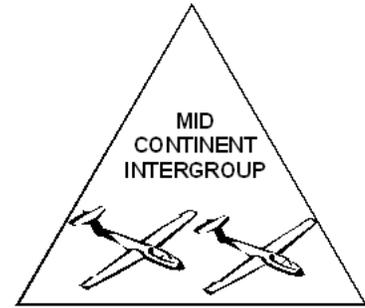


THE PILOT

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



December 2012

JUST FOR TODAY

Just for today I'll try O.A.

I'll call a sponsor and give my Food Plan away.

Just for today I'll abstain—

Three meals only, from more I'll refrain.

Just for today with someone I'll share.

I'll show them today I really care.

Just for today I'll put God's will before my own

And if mine creeps in I'll run for the phone.

Just for today I'll live like I'm powerless over food,

Regardless of my mood.

Yes, just for today I'll try the O.A. way

But only just for today!

~ by Francis B from Rahway Group

Literature Selection ~ *Twenty-Four Hours a Day* ~ 25 December

A.A. Thought for the Day

Many alcoholics will be saying today: This is a good Christmas for me. They will be looking back over past Christmases which were not like this one. They will be thanking God for their sobriety and their new found life. They will be thinking about how their lives were changed when they came into A.A. They will be thinking that perhaps God let them live through all the hazards of their drinking careers, when they were perhaps often close to death, in order that they might be used by Him in the great work of A.A. *Is this a happy Christmas for me?*

Meditation for the Day

The kingdom of heaven is also for the lowly, the sinners, the repentant. "And they presented unto him gifts—gold, frankincense, and myrrh." Bring your gifts of gold—your money and material possessions. Bring your frankincense—the consecration of your life to a worthy cause. Bring your myrrh—your sympathy and understanding and help. Lay them all at the feet of God and let Him have full use of them.

Prayer for the Day

I pray that I may be truly thankful on this Christmas day.

I pray that I may bring my gifts and lay them on the altar.

Literature Selection ~ *For Today* ~ 25 December

The only gift is a portion of thyself (Ralph Waldo Emerson)

If it were not for others sharing their experience, strength and hope, where would I be? Where else could I have learned of the OA program except from another? I have been given hope and a way out of a dilemma. I have seen my own compulsive nature, learned of my self-delusions and experienced honesty from another. I learned to share my story from listening to others, and I learned to stay abstinent through the fellowship I found in Overeaters Anonymous. God works through people—people who carry the message.

Am I as willing to give of myself as those who gave to me?

For today: Is there someone to whom I can give of myself—my time, my presence, my attention?

Literature Selection ~ *Seeking the Spiritual Path*, p. 119 f.

God Always Shows Up

I've listened to inventories in the small, private chapel at the hospital where my home group meets. I've heard inventories in public parks, my backyard, a sponsor's kitchen while the baby slept, even in restaurants. I've shared my own inventories with a sponsor at her workplace, over the phone with new and old friends, and in a Twelfth-Step-Within group. I've given them away and heard them in installments as well as in day-long sessions.

But no matter what the variable, one thing is always the same. I'm aware of the presence of a Power greater than myself in these situations, whether I'm on the giving or receiving end of Step Five. Step Five says that we admit "to God, to ourselves and to another human being the exact nature of our wrongs." If I show up and another human being shows up, it is my experience that God always shows up for this spiritual cleansing.

As I listened to a Fifth Step one time in the little hospital chapel, a sponsor told me about an extremely painful difficulty in her life. We were both in tears—she because she saw no way out, and I because I empathized with her suffering. When my sponsor had completed her Fifth Step,

we both decided we would go to the meeting, which had already started, even though we were late and teary-eyed.

But her pain was raw and potent. We had to do something for closure before going to the meeting. We decided to take the risk that we wouldn't be interrupted and held hands to pray together. I began and then she continued, her voice barely audible through the sobs. Then we sat quietly for a moment. Slowly, we both became aware of a steadily increasing sense of peace, connection, and well-being. Within a few minutes, we went in to the meeting together.

Over the next few weeks, this woman told me how Step Seven was working on her seemingly unsolvable problem. Step Seven really is a miracle. But I've seen that this miracle can't occur unless we complete the usually terrifying and humbling Fifth Step. It has catapulted my own recovery more than I can say to be able to help other people through this process.

