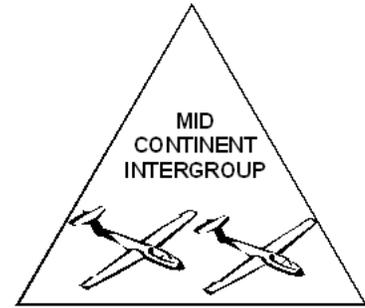


THE PILOT

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



April 2013

Literature Selection ~ *Twenty-Four Hours a Day* ~ 1 April

A.A. Thought for the Day

Since I've been in A.A., have I made a start towards becoming more honest? Do I no longer have to lie to my wife? Am I on time at my work and do I try to earn what I get? Am I making an attempt to be honest with myself? Have I faced myself as I really am and have I admitted to myself that I'm no good by myself, but have to rely on God to help me do the right thing? *Am I beginning to find out what it means to be alive and to face the world honestly and without fear?*

Meditation for the Day

God is all around us. His spirit pervades the universe. And yet we often do not let His spirit in. We try to get along without His help and we make a mess of our lives. We can do nothing of any value without God's help. All our human relationships depend on this. When we let God's spirit rule our lives, we learn how to get along with our fellow men and how to help them.

Prayer for the Day

I pray that I may let God run my life. I pray that I will never again make a mess of my life through trying to run it myself.

Literature Selection ~ *For Today* ~ 18 April

*Never can true courage dwell with them
Who playing tricks with conscience,
dare not look at their own vices*

Samuel Taylor Coleridge

A twisting of fact, a wrong committed by word or deed soon erode the spirit. I may rationalize, "That's the way life is; everybody does it." But it is *my* wrongdoing, and therefore my peace of mind that is at stake, not "everybody's."

Is it an unrealistic expectation to try to square things with my conscience? No. The twelve-step program promises to heal those who are ailing spiritually. Because I want that healing, I follow the simple instructions and work as diligently as I can at practicing "these principles in all my affairs."

For today: I choose to speak and act in accordance with the twelve-step program to the best of my ability.

Literature Selection ~ *Seeking the Spiritual Path*, pp. 6-7

Positive Higher Power

My search for God began with a conversation I had with my old sponsor. I told him I was having a hard time with the whole idea of surrendering control of my life to a power greater than myself. It wasn't the surrender I had such difficulty with; it was believing that this "Higher Power" would actually be able to do anything in my life.

You know, all I ever wanted was to find something that could make me feel better about myself. Nothing I tried worked for very long, though. My sponsor called these my negative higher powers. After all, he said, I had a lot of experience using higher powers to make my life more tolerable; but in the end, I always wound up in a worse situation than when I started. So, my problem was not whether I believed that a higher power could work, but which one. He told me to stop using all those negative higher powers and begin to use the one suggested in the Big Book. Or I could choose one of my own. The point was that I needed to start somewhere.

If you think that came at all easily to me, I have some oceanfront property in Nevada I'd like to sell you. It was the hardest thing I've ever done, and I'm still doing it. I had to begin by scrapping all of my old ideas about what God was suppose to do for me, and what I was suppose to do for God. We each had a part to play in this relationship. What arrogance it was to think I could determine what God's responsibilities were in my life! When I went to the Big Book, I found out what *my* duties were, not God's.

The book said that my sole purpose for living is to do God's will in my life and help my fellow man. That was as clear to me as mud. I discovered that it didn't matter to God where I worked, as long as it was something I could do well and it kept me out of jail. He wanted me to be happy in my work and to give an honest day's work for an honest day's pay. I cannot expect to receive first-class wages for second- or third-class productions; that wouldn't be honest. And dishonesty is not God's will for any of us.

My duties in my relationship with God are fairly clear to me now. I need to live without harming myself or others as much as possible, and I need to be of maximum service to my fellows. That does not mean I need to be a doormat. There are

people in this world who will treat me without respect, no matter how I treat them. I don't have to try to change their minds, but neither do I need to treat them as they treat me. I need to love them as they are, not as I would have them be. I am here to try to understand, rather than to be understood; and to love, rather than to be loved. I'm not always successful in treating everyone with the dignity and respect they deserve, but I'm trying.

