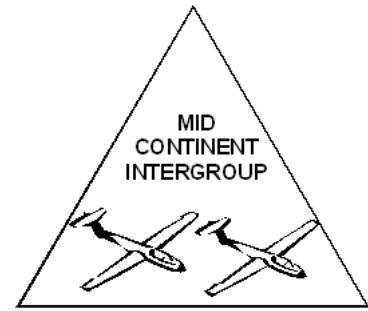


THE PILOT

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



September 2013

A Kind Of Creativity

Nothing can weigh you down as much as your inability to forgive. And nothing is quite so tragic as to live day after day, with a sharp stone of resentment and hate in your heart. Oh yes, I can understand it. Somebody, perhaps many people, have done you wrong and little by little your heart has become cold. You are not the same person any more. That surprises you. You're no longer so soft, so gentle, so good. Your affection has turned cold, your sympathy turned to aversion. Where once there was a bond, there is now a break. It hurts. Friendship has turned to aggression. Your love has slowly turned to hate. It makes you miserable; you feel trapped. Your shutters are down and the sun can't shine through. Life weighs you down. Deep down in your heart you long to be free. But there is only one way, believe me. Forgiveness! Forgive. I know just how hard that is, but worth it. Forgiving is a kind of creativity. It brings new life, new joy. It creates new possibilities within yourself and within others. You have to forgive again and again. You must forgive seventy times seven times. Forever. Because you, too, need so much forgiveness.

Anonymous

What Serenity Means To Me

- **God.** With the saying of this word, I am admitting the existence of a Higher Power, a Being far greater than I.
- **Grant.** With the repeating of this second word I am admitting that this Higher Power is an authority who can bestow and give
- **Me.** I'm asking for something for myself. It is not always wrong for me to ask for betterment

for myself. For with the improvement of my character, people around me will be happier.

- **Serenity.** I am asking for calmness, composure and peace in my life, which will enable me to think straight and govern myself properly.
- **To Accept.** I am resigning myself to conditions as they are right now.
- **The Things I Cannot Change.** I am accepting a lot in life as it is. Until I have the courage to change any part of my life I don't like, I must accept it and not accept it grudgingly.
- **Courage.** I am asking for a quality of spirit, to face conditions without flinching.
- **To Change The Things I Can.** I am asking for conditions to be different. I am asking for help to make the right decision. Everything is not perfect in my life. I must continue to face reality, and constantly work toward continued growth and progress.
- **Wisdom To Know The Difference.** I am asking for the ability to form sound judgments in any and all matters. I want to be able to understand clearly truths of facts. I want to see things differently in my life so there can be some distinction. I need to sense a definite value in love over selfishness.

Anonymous

Humility Too!

Here is what Bill W., cofounder of AA, said about humility: "Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness, in all time and places, to find and do the will of God."

H Humble
U Unassuming
M Modest
I Insignificant
L Lowly
I Incorruptible
T Teachable
Y Yielding

Humility:

- Is trying to do God’s will as I see it, to the best of my ability, at all times, in all places
- Is not groveling
- Is the avenue to true freedom of the human spirit
- Is the nourishing ingredient that gives us serenity
- Can transform failure and misery into priceless assets
- Should be something we want, not something we must have
- Is making honesty, tolerance and true love of man and God the daily basis of living

Fill In The Blanks!

Put your own name in the blanks and see how you measure up:

_____ is very patient and kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude.

_____ does not demand his or her own way.

_____ isn’t touchy or irritable.

_____ doesn’t hold grudges and will hardly ever notice when others do her/him wrong.

_____ is never glad about injustice but rejoices when truth wins out.

Anonymous

The Choice I Have

If I were controlled
 I wouldn’t be fat
 I’d be able to breathe
 And relax when I sat

If I were controlled
 I’d be willow-wisp thin
 My life and my icebox
 Neat as a pin

If I were controlled
 I could go out to eat
 And sit in a booth
 And fit in the seat

If I were controlled
 I could buy pretty skirts
 Blouses that tuck in
 And tight fitting shirts

If I were controlled
 I would smile with ease
 And would not be defensive
 Should somebody tease

