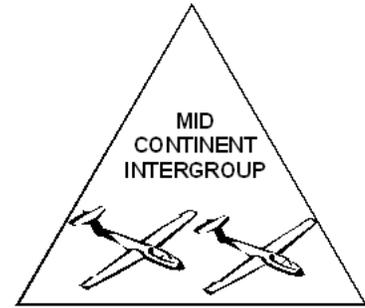


THE PILOT

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



November 2012

[Release Date:] October 17, 2012
TO: All OA Service Bodies
FROM: The World Service Business Conference (WSBC)
Region Chairs Committee

Who cares what you think? WE DO!!! Overeaters Anonymous needs your help!

The 2013 World Service Business Conference theme is **“Searching and Fearless: A Fellowship Inventory.”** We’ve created a 4th Step inventory (a survey in English) to help us determine what’s working and where we can improve OA. Each member is being asked to complete the survey.

The tool is available in two formats (**select one**) and will take approximately 20 minutes to complete. The survey will be active online from October 17 until December 31, 2012.

- Online at www.surveymonkey.com/s/FellowshipInventory— and follow the prompts
- A hardcopy will be available on www.aa.org in pdf format after October 22nd under “What’s New.” You can download, print and mail this version.

WE NEED YOUR HELP!

Please distribute this letter to all your meetings. Ask them to invite all their members to include completing the survey in their “Action Plan.”

The information gleaned from the results will be used at the 2013 WSBC, and beyond, to strengthen our Fellowship and our efforts to carry the message.

Everyone’s input is essential; however, we apologize to our non-English speaking members as our time constraints prevent translation of the survey.

_____ Region Chair for The Region Chairs Committee

Thank you for helping our Fellowship take this 4th step.

[The following announcement was retrieved from <http://www.aa.org/new-aa-internet-radio-show-airs-on-voiceamerica-com/> on 23 October 2012]

NEW! OA Internet radio show airs on VoiceAmerica.com

“Sound Bites from Overeaters Anonymous (OA)” is a new Internet radio show dedicated to educating you about recovery from compulsive eating using OA’s 12-step program, so you recognize the symptoms and find the support you need and a program that works to help you achieve and maintain a healthy weight. In OA, you’ll find acceptance and understanding; support and companionship from others who have similar challenges; and a transformation to physical, emotional and spiritual well being. Join us to hear the experience, strength and hope of people who struggled and found recovery and a new life in Overeaters Anonymous.

Wednesdays, starting October 17, 2012 through January 9, 2013, at 1PM Pacific at Sound Bites From Overeaters Anonymous

[<http://www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous>].

Shows will be archived for later downloading and listening.

Please Note: In keeping with Tradition 6, OA does not endorse Voice America.

o o o o o o o o o o o o o o o o

Literature Selection ~ For Today ~ 23 November

“You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abstinence” (Kahlil Gibran).

With the accumulation of days, months and years of abstinence, it is easy to forget the pain of compulsive overeating. The expression of gratitude for blessings received keeps alive the awareness of who I am and where I came from.

When practiced daily, prayer and meditation become a channel through which consciousness of the presence of God in my life is heightened. This consciousness not only comforts me in times of stress and trouble, but it gives new directions of peace and contentment to the joy and freedom of recovery.

For today: Prayer can be only “Thank you” — which is as appropriate in my need and distress as it is in my abundance and joy.

Thankful Prayers

I've been working to rediscover my Higher Power. Food had become my God, and I worshipped it regularly. With the miracle of OA, I have come to believe again that faith in a Higher Power can restore me to sanity. The call of food is still loud and demanding some days, but the desire to binge and overeat is becoming less. Praying to my Higher Power has become my personal tool, which I use many times each day.

At first, my prayers were asking something of God. Please give me motivation, a quick weight loss, and the power to control my eating. This approach was not working, because I wanted God to do all the work. Why wasn't God answering my requests? Then I found an article in the *Lifeline Sampler* ("The Second Miracle," p. 105) that said to be thankful when you pray.

To start, I kept it simple: "Thank You, God, for giving me another day to do your will. Thank you for helping me to eat sensibly throughout the day." Then I ran into a roadblock of anger and resentments.