A thorough Fourth and Fifth Step preceded my being "rocketed into the fourth dimension." In other words, they were what gave me freedom from the compulsion to overeat. I shared a particularly nasty inventory with a friend about the attitudes I had inherited from both my parents about food, eating, and body size. It took me a few hours to write and about fifteen minutes to read. The next day, I ate a moderate breakfast followed by a moderate lunch (at a potluck, no less!) followed by a moderate dinner. This pattern of moderation continued for days, then for weeks, then for months as I worked the rest of the Steps. Soon I will celebrate nine years of continuous abstinence.

If you haven't experienced this wonderful opportunity for spiritual growth, I recommend two things. One, do your own Fourth and Fifth Steps. Then, two, tell others in the program of the benefits of sharing an inventory, and tell them you are available to listen to theirs. You won't be sorry.

~ *Anonymous*

Literature Selection ~ *Lifeline Sampler*, p. 165-166.

Abstaining through the Holiday Season

In my family, holidays were eating days. The morning was spent preparing a feast. Afterwards I was in a stupor and would watch TV, sleep and think about the evening meal while I nibbled and "snuck" food. I was full of self-pity because I felt that everyone else was out there living—going to football games and so on, while I was being a good girl and staying at home with my parents as if I were responsible for their happiness and I could prevent the loneliness they felt in not having taken the action to invite friends to share with us, for whatever reason they thought was logical.

Last Thanksgiving I had no plans for dinner. I went to an AA meeting with a friend who called and needed a ride.

I knew that I did not want to be alone. I shared my feelings at that meeting, not really understanding them all. Later I went to a dinner, prepared and served by volunteers, program people like myself who needed desperately to get out of fear, self-pity and melancholy, all of which were strangely comfortable old attitudes of self-centeredness. I saw love in action and realized that my relations in the past were misdirected. I was seeking love, yes, but I was waiting for it to come to me. I didn't know that love comes to me in double measure to that which I initiate.

My mother showed her love by cooking and creating a home. My problem was expecting more from her than she could give, rather than accepting her. My inability to be satisfied with what I had, and a combination of fear and resentment forced me to look elsewhere for my needs, which were very real. I had learned, by sharing at meetings and through twelve-step work, to give away what I had. I made a mental gratitude list: abstinence, health, five senses, the freedom to choose, laughter, friendship, serenity, sunshine, a home. The list grew and grew. Soon I was dancing to the band and enjoying the people I was with.

I didn't have to live in the fear of food and myself, a fear that would endanger my abstinence! I turned my life over to a Higher Power, the source of all my strength, and I was restored to sanity. By sharing with others, I tested reality. I asked God to remove my fears and other shortcomings and made amends to myself and others by seeking opportunities to give of myself.

Upon meditation at the end of the day, I realized I had called upon God and been given everything I needed that day, especially the gift of abstinence and the desire and willingness to accept it.

The steps tell me that I alone can make a change in attitude and apply my new knowledge in other areas of my life. I feel whole and comfortable, knowing that God is preparing me and shaping me, like clay. ~ *November/December 1974*

Literature Selection ~ *Alcoholics Anonymous* (4th ed.), p. 97-98.

Helping others is the foundation stone of your recovery. A kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be. It may mean the loss of many nights' sleep, great interference with your pleasures, interruptions to your business. It may mean sharing your money and your home, counseling frantic wives and relatives, innumerable trips to police courts, sanitariums, jails and asylums. Your telephone may jangle at any time of the day or night. Your wife may sometimes say she is neglected. A drunk may smash the furniture in your home, or burn a mattress. You may have to fight with him if he is violent. Sometimes you will have to call a doctor and administer sedatives under his direction. Another time you may have to send for the police or an ambulance. Occasionally, you will have to meet such conditions ... though an alcoholic does not respond, there is no reason why you should neglect his family. You should continue to be friendly to them. The family should be offered your way of life. Should they accept and practice spiritual principles, there is a much better chance that the head of the family will recover. And even though he continues to drink, the family will find life more bearable.

For the type of alcoholic who is able and willing to get well, little charity, in the ordinary sense of the word, is needed or wanted. The men who cry for money and shelter before conquering alcohol, are on the wrong track. Yet we do go to great extremes to provide each other with these very things, when such action is warranted. This may seem inconsistent, but we think it is not.

It is not the matter of giving that is in question, but when and how to give. That often makes the difference between failure and success. The minute we put our work on a service plane, the alcoholic commences to rely upon our assistance rather than upon God. He clamors for this or that, claiming he

cannot master alcohol until his material needs are cared for. Nonsense. Some of us have taken very hard knocks to learn this truth: Job or no job—wife or no wife—we simply do not stop drinking so long as we place dependence upon other people ahead of dependence upon God.

Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.

Literature Selection ~ *Voices of Recovery* ~ 10 October

“As OA members we may donate many hours of service to each other; ...”

~ *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 171

I have noticed in my home groups that people who remain in recovery are people who continue to give service. Service gives me practice at freeing myself from the bondage of self. I am gaining this freedom by concentrating on things outside myself. Every time I concentrate on what a fellow OAer is saying, I am breaking one of the strands that binds me to myself. Every time I go to a service meeting and try to speak about what is best for OA as a whole, rather than what is best for me, I am breaking one of the strands that binds me to myself. Every time I listen to a compulsive overeater and encourage her recovery, I am breaking one of the strands that binds me to myself.

Every time I give service without counting the hours I give or looking for any reward, I am filled with freedom, friendship, joy, and abstinent recovery.

oooooooooooo

Searching and Fearless: A Fellowship Inventory

The WSBC Region Chairs Committee will be facilitating the WSBC 2013 Forum. The theme for Conference is “Searching and Fearless: A Fellowship Inventory.”

The committee invites all members to participate in a Fourth-Step inventory that is open until December 31, 2012.

Here is the link to the survey:

<http://www.surveymonkey.com/s/FellowshipInventory>

The survey may also be found at www.aa.org under the “What’s New” section (in the left column near the bottom of the Webpage).

oooooooooooo

Literature Selection ~ *Overeaters Anonymous* (2nd ed.), p. 75-77

A woman with three months of abstinence led the [OA] meeting that evening. I felt a warmth, caring, and acceptance in that room that I cannot recall ever experiencing. Not only did I belong there, but people wanted me there. My spiritual

experience came when the leader looked me in the eye and asked me how I was doing. I said, “I never have to be alone again, do I?” I started to cry. I have been abstaining ever since that day over seven years ago and now maintain a weight loss of 150 pounds.

I felt three things in an overwhelming rush that night that I’d never felt before: trust, love, and willingness. Though I am an imperfect human being, often stumbling in my life, I have a heartfelt trust in God, a love for my fellows, and a willingness to live a life of principles, which allow me to abstain—no matter what.

Within the first week, I decided to throw every bit of my mind and heart into understanding this program. My first Higher Power was the group. Atheist that I was, this was a big step. Then I became willing to accept the idea of a universal force, a cosmic order. It must have been quite amusing for the old-timers to listen to my arguments at ten days of abstinence about the existence of God. But even talking about God was a marvel; even that was evidence of a Higher Power working in my life. That Higher Power has enabled me to abstain, to change, to face who I am, and to take risks I never have taken before.

The holiday Yom Kippur occurred during my first week in the program. In the past, I’d either ignored it or fasted as a self-punishment, but this time it was different. I went to the synagogue and discovered that my religion and my OA program had a lot in common. Yom Kippur is a day set aside for inventory and amends. I prayed and reflected on my life, and for the first time, this holiday had meaning.

I was taught in OA that the action of love is service. I was told never to turn down an OA request for service, unless I was physically unable to perform it. I became a sponsor and an intergroup representative; I acted on the belief that I always have time to help another overeater. If I don’t have time, I make time.

Of all the service positions I’ve held, my two favorites are acting as world service delegate and taking out the trash at my home meeting. I’ve found that I can handle a larger variety of responsibility than I’d thought. Most important, the food and weight just aren’t problems anymore.

Overeaters Anonymous has given me a treasure chest of incredible experiences, along with the unshakable knowledge that I never have to be alone again, as long as I remember what I used to be like and what I am like now. Thanks to all of you who have touched my life in the past, helped me enjoy the gift of the present, and given me an ever-growing hope for the future.

oooooooooooo

SKY PILOT’S “FUEL” FOR FLIGHT

To be patient means not to allow the serenity and discernment of one’s soul to be taken away. Patience ... is the radiant essence of final freedom from harm. Patience, is, as Hildegard of Bingen states, “the pillar that is weakened by nothing” (Josef Pieper).

Knowing is not enough; we must apply.

Willing is not enough; we must do.

~ Goethe

ASK Anna Nimity

From the Pilot! Anna Nimity. I'm sure there are lots of Annas. I came across this letter I would like to share. It reminded me [of the indescribable gift I received: OA Fellowship!!!].