God does not need me to tell him whether he is doing his job well. Rather, I need to be on the lookout for areas in my life where selfishness and self-centeredness start creeping in. I need to be aware of my motives in my dealings with others. If I'm trying to meet a need through manipulation, I will pay a penalty for those actions, and so will those around me. Eventually, I will climb back up on the pot of self-pity, and there is only room for one up there. I will, once again, be alone in a misery of my own making.

Isn't it ironic that when I gave up trying to get the things in life I thought I deserved, I got all the things that make me happy? The harder I tried to make those things happen, the more they eluded me. All this improvement comes to me slowly and with a lot of emotional upheaval. (Notice that I use the present tense; it is still happening.) There are times when I just want the feelings to stop, but I realize that no growth happens without discomfort. And the joy on the other side of the growth makes me want more.

I am convinced that God's will for each and every one of us is to be happy in our lives and to share that growth with others.

~ Georgia USA

Literature Selection ~ *Voices of Recovery* ~ 1 April

"Making a searching and fearless moral inventory of ourselves."
— Step Four

This requires complete disclosure and absolute honesty. I can make no excuses for my behavior, only a bare-bones examination of my conduct. Action entails major Step work—working with a sponsor and processing the defects encountered. The ensuing grace is the result of living in the solution of the Steps and from practicing each Step's spiritual principles. This grace is abstinence and a reliance on my Higher Power. This grace is the new freedom promised to us all.

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RECIPE FOR SERENITY

1. ½ hour each morning of prayer and meditation
2. 20 minutes of exercise
3. Become willing to forgive the one person you said you'd never forgive
4. List ten of your good qualities
5. Tell that one secret you've never told
6. Ask your higher power to remove that defect
7. Do that task you've been putting on the back burner
8. Add that extra name to the list you've started.
9. Ask HP for the right attitude "Just For Today."
10. Take a minute before meals to thank H.P.

~ G. T.

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Literature Selection ~ *A New Beginning*, pp. 8-10

Honesty, Trust, and Action

After reading articles on honesty in *Lifeline*, I was jolted out of the complacency into action in a big way. I had been having a long dry spell with my program, and being a relative newcomer, didn't know what to do. I wasn't at the point where I could really trust others in the program, my sponsor, or my unworkable concept of how my Higher Power was to help me out of my difficulty. I had been neglecting my reading and my sponsor. I had made a commitment to call in my food to an OA woman in my area but didn't call her for eight weeks. I had rationalized that commitments were hard for me, and telling another person what I was actually eating was far too personal. Anyway, I didn't think I was doing too badly. Until I read the articles in *Lifeline*.

I suddenly realized that my problems stemmed from a lack of action, a lack of trust, and a lack of honesty about all three aspects of my program. I had been adrift for a long time, not having a good concept of what my Higher Power was and mystified about the emotional and spiritual aspects of the program. I had read that this was a three-fold program, but I could only relate to the physical part, having had some physical recovery since I began this program last October. That all changed after reading about honesty in *Lifeline*. I knew then that lack of honesty and lack of action on my part were at the root of my troubles.

So I took the advice of my sponsor and went back to *The Twelve-Step Workbook of Overeaters Anonymous* and answered the questions in Steps One, Two and Three again, especially the ones centering around expectations of what my Higher Power is and what my Higher Power can do for me. With much fear of my old God, I sat down and wrote a description of what I really want and need from a Higher Power and decided to act as if I could act as if. What I found was amazing. When I honestly laid out my fears and expectations, I found that I could actually visualize this Power, and I knew somehow that it had been an integral part of myself all along. My old concept of God wasn't working, but I was terrified to change my way of thinking about God lest the hand of this terrible imagined almighty smite me down in my tracks for such blasphemy.

When I wrote my description of what I really need, it came to me that a loving God would surely rather I have a flawed concept that would allow some channel of communication, however imperfect, instead of having an unworkable one that fostered fear and distrust and no communication at all. I had to step out with blind faith, act as if, and do it anyway. And it worked! Since then, I have made it a habit to visualize my Higher Power often and to actually ask for guidance. I find that I'm getting answers for the first time in my thirty-two years on earth.

I also made a commitment to myself and to my sponsors that I would ask myself the following questions about this three-fold program every day and answer them with absolute honesty.

