is it possible for me to believe, with Robert Browning, that as I grow in the program, "the best is yet to be."
~ July 1979

Literature Selection ~ *Alcoholics Anonymous* (4th ed.), p. 199.

One of the most fundamental things I have learned is to pass on our message to other alcoholics. That means I must think more about others than about myself. The most important thing is to practice these principles in all my affairs. In my opinion, that is what Alcoholics Anonymous is all about.

I never forgot a passage I first read in the copy of the Big Book that Bobbie sent me: "Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us." It is very simple—though not always easy. But it can be done.

I know the Fellowship of A.A. doesn't offer any guarantees, but I also know that in the future I do not have to drink. I want to keep this life of peace, serenity, and tranquility that I have found. Today, I have found again the home I left and the woman I married when she was still so young. We have two more children, and they think their dad is an important man. I have all these wonderful things—people who mean more to me than anything in the world. I shall keep all that, and I won't have to drink, if I remember one simple thing: to keep my hand in the hand of God."

Literature Selection ~ *Voices of Recovery* ~ 7 April

"The Tenth Step begins with the word 'continued,' our first clue that perseverance is about to become a key aspect of our recovery program."

~ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 84

I have persevered in this program through recovery, slips, and relapses. When someone asks why I go to meetings when I'm slipping and sliding, I say, "Because there is no other way." I have been mulishly stubborn many times in my life.

The OA program has taught me that stubbornness is about ego. I've heard the acronym EGO for Easing God Out. When I live in EGO, I live in fear. My attempts to control are an attempt to wrap up my fears into a tidy parcel.

Perseverance, however, is about surrendering to my Higher Power. I've heard the acronym God for Good Orderly Direction. When I surrender, I am still responsible for the effort, but I leave the results to my Higher Power.

Stubbornness is ego-driven and fear-based. Perseverance is surrender to my Higher Power and is faith-based.

Literature Selection ~ *Alcoholics Anonymous* (4th ed.), p. 13

"I was to test my thinking by the new God-consciousness within ... I was to sit quietly ... asking only for direction and strength to meet my problems as He would have me ... My friend promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a new way of living which answered all my problems" (Bill W.).

oooooooooooo

MISDIRECTION

Last week, I saw two T.V. shows that dealt with magicians. I felt like HP was trying to tell me something. The theme seemed to be about misdirection ... that something distracts you with this over here, meanwhile, the important stuff is happening over there, where you are NOT looking. If you could keep from getting distracted by the misdirection, and pay attention to [the] scene as a whole, then you would easily see the key to the puzzle ... the real thing that was going on under the surface.

This week, I got some real world experience in misdirection — I fell for an internet scam. If I had been looking at the scammer's website as a whole, I would have seen the terms they posted, instead of just focusing where they were misdirecting me to focus. I fell for the internet sleight-of-hand. My spouse has pointed out to me that this is not by any means the only example of my impulsivity, and that I am doing it even more than I realize.

As humiliating as this experience was, a couple of great things came out of it. First was the motivation to release the character defect of impulsivity. Not out of fear, but out of fascination: How much more interesting might Life be if I allow myself to be more aware? Would I rather keep falling for the tricks, or see the truth? The truth is always far more interesting.

Even more importantly, in regards to food, I feel like HP has given me a new tool to deal with food cravings. For instance, if I have a food craving, I can stop and think: What is it that my disease is trying to distract me from? What is really going on here? Am I mad? Am I sad? What feelings do I have that need to be addressed? If I pause before taking an action, if I *reflect* instead of *react*, than I will be far less likely to put my credit card number in places where I shouldn't ... and I also will be far less likely to eat compulsively. I will be living *actively*, and not *reactively*.

Of course, my willingness to actually do this is a big factor. I suppose that is where daily surrender comes in. I have often had trouble with daily surrender, because I didn't know what I was surrendering exactly. But now I can surrender my need to REACT, and ask HP for the willingness to REFLECT. It is a place to start, anyway.

