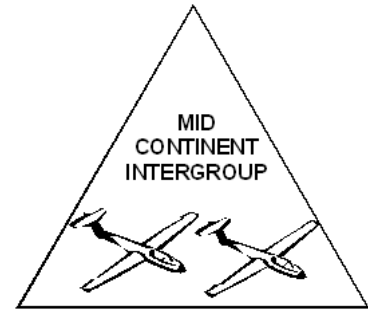


# THE PILOT

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



## July & August 2013

### OA Mid-Continent Intergroup Needs You; The Nature Of The Need Is The Topic Of This Issue of The Pilot

Where to start? I know: why don't I start at the beginning. "In the beginning God created ..." (Genesis 1:1). No, no, no ... my mistake, my bad. For one thing, I went too far back. For another thing, it is the wrong "beginning" for you all, my beloved readers. Allow me, if you please, to start thus: when I volunteered to serve as the editor of "The Pilot," I made the decision to have it consist of selections approved by Overeaters Anonymous (OA) and Alcoholics Anonymous (AA), along with selections suggested by members of the OA Mid-Continent Intergroup. I also included some tidbits of my own, under the pseudonym "Sky Pilot." One of the pearls of OA, nay, the pearl of great price, is anonymity. That is not simply my opinion. "Behind all these self-sacrificing attitudes is a single spiritual foundation, so important to our Fellowship it is part of our name: anonymity. It is essential that all of us understand and respect anonymity if OA is to survive and we are to find recovery here" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. Overeaters Anonymous, Inc.: Rio Rancho, New Mexico, 2008: 199).

Since the last issue of "The Pilot" was disseminated, in June 2013, it was brought to my attention that I was violating copyright laws by including selections from OA and AA approved literature. I think HP has a sense of humor as this meticulous and tactful observation was brought to my attention after I completed The Pilot for July 2013 and was ready to send it to the printer. Verily, I am blessed with a multitude of diseases and

character flaws—I am not being sarcastic by the use of the word "blessed." Even in my imperfect state of recovery, I am broken. *Ergo*, the July issue of The Pilot was never completed. **My apologies for failing my OA Mid-Continent Intergroup family. *Mea culpa, mea culpa, mea maxima culpa* ("My fault, my fault, my most grievous fault").**

I do not intend to dwell on the past, and I am confident that you, my dear OA family, will neither dwell on the past that is over, nor dwell on the future that is not for us to know, nay, I am confident you will keep your focus on the here-and-now, the eternal present. Now, join with me and take a deep breath, hold it in, and exhale very slowly. Please repeat this action as often as necessary so as to be granted serenity for what follows.

I am excited and filled with trepidation. It is not uncommon for me to have opposing feelings coexisting in me at the same time. On the one hand, this new position I find myself in will open the door to create and realize a newsletter that is primarily focused on what is happening here and now, within and outside the confines of the OA Mid-Continent Intergroup family. What that means is that I am going to be out and about in the community to see what is unfolding and transpiring in your neck of the woods. I still have more than a year left for my term as the editor of The Pilot. That will give me ample time to remold The Pilot to reflect, not primarily where we are going, but where we are at in working our program, however imperfectly that may be. "No one among us has been able to

maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection” (*Alcoholics Anonymous*, 4<sup>th</sup> edition. New York: Alcoholics Anonymous World Services, Inc., 2001: 60).

On the other hand, I am filled with trepidation. How can I fulfill the service I have accepted as the editor of *The Pilot*? How can I collect enough data to fill the empty space of the pages? Where will I find the words that need to be shared with my OA family? When will I have adequate time to string together sentences that will impart understanding to the minds and hearts of its readers? What if my well (the spiritual realm) runs dry?

Now that I got that off my chest the trepidation has subsided. For one thing, it is not all up to me. I am not alone. I am a member of OA Mid-Continent Intergroup. For another thing, it is ill-advised for me to focus on the future, on the morrow. I need to remind myself—perhaps this resonates with you as well—let tomorrow take care of tomorrow as there are sufficient matters today for us to deal with.

**The topic for this issue of *The Pilot* is service.** Service is one of the nine tools of OA recovery. It is likely that much of what is said pertaining to service is already known to you; it is possible that I am preaching to the choir; and it is conceivable that you have chosen to refrain from reading beyond this point. It should encourage you to know that the act of addressing topics that have been addressed countless times before is vital to one’s recovery. Recovery is not a point in time or a check-off from a “to do” list. It is, and will continue to be, an integral part of our life-long journey. Likewise, the tools are not a list of items to check-off, nay, they are also an integral and indispensable part of our recovery. The reason we continue to refer to them is we are, by nature, living organisms which are constantly changing. I am not who I was yesterday, and tomorrow I will not be who I am today.