I have much anger toward my mother, who lives with me. This anger goes back a long way. Nothing I did seemed to please her. Even though I made better grades in school than my siblings, she said she expected more from me because my first-grade teacher said I had the potential to be an A student. When I graduated third in my high-school class, she said I purposely didn't graduate first because I didn't want to give a speech. Nothing I did was ever good enough.

Now my mother lives with me. I pay the bills and she takes care of the house. If I do something around the house to help, she complains that I'm not doing it right. But if I don't do anything, she says I don't help enough. She sends mixed messages, so I leave the house to her.

A couple of weeks ago, Mom got upset with me, and I was angry in return. I stayed angry for days. Then I remembered the article in the *Sampler* and decided to try again. The first day I was thankful I had a mother. I did not want to be without her no matter how critical she was. The next day I found more things about my mother to be thankful for. She is always there when I need her. She runs errands and keeps the house clean. Each day I found more things about my mother that I was truly thankful for. As I continued my thanking process, I realized that I was thankful for many things in my life.

It has been a revelation. When I started thinking positively about life, I realize how much worse it could be. By using my OA tools, I've learned to prioritize things in my day, and to work on those things first. I've tried to do at least one thing each week around the house to organize my personal belongings. Last weekend I cleaned the desk and organized everything. I found something I had bought four years ago and hadn't been able to find. I've started exercising again. Last weekend, my mother complimented me. She said OA was really helping me, I had made much progress, and she hoped I would continue with the program.

This was a miracle for me. I believe this is a result of my thankful prayers. Thank God for my mother, whom I love dearly, and thank God for OA, which has helped me realize that I have many positive things in my life.

~ Illinois USA.

The Second Miracle

Rediscovery of a Higher Power is not an exceptional experience for the wanderer from faith who joins OA.

When my husband decided, much against my will, to move to another state, I was faced with the loss of my friends, my home and a teaching career which had given me the secure feeling that I was doing something with my life both fulfilling and significant. I buried my growing resentment under a ton of food and my concern over my eating under the next ton.

My pleas to a Higher Power to give me control over my eating went unheeded, which only confirmed my suspicion that God had remained behind when we moved. What was left when even faith had gone? More food. That was where I found God again: at the bottom of the barrel.

I can only describe my complete acceptance of OA suggestions – and the accompanying loss of 48 pounds in six months – as a miracle. It is a miracle that I respect and treat every day of my life as a gift which, taken for granted, can be lost at any moment.

Another year and a half of maintenance saw me well along in all the things an OA is expected to do: working the steps, sponsoring, attending several meetings a week and giving service in various capacities. I was a model of dedication to the program. I wrote my fourth-step inventory, gave it away and was satisfactorily making amends.

Yet, a barrier seemed to remain. It was the eleventh step. I *could not*, through prayer and meditation, seek knowledge of God's will. Something had happened to my ability to pray.

As they say, it's the small things that undo us. Whereas back home I had used the simple chore of dishwashing as a period of meditation, an automatic dishwasher now eliminated this task. Absurd as it sounds, I couldn't seem to find a replacement.

I felt I was a paradox, alienated from God and yet a model of OA success. I knew that my abstinence was God's miracle, yet acknowledging my gratitude was as close as I could get to "conscious contact."

Eventually, the barrier I had raised against step eleven began to show. I started complaining bitterly to my sponsor that I was surrounded by one-steppers who could talk about no part of the program except their slips and struggles with food.

Patiently, my sponsor pointed out that one-steppers were attracted to me because of my success, and this attraction gave me the opportunity to lead them to the rest of the steps.

There it was: the rest of the steps. That was why I saw only one-steppers around me; it was *I* who was one-stepping.

Always, in the past, I had asked God to change me. In fact, I asked God to change everything. But asking seldom resulted in change, so I lost faith that God was even listening. What could I ask for and really count on getting? A thought crossed my mind: Don't ask for changes, ask for answers.

My first prayer, then, was, "How can I pray?"

The answer was immediate and overwhelming. "Pray thanking, not asking."