Dear Santa,

I have been a really good girl this year. I didn't hit my sponsor or kick the dog even though there were times I wanted to.

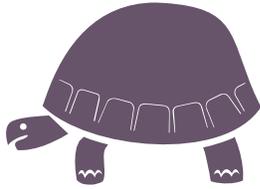
Please bring me a battery charger for Christmas because I am powerless. I would also like a compass so I will know which direction to go. A new broom would help me to sweep away the wreckage of my past and I need a mirror so I can see myself as I really am, character defects and all. I want a needle and thread for making 'mends, a 2-way radio with a channel that is always open, and an attaché case for carrying the message. I know this is a long list, Santa, but, if you will bring me all these things, I will use them to give myself the greatest gift of all—another day of abstinence.

Your Friend,
Anna

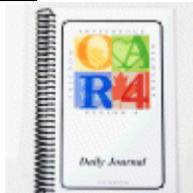
P.S. Merry Christmas!

Myrtle the Turtle:

We are not primarily put on earth to see through one another, but to see one another through.



CONSIDER GIVING YOURSELF OR AN OA FRIEND A GIFT THIS HOLIDAY SEASON—REGION IV TENTH STEP JOURNAL, FOR ONLY \$12—Got Questions? Contact Jill C at chanceja@att.net



“BIG BOOK” READING LIST FOR DECEMBER 2012

- | | | | |
|----|---------|----|---------|
| 1 | 136-145 | 17 | 359-364 |
| 2 | 145-150 | 18 | 364-368 |
| 3 | 219 | 19 | 512 |
| 4 | 182 | 20 | 338 |
| 5 | 544 | 21 | 193 |
| 6 | 369 | 22 | 17 |
| 7 | 246 | 23 | 208 |
| 8 | 301 | 24 | 122-129 |
| 9 | 281 | 25 | 129-136 |
| 10 | 44-49 | 26 | 398 |
| 11 | 50-57 | 27 | 535 |
| 12 | 268 | 28 | 407 |
| 13 | 458 | 29 | 104-113 |
| 14 | 309 | 30 | 113-121 |
| 15 | 258 | 31 | 295 |
| 16 | 561-574 | | |

ANNOUNCEMENTS

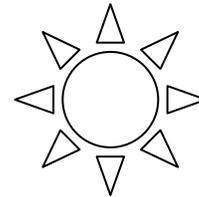
Next Intergroup Meeting 8 January 2013 @ 6:30 PM
Intergroup Office: 7701 E Kellogg Dr Ste 835
All are welcome!
www.oawichita.org

COME ONE—COME ALL!!!

Mark your calendars for April 26-27, 2013.
An OA Sharathon is scheduled for that date.
The theme is sponsorship, and the speaker is Zeb.
Don't miss out on this opportunity for growth and fellowship!

**Mid-Continent Intergroup
Treasurer's Report for month ending 31 October 2012**

Checking:			
Beginning Balance (10/1/12)		\$	2703.79
Donations			
Mon (10:00 a.m.)	\$	0.00	
Mon (7:30 p.m.)	\$	261.00	
Wed BB (5:30 p.m.)	\$	57.25	
Fri (noon)	\$	0.00	
Sat (9:30 a.m.)	\$	61.25	
Sat (1:30 p.m.)	\$	24.00	
Anonymous Donations		0.00	
Step Study		36.00	
Corrective Adjustment			
Total Donations		\$	439.50
Expenditures			
Telephone	\$	(52.68)	
Adj. to Balance Cbk	\$	(53.40)	
Off Exp.—Stamp	\$	(28.96)	
Publicity for Libraries	\$	(377.28)	
Reimbursement to Region 4	\$	(164.60)	
Group Rep to Region 4	\$	(735.40)	
Total Expenditures		\$	(1412.32)
Net (Donations – Expenditures)		\$	(972.82)
Ending Balance (10/31/12)		\$	1730.97
Publicity Budget (Fall '11) \$ (213.57) \$ (213.57)			
Prudent Reserve (12/31/11) \$ 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 (2nd term, '11)
Vice Chair: Laura L 316-687-5904 (2nd term, '12)
Secretary: Barb H 316-733-2136 (1st term, '12)
Treasurer: Jane V 316-558-1625 (1st term, '11)
Literature: Jill C 316-371-2045 (1st term, '11)
Pilot Editor: Bruce C 316-630-0863 (1st 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!