Like all living organisms, we are subject to growth and decay. Should we choose to continue to work the Twelve-Step Program, we will continue to realize serenity, maturity, and freedom. Should we choose to opt out of working the Program, we will experience decay at three levels, namely, physical, emotional, and spiritual. In the book, *Alcoholics Anonymous*, commonly referred to as the Big Book,

service is inextricably connected to one’s recovery. For the alcoholic, service is not an option to remain in recovery: service is the *sine qua non* of recovery. If a recovering alcoholic does not continue to be of service to other alcoholics, s/he will, sooner or later, take that first drink of alcohol, and for the alcoholic, to drink is to die.

It is the same for us who are recovering from compulsive eating: we cannot remain abstinent unless we offer, and continue to offer, ourselves in service to others who are suffering from the disease of compulsive eating.

It is possible your state in life prevents you from being able to answer the call to serve in OA:

- You are too old
- You are too young
- You are too feeble
- You have a son
- You have a daughter
- You have a pet or two
- Your car is a wreck
- And your house is too
- Your life is too hectic
- Your talents are few
- You get angry by people
- And you fret and you stew
- The list can go on
- For me and for you

I learned from OA that I can only speak for myself. It is with deep and undying gratitude that through OA I have a life in which my ego is becoming smaller as well as my self-centeredness and self-will. OA has given me my life back and, as one slogan states, I am obliged to “pay it forward” in service to others. My disease no longer precludes me from offering my self—character defects included—to others that our Higher Power may keep us abstinent “just for today.”

A final thought: we are endowed with free will. It is through free will that we came to OA and found a solution to our disease of compulsive eating. The solution is simple, but not easy: it is the Twelve Step Program of Recovery. Our free will allows us to choose to work the program and experience abstinence just for today. Because of free will, we may choose to not work the program, resulting in the side effect that the disease will reign over us, eventually killing us. The former of the two choices provides us the means to be of service to others in happiness, freedom, and community, whereas the latter can only result in self-service, engulfing us in misery, enslavement, and isolation.

## SKY PILOT'S "FUEL" FOR FLIGHT

One cannot offer service without sacrifice, and service involves more than simply rendering assistance: it involves the offering of oneself. Service is "the offering of life which is the very essence of service, of being for others, whether in life or in death ... The resultant fellowship with the Father [God] is the reward of such service" (Gerhard Kittel, ed. *Theological Dictionary of the New Testament*, Volume 2. Grand Rapids, Michigan: Wm. B. Eerdmans Publishing Company, 1964: 86).

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"The second charism is *diakonia* [δῆλονία], which probably refers to the administration of material aid and the distribution of alms ... Nothing suggests that the word refers to a distinct class of persons (= "deacons")" (Raymond E. Brown).

When I was discerning whether it was prudent to offer myself in service to the OA Intergroup, I was struggling with my degree of competency—or lack thereof—and I determined that I was insufficiently qualified to fill the position. Upon further prayer, meditation, and discernment—coupled with seeking the view from the perspective of another OA member in recovery—I took the focus away from me (away from my degree of OA recovery, away from my talents, away from my character defects) and realigned it to my Higher Power. It was then that it occurred to me "that God is doing for us what we could not do for ourselves" ("The Big Book," 4<sup>th</sup> Edition, p 83). At that moment, I offered my service to OA Mid-Continent Intergroup, and since that time I have grown spiritually by leaps and bounds. Please consider this when you discern whether you are being called to offer your service.

~ Sky Pilot

## 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<sup>nd</sup> term, '11)  
Vice Chair: Laura L 316-687-5904 (2<sup>nd</sup> term, '12)  
Secretary: Barb H 316-733-2136 (1<sup>st</sup> term, '12)  
Treasurer: [unfilled]  
Literature: Jill C 316-371-2045 (1<sup>st</sup> term, '11)  
Pilot Editor: Bruce C 316-630-0863 (1<sup>st</sup> 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!

## ASK Anna Nimity

Dear Anna,  
How can I be happy when I have to serve someone?  
Why can't I find contentment and happiness  
satisfying my craving to fill my own belly?