If I were controlled
 I could dine expensive
 And my body might not
 Be quite so extensive

If I were controlled
 I may find food repulsive
 For in being controlled
 I wouldn’t be compulsive

If I were controlled
 I’d be thin, lithe an’ gay
 And alas, and alack
 Have no need for OA

Kim S., Florida

SKY PILOT’S “FUEL” FOR FLIGHT

A person I call “Friend” has provided me with some fuel so I may continue to fly, just for today. Left to my own devices I fare ill. The fuel does not always come when I want it and sometimes I fear it may not be sufficient, just for today. And you know what I discovered? In spite of my fears and worries, I always get what I need, just for today

~ Sky Pilot

ASK Anna Nimity

Dear Anna,
 I’ve just started coming to OA meetings and I’ve yet to figure out how to become a member. Is there an initiation or fees or what?

Lost N. Space

Dear *Lost N. Space*,

You are a member of OA is you saying so. Tradition Three says, "The only requirement for OA membership is a desire to stop eating compulsively." [It is well to call to mind that] none of us can judge the desire in another's heart. To join a [OA] group one simply attends its meetings. Most groups do not have a formal procedure for "joining." Group officers have an obligation to keep confidential the list of names of members who wish to be notified of steering committee meetings or other OA events and who are available for twelfth step work. Most members have a special feeling for one particular group and consider it their home group where they accept responsibilities and try to sustain friendships. They do not meddle in the business or policy of groups they visit only occasionally and in which they would accept no service assignments. OA is not intended to promote competition, size, records, or popularity. Therefore, all OA members are welcome at all OA meetings and will feel as much a part of the Fellowship in another group as in their own.

Yours in humble service,
Anna

ANNOUNCEMENTS

Next Intergroup Meeting 10 September 2013 @ 6:30 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835
All are welcome!
www.oawichita.org

GREAT NEWS!!!

A NEW OA MEETING IS CONVENING

Date: Monday 16 September 2013

Time: 5:30 p.m.

Location: University United Methodist Church

Address: 2220 N Yale Ave, Wichita, KS 67220
(21st St and Yale, east of Hillside)

Contact Person: Gay L.

Phone: 316-260-5945

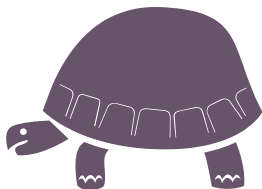
For those attending the OA conference at Emporia on 14 September 2013 who would like to carpool, please be at the parking lot at 7701 E Kellogg Dr 7:00 a.m. The cars will be leaving at 7:15 a.m. Hope to see you there!

Overeaters Anonymous Mid-Continent Intergroup Treasurer's Report 31 July 2013

Checking:	
Beginning Balance (7/1/13)	\$ 1448.31
Donations	
Mon (10:00 a.m.)	\$ 20.00
Mon (7:30 p.m.)	\$ 121.00
Wed BB (5:30 p.m.)	\$
Sat (9:30 a.m.)	\$
Total Donations	\$ 141.00
Expenditures	
AT&T	\$ (52.94)
Mid-Continent Intergroup (Reimb. to Lit. Acct. - Ck.	
Outstanding	\$ (0)
Marketing Parking, Inc.	\$ (260.00)
Pilot Copying	\$ (0)
Total Expenditures	\$ (312.94)
Net (Donations minus Expenditures)	\$ (171.94)
Ending Balance (7/31/13)	\$ 1276.37

Prudent Reserve	
Balance as of 30 June 2013	\$ 3373.44

Myrtle the Turtle:
If you are down on someone you are having a relationship with, just think of who it is that person is having a relationship with.



"BIG BOOK" READING LIST FOR SEPT 2013

1	44-49	16	553
2	50-57	17	301
3	182	18	17
4	328	19	388
5	458	20	470
6	86-87	21	Gratitude List
7	474	22	XI-XXIV
8	219	23	Your favorite story
9	544	24	375
10	30-37	25	171
11	37-43	26	232-239
12	535	27	151
13	486	28	246
14	104-113	29	208
15	113-121	30	561-574