Physical: How is your abstinence? Were there any items on your "not allowed" list that you indulged in today? My new watchword is, "If it is not on your abstinence list, don't eat it, no matter what." This takes away any decision and lessens my conflicting emotions surrounding eating. Eating then becomes

nourishment for my body and nothing more. There is no room for rationalization or excuses, and no opportunity to slip.

Emotional: How are you handling your feelings? Are you even having feelings? How is your emotional health? I must exist in this moment, which, good or bad, will pass. If I choose to ignore my reactions, feelings, and emotions, I'm not being honest. I can't control my feelings or my emotions, but I can choose my course of action and how I handle those feelings.

Spiritual: How is your spiritual program? Are you comfortable with your concept of a Higher Power, and is it working for you? Do you communicate with your Higher Power? Most important of all, do you trust it? I tried to analyze this portion of my program and found that I cannot. Faith, especially for a nonreligious person like me, must simply be experienced. Faith for me is not a gift. I have to just do it and work at it every day. My Higher Power doesn't dump things ready-made into my lap, so I meet my Higher Power halfway by practicing my faith. I must. It's the only thing keeping me alive and in this program.

Action: This is a program of action. What action did you take today for your recovery and toward your life goals? Recovery from this disease will not be handed to me on a silver platter. I had to work at it every day. I make a daily commitment to my sponsors to take responsibility for myself and to take some action however small it might be, in the direction of recovery. I write, I read, I call, or I take action, one Step at a time, one moment at a time. Even the smallest action has tremendous power.

When I am not honest with myself or others, I have no spiritual connections; my life is dead. Without honesty, I avoid my emotions and try to stifle feelings of unpleasantness and even great joy, two things I'm uncomfortable with. Without honesty, I have no physical recovery, especially when I lie to my sponsors and omit telling them about foods that I have eaten and slips I've made, or when I lie about any other part of my program. Honesty is an integral ingredient of all three aspects of the program for me. Without it I have no foundation upon which to build, and my program collapses under its own weight and the weight of my urges toward control and self-will.

Playing around with my food, hiding my feelings, having no trust in a Higher Power, and doing nothing put me on slippery ramp which I call the black spiral into despair and chaos. Working the Steps, using the tools, taking action, asking for guidance from my Higher Power, and being honest keep me loving life and recovering.

I hope that sharing this experience, strength, and hope will be what someone else needs to hear. I certainly heard what I needed. What was freely given to me, I give to you.

— *Alabama USA*

Literature Selection ~ *Lifeline* (March/April 2012), p. 9

Humility and Desperation

Before OA my life seemed hopeless. At 25 years old, I was financially, spiritually and emotionally bankrupt. I was a single mom and 250 pounds (113 kg), not my all-time highest weight but close. It seemed to keep getting worse. My life was not on the path I had envisioned as a little girl.

I now understand that was how my disease of compulsive overeating needed to progress to get me through OA's doors. Although I made much progress and had plenty of physical

recovery, it took me over three years in program to ask another member to be my sponsor. My program was slipping, and I wasn't convinced I wanted a sponsor, but I asked anyway. She died a month later, still abstinent and in recovery.

She was an inspiration to me from the moment I met her. I have such fond memories, but one particular thing she told me has stayed with me. She said, "You'll need two things to get and stay abstinent: the gift of humility and the gift of desperation." She was right.

I was on a slippery slope at that time. I slid right down that slope into the hellish gates of relapse. Relapse is hell on Earth. It wasn't until I was desperate that I became humble and things got better. How desperate was I? Desperate enough to do whatever was necessary, to go to any lengths to get recovery. Humility is going to an OA meeting and telling the absolute truth (rigorous honesty) about how I feel and what I am doing with food. It means admitting defeat and crying my eyes out if I need to.

I must have heard the tools read a thousand times over the last four and a half years at meetings, but when I became desperate and humble, I was willing to really hear them and (most important) use them. When I use the OA tools in my life, work the Steps (imperfectly), and take suggestions from other members who have what I want, it becomes easy to stay abstinent.

I now take at least 10 minutes a day (often more) to read, write and meditate—to center and remind myself of who and what I am so I don't forget. I usually attend two meetings per week, commit my food in the morning and write it out at night. I also have a new sponsor with whom I am excited to be working. What a miracle! For today I am gratefully abstinent and progressing, which is what the OA program is all about! Thank God for the gift I received: the gift of desperation.