*Callicles*

Dear *Callicles*,

When you offer yourself in service to OA, it enlarges your heart, effects growth in your spiritual life, and keeps you in recovery. Conversely, when your sole occupation is consumed with satisfying your craving for food, it shrinks your heart, renders you spiritually bankrupt, and precludes any possibility for recovery. The former path showers you with serenity and happiness, whereas the latter path makes you agitated, miserable, and self-centered.

Yours in humble service,  
*Anna*

## ANNOUNCEMENTS

Next Intergroup Meeting 13 August 2013 @ 6:30 PM  
Intergroup Office: 7701 E Kellogg Dr Ste 835  
All are welcome!  
[www.oawichita.org](http://www.oawichita.org)

## OA NEEDS YOUR SERVICE

*OA Intergroup needs three positions filled by  
10 September 2013:*

### **Chairperson / Parliamentarian / Treasurer**

Without service, OA would be rendered incapable of reaching out to compulsive overeaters who are seeking recovery. Without your service, the OA Fellowship would cease to exist. The conclusion is either/or: we either stand together in recovery, hand in hand, or we fall into relapse, isolated and alone. This is not a threat; it is a clarion call to action!!!

If you are interested in being considered for a position, please attend an Intergroup meeting, especially the meeting on 10 September. Also, feel free to contact the current officers (phone numbers listed in the left column)

**“BIG BOOK” READING LIST FOR JULY 2013**

1	446	16	Gratitude List
2	44-49	17	535
3	50-57	18	58-63
4	328	19	63-71
5	470	20	289
6	359-364	21	246
7	364-368	22	474
8	Dr’s Opinion	23	30-37
9	544	24	37-43
10	232-239	25	301
11	494	26	512
12	104-113	27	561-574
13	113-121	28	446
14	522	29	72-80
15	301	30	80-88
		31	208

**“BIG BOOK” READING LIST FOR AUGUST 2013**

1	398	16	364-368
2	219	17	258
3	17	18	171
4	369	19	535
5	501	20	289
6	246	21	407
7	193	22	494
8	446	23	338
9	151	24	432
10	232-239	25	122-129
11	239-245	26	129-136
12	522	27	544
13	83-84	28	208
14	531	29	553
15	359-364	30	58-63
		31	63-71

**Overeaters Anonymous  
Mid-Continent Intergroup  
Treasurer’s Report  
31 May 2013**

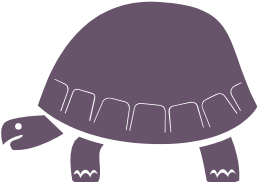
<b>Checking:</b>	
Beginning Balance (5/1/13)	\$ 1259.93
Donations	
Mon (10:00 a.m.)	\$ 40.00
Mon (7:30 p.m.)	\$ 412.00
Wed BB (5:30 p.m.)	\$ 115.60
Concordia	\$ 50.00
Anonymous	\$ 285.00
Voided Secretary of State Ck.	\$ 120.00
Total Donations	\$ 1022.60
Expenditures	
AT&T	\$ (107.89)
Secretary of State - Reissue	\$ (100.00)
Marketing Parking, Inc.	\$ (520.00)
Pilot Copying	\$ (0.00)
Total Expenditures	\$ (727.89)
Net (Donations minus Expenditures)	\$ 294.71
Ending Balance (5/31/13)	\$ 1540.78

**Overeaters Anonymous  
Mid-Continent Intergroup  
Treasurer’s Report  
30 June 2013**

<b>Checking:</b>	
Beginning Balance (6/1/13)	\$ 1540.78
Donations	
Mon (10:00 a.m.)	\$ 20.00
Mon (7:30 p.m.)	\$ 85.00
Wed BB (5:30 p.m.)	\$ 25.00
Sat (9:30 a.m.)	\$ 113.75
Total Donations	\$ 243.75
Expenditures	
AT&T	\$ (52.94)
Mid-Continent Intergroup (Reimb. to Lit. Acct. - Ck. Outstanding	\$ (23.28)
Marketing Parking, Inc.	\$ (260.00)
Pilot Copying	\$ (0.00)
Total Expenditures	\$ (336.22)
Net (Donations minus Expenditures)	\$ (92.47)
Ending Balance (6/30/13)	\$ 1448.31

Prudent Reserve	
4/1/13 Balance	\$ 3373.02
Interest: April, May, June	\$ 0.42
Ending Balance	\$ 3373.44

Myrtle the Turtle:  
The key to staying in OA recovery is service. Through meditation (listening to HP) you will discern how much service you can offer to OA.



Daylight is on the land  
So hurry—now—and take my hand  
Don’t delay, don’t hesitate  
For the train—at the depot—will not wait