~ Kirsten W, Wichita, KS

SKY PILOT'S "FUEL" FOR FLIGHT

If Alcoholics Anonymous were a gigantic department store, the sign in the enormous glass window might proclaim in a multitude of languages, "Here is spoken the Language of the Heart."
 ~ AA Everywhere-Anywhere, (© 1995)

*Self-interest is but the survival of the animal within us.
 Humanity only begins for man with self-surrender.*
 ~ Henri-Frédéric Amiel

ASK Anna Nimity

Dear Anna,

Why do they talk about surrender in Overeaters Anonymous? Isn't this giving up?

Wondering

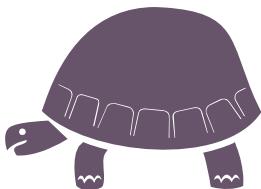
Dear *Wondering*,

This does not mean giving up, but letting go and admitting I can't do it by myself. Accepting help and guidance from members and following the suggestions of the 12-step recovery program, a person no longer lives without hope. One day at a time, peace and serenity make life enjoyable.

Yours in humble service,
Anna

Myrtle the Turtle:

Our failures are the
 stepping stones for our
 growth!



"BIG BOOK" READING LIST FOR OCTOBER 2012

1	369	17	301
2	246	18	553
3	Dr's Opinion	19	437
4	208	20	501
5	136-145	21	458
6	145-150	22	246
7	338	23	522
8	494	24	17
9	295	25	44-49
10	348	26	50-57
11	407	27	535
12	561-574	28	470
13	328	29	104-113
14	268	30	113-121
15	171	31	398
16	544		

ANNOUNCEMENTS

Next Intergroup Meeting 9 October 2012 @ 6:30 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

www.oawichita.org

On the last Saturday of the month, OA members—significant others as well as children are welcome to come—meet at Cheddars (at K96 and 13th St) for lunch at 11:30 a.m., followed by a movie at the Warren Theatre near there. You are welcome to join us for all, or part, of the festivities.

Mid-Continent Intergroup

Treasurer's Report for month ending 31 August 2012

Checking:

Beginning Balance (8/1/12) \$ 1274.53

Donations

Mon (10:00 a.m.)	\$	20.00
Mon (7:30 p.m.)	\$	169.00
Wed BB (5:30 p.m.)	\$	0.00
Fri (noon)	\$	0.00
Sat (9:30 a.m.)	\$	0.00
Sat (1:30 p.m.)	\$	20.75
Anonymous Donations		0.00
Share-A-Thon		0.00
Corrective Adjustment		0.85

Total Donations \$ 210.60

Expenditures

Rent	\$	(0.00)
OA WSO	\$	(0.00)
OA Region IV	\$	(0.00)
Telephone	\$	(52.51)

Total Expenditures \$ (52.51)

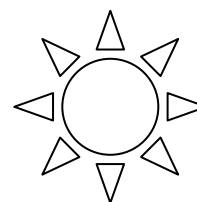
Net (Donations – Expenditures)

\$ 158.09

Ending Balance (8/31/12)

\$ 1432.62

Publicity Budget (Fall '11)	\$	500.00	\$	(336.29)	\$	163.71
Prudent Reserve (12/31/11)	\$	3367.34			\$	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	(2 nd term, '11)
Vice Chair:	Laura L	316-687-5904	(2 nd term, '12)
Secretary:	Barb H	316-733-2136	(1 st term, '12)
Treasurer:	Jane V	316-558-1625	(1 st term, '11)
Literature:	Jill C	316-371-2045	(1 st term, '11)
Pilot Editor:	Bruce C	316-630-0863	(1 st term, '12)
Parliam.:	Mary G	316-652-8689	(1 st term, '10)

All officers are willing to lend an ear for your concerns, comments and questions! Please thank them for their generous service to OA!