~ *Tobi H., Halifax, Nova Scotia, Canada*

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For those interested, a friend of mine shared an article with me on the subject of revising the description/definition of "addiction." Due to copyright laws, I am only able to share the title, author, and Website with you:

Addiction Has A New Definition:

It Is A Disease, Not Just Bad Choices Or Behaviors

By Christian Nordqvist

Website:

<http://www.medicalnewstoday.com/articles/232841.php>

© *Medical News Today*

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THE PATH OF RECOVERY ~ THE PATH OF RELAPSE

Interdependent

Rigorous honesty

An informed conscience

Honest with others

Faith in my Higher Power

Disbelief in a Higher Power

Deceitful with others

An uninformed conscience

Insidious deceitfulness

Independent

SKY PILOT'S "FUEL" FOR FLIGHT

"The human person is a composite, but a unique type of composite. There is a material 'component'—which is obvious to all. And there is a spiritual 'component'—which is not immediately obvious; self-reflection is needed to perceive it. The two components coexist, but not as two things each with their independent existence, such as would be the case of an automobile and the driver in it. The human person exists as one reality, having one interdependent existence of the two components which *together* constitute the one living human body, the one existing human person" (Albert S. Moraczewski).

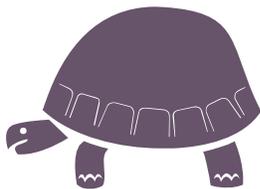
My Friend Anna

Reading aloud embarrassed me.
I could not say "anonymity."
I put an "m" where an "n" should be,
And it came out as "amonimity."

But I found an imaginary friend
Who brought my problem to an end.
This friend, Anna, said to me,
"Just call me Anna Nimity."

— M. H., *Napa, California USA*

Myrtle the Turtle (via JHN):
We are not under the law of nature, but of grace; we are not bid do a thing above our strength, because, though our hearts are naturally weak, we are not left to ourselves.



"BIG BOOK" READING LIST FOR APRIL 2013

01	136-145	16	30-37
02	145-150	17	37-43
03	531	18	301
04	470	19	258
05	369	20	328
06	281	21	553
07	309	22	486
08	494	23	289
09	338	24	58-63
10	407	25	63-71
11	193	26	208
12	375	27	72-80
13	246	28	80-88
14	398	29	104-113
15	Gratitude List	30	113-121

ANNOUNCEMENTS

Next Intergroup Meeting 9 April 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!

PLEASE NOTE A CHANGE: the gathering at 6:00 p.m. on

Friday 26 April 2013 will be at **Green Mill Restaurant,**

Kellogg & Rock Rd, Wichita, KS 67207

Mid-Continent Intergroup

Treasurer's Report for date ending 12 March 2013

Checking:

Beginning Balance (01/09/13) \$ 1485.57

Donations

Mon (10:00 a.m.)	\$ 20.00	
Mon (5:30 p.m.)	\$ 0.00	
Mon (7:30 p.m.)	\$ 189.00	
Wed BB (5:30 p.m.)	\$ 33.00	
Fri (noon)	\$ 0.00	
Sat (9:30 a.m.)	\$ 75.80	
Sat (1:30 p.m.)	\$ 0.00	
Salina	\$ 23.34	
Step Study	0.00	
Total Donations		\$ 341.14

Expenditures

Telephone	\$ (52.55)	
Adj. to Balance Cbk	\$ (0.00)	
Insurance	\$ (181.00)	
Reimbursement - Sharathon	\$ (20.00)	
Reimbursement to Region 4	\$ (0.00)	
Rent	\$ (520.00)	
Total Expenditures		\$ (773.55)

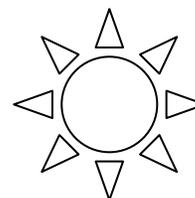
Net (Donations - Expenditures)

\$ (432.41)

Ending Balance (03/12/13)

\$ 1053.16

Publicity Budget (03/12/13)	\$ 82.76	\$ 82.76(0)
Prudent Reserve (12/31/12)	\$ 3372.39	\$ 3372.39



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!