I wasn't sure I completely understood the answer, only that the answer had come from a source outside my own thinking. I immediately prayed, thanking God for everything I could remember. It was a prayer completely composed of thanks. I remembered my concern for several people I knew who were

having problems. Was it all right to pray asking if you were asking for someone else?

Again the answer came back, "Pray thanking, not asking."

I worked the prayer around, trying to find a way to be thankful instead of demanding anything, even for someone else's welfare.

"Thank you, God, for caring about So-and-So. Thank you for letting me see that You are responsible for helping him solve his problems, not I. That his life and his problems are in Your hands is a great relief, for which I am thankful. I know that when he is ready, You will be there."

It is so good just to give back to God what was never mine in the first place! Now, I pray for myself in this fashion. The only thing I ask for is the answer to questions.

I have told OAs who are struggling with abstinence that I never plead for abstinence. It is a gift which has already been freely given to us; to plead for it implies that it is God who is withholding it, when actually, it is only the barrier in ourselves that puts abstinence out of reach. I suggest to those who still struggle against those inner barriers to begin thanking God for the gift of abstinence, even though they may be unable at that moment to accept the gift; it is still there. Many people have told me they were helped by this change in their approach to prayer.

In continuing to pray thanking rather than asking, it was not long before I became so genuinely grateful in my general outlook and attitude that the desire to do God's will was a natural outgrowth of my new prayer life. Step eleven has brought me the second miracle! ~ June 1979

Literature Selection ~ *Alcoholics Anonymous* (4th ed.), p. 450 f.

I genuinely believed that I was different until much later, when I had what I now know to be my first spiritual awakening: that I was an alcoholic and I didn't have to drink! I also learned that alcoholism, as an equal opportunity illness, does not discriminate—is not restricted to race, creed, or geography. At last I was released from the bondage of my uniqueness.

In my early sobriety I had to continue to live in a flophouse filled with active drunks. Not drinking, I became acutely aware of my surroundings—the foul smell, the noise, the hostility and physical danger. My resentments mounted at the realization that I had flushed a career down the drain, disgraced and alienated my family, and been relegated to the meanest of institutions, a skid row shelter. But I was also able to realize that this bonfire of resentment and rage was beckoning me to pick up a drink and plunge in to my death. Then I realized that I had to separate my sobriety from everything else that was going on in my life. No matter what happened or didn't happen, I couldn't drink. In fact, none of these things that I was going through had anything to do with my sobriety; the tides of life flow endlessly for better or worse, both good and bad, and I cannot allow my sobriety to become dependent on these ups and downs of living. Sobriety must have a life of its own.

More important, I came to believe that I cannot do this alone. From childhood, despite the love I experienced, I had never let people, even those closest to me, inside my life. All my life I lived the deepest of lies, not sharing with anyone my true thoughts and feelings. I thought I had a direct line to

God, and I built a wall of distrust around myself. In A.A. I faced the pervasive "we" of the Twelve Steps and gradually realized that I can separate and protect my sobriety from outside hazards only inasmuch as I rely on the sober experience of other A.A. members and share their journey through the steps of recovery.

The rewards of sobriety are bountiful and progressive as the disease they counteract. Certainly among these rewards for me are release from the prison of uniqueness, and the realization that participation in the A.A. way of life is a blessing and a privilege beyond estimate—a blessing to live a life free from the pain and degradation of drinking and filled with the joy of useful, sober living, and a privilege to grow in sobriety one day at a time and bring the message of hope as it was brought to me.

Literature Selection ~ *Voices of Recovery* ~ 17 November.

"Humility ... places us neither above nor below other people on some imagined ladder of worth. It places us ... on an equal footing with our fellow beings and in harmony with God."

~ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 60.

On my bed sits a cuddly little bear I've named "Be." His kind eyes smile at me from beneath soft, brown fur, and his outstretched arms beckon me into his loving presence. He is a constant reminder of humility, of God, and of feeling "a part of."

Before I found OA, I knew well the humiliation surrounding food obsession and overeating. Today, I know something better—humility. Humility is harmony with God and acceptance of who I am at this moment.

When my self-image is low and I'm feeling depressed or "less than," I separate myself from my Higher Power. In the same way, when my self-image is grandiose, prideful, or "better than," I place distance between God and myself.

God exists in the vast, colorful space between the black-and-white extremes of depression and pride. In the middle, with God, I am free to be the authentic me and feel "a part of."

I clutch my cuddly little bear to my heart and whisper his name, "Be." He symbolizes true humility and God's presence, reminding me to just BE.

o o o o o o o o o o o o o o o o

T.H.I.N.K.

Have you ever "put your foot in your mouth?" Have you ever blurted out an unkind remark and immediately regretted it? Have you ever gossiped? Sometimes our mouths work much faster than our brains. From the Al-Anon book, *Paths to Recovery*, comes this wisdom:

T—Is it Thoughtful?
H—Is it Honest?
I—Is it Intelligent?
N—Is it Necessary?
K—Is it Kind?

If I can answer "yes" to all these questions, then it is probably OK for me to say it.

SKY PILOT'S "FUEL" FOR FLIGHT

SUREST WAY

If anyone would tell you the shortest, surest way to happiness and all perfection, he must tell you to make it a rule to yourself to thank and praise God for everything that happens to you. For it is certain that whatever seeming calamity happens to you, if you thank and praise God for it, you turn it into a blessing.

~ William Law

ASK Anna Nimity

Dear Anna,

I dread the holidays. There is so much food around, and I cannot avoid the temptation. Do you have any suggestions to help me get through the holidays without overeating?

Weak-willed

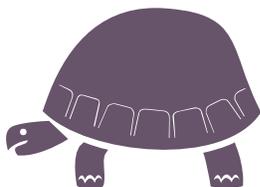
Dear *Weak-willed*,

Begin with asking your Higher Power for help every day. Go to more meetings. Make more phone calls. Know that there are other compulsive overeaters "in the same boat." Keep in fit spiritual condition by using literature, service and sponsorship. Commit to writing down everything you eat and do it. Express gratitude daily that you found OA!

Yours in humble service,
Anna

Myrtle the Turtle:

An attitude of
gratitude gives forth
light and love!



"BIG BOOK" READING LIST FOR NOVEMBER 2012

1	44-49	17	301
2	50-57	18	17
3	182	19	388
4	328	20	470
5	458	21	XI-XXIV
6	268	22	Gratitude List
7	474	23	375
8	219	24	171
9	544	25	232-239
10	30-37	26	151
11	37-43	27	Your favorite story
12	535	28	246
13	486	29	208
14	104-113	30	561-574
15	113-121	31	301
16	553		

ANNOUNCEMENTS

Next Intergroup Meeting 13 November 2012 @ 6:30 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

www.oawichita.org

If you would like to receive *The Pilot* electronically, please send an email request to oawichita@gmail.com

Overeaters Anonymous - World Service Convention
2013 Convention

Theme: Recovery to Rock Our World

Dates: August 29 – September 1, 2013

Venue: Cleveland, Ohio

For further information go to

<http://www.oa.org/world-service-events/world-service-convention/>

Mid-Continent Intergroup Treasurer's Report for month ending 30 September 2012

Checking:

Beginning Balance (9/1/12) \$ 1432.62

Donations

Mon (10:00 a.m.)	\$	40.00
Mon (7:30 p.m.)	\$	461.30
Wed BB (5:30 p.m.)	\$	64.25
Fri (noon)	\$	0.00
Sat (9:30 a.m.)	\$	55.00
Sat (1:30 p.m.)	\$	0.00
Anonymous Donations	\$	75.00
Independence, KS	\$	55.00
Region 4	\$	900.00

Total Donations \$ 1650.55

Expenditures

Rent	\$	(260.00)
OA WSO	\$	(0.00)
OA Region IV	\$	(0.00)
Telephone	\$	(52.55)
Website Hosting	\$	(66.83)

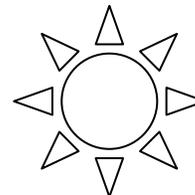
Total Expenditures \$ (379.38)

Net (Donations – Expenditures) \$ 1271.17

Ending Balance (9/30/12) \$ 2703.79

Publicity Budget (Fall '11) \$ 500.00 \$ (336.29) \$ 163.71

Prudent Reserve (9/30/13) \$ 3371.12 \$ 3371.12



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.:	[unfilled]		

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