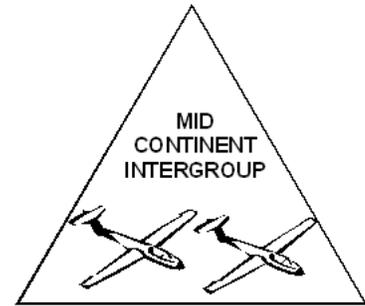


THE PILOT

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



October 2013

We Care

What is your attitude toward the newcomer? Do you show them “We Care” by introducing yourself? Do you make an effort to introduce them to others?

Coming to the first OA meeting can be a cry for help. If they fail to return the second week, do you soothe your conscience by using the excuse, “He’s not ready,” or “If she wants help, she’ll ask?”

Recovery takes action, follow through with a telephone call ... after all we keep saying that is the purpose of the sign-in book. You’ve been given an opportunity to share experience, strength and hope with someone—do it now!

You’ve been given the opportunity to give the gift of love that has no price tag—do it today.

Eva

Humor is Part of Our Recovery in OA

Our group recently had an experience that helped show us our progress along the path.

We were a somber group that evening. The meeting was well underway, quiet topic, closed door, hushed tones. A loud knock came at our door. We were a bit startled, but composed enough to say, “Hello, come on in.”

Our eyes became large with surprise when we saw the delivery boy enter our inner sanctum with a large, boxed pizza. “OK, this is the pizza you ordered.”

We were still off-guard by the intrusion of a binge food but one of our group led the boy down the hall to the people who had ordered the treat.

This incident caused us all to laugh heartily and to speculate as to who “really” ordered the pizza.

OAs are sensitive souls and I know from my past, I would not have laughed at this situation, but instead would have been judgmental and pious about it. Thanks to OA I now know how to laugh

and relax and enjoy the bits of humor OAs can share as friends in the program.

Anonymous

Inventory Checklist

I’ve got a shopping list of some items all of us need.

The first thing I’d like to do is exchange some ‘self-righteousness’ I picked up the other day for some ‘humility,’ which they say is a lot less expensive and wears much better.

I saw that one store was advertising a ‘thank you’ sale. After looking into it, I realized that my ‘thank you’ supply was very inadequate.

Someone showed me some pretty samples of ‘peace’ the other day they picked up right before Christmas last year. Hey, we’re in uncertain times. I’m sure that we could all use more ‘peace.’ I don’t know about you, but my inventory of ‘peace’ is dangerously low.

I’d also like to try to match some ‘patience’ that my neighbor wears. He seems to always have it on, and he looks fantastic. I’m thinking it might look good on me. I have worn ‘patience’ before, and worn it well, but it always seems to wear out; this time I’ll get a big supply.

Maybe I’ll try on that little garment ‘long suffering’ I never thought I wanted to wear. You know I feel myself coming to it.

And while I’m out, I must not forget to pick up a little ‘sense of appreciation.’ It’s been used up, and I don’t feel right when I don’t have an adequate supply.

Finally, I’ll be looking around for some good old-fashioned ‘goodness.’ It’s surprising how quickly one’s stock of ‘goodness’ is depleted.

How about it? Would you like to go shopping with me?

B. Holden

[There is a Solution]

When I first started attending OA meetings I read a description of Anorexia Nervosa that really helped me. "Anorexia was that part of our disease whereby we have given so much power to food we can no longer take one bite." The nervosa was explained as being the "obsession of the mind." Compulsive eating, I learned from literature, was eating that I insisted on doing "My Way."

All of these glimpses of facets of our disease have helped me to come to some understanding of my identity as a compulsive eater. I had a fear of eating. Food became more important because it couldn't be eaten. I got a lot of attention through food manipulation. Serving others food made me feel in control. The obsession of the mind led to disorganized thinking. I was often in a daze around food. Trips to the grocery store or restaurants were horror-filled because of the turmoil in my mind. And always there was the awful incessant cravings for more and more. How to stop the awful craving? How to stop the obsession?

I believe there is only one way. It is a spiritual awakening which occurs as a result of working the 12 Steps. I admit I am powerless over food and my life is unmanageable. I come to believe there is a power that can restore me to soundness of mind. Others told me it worked for them and I came to believe it would work for me too. I made a decision to turn my will and my life over to the care of this Higher Power whom I choose to call God. One day at a time working the Steps, using the Tools we learn a manner of living that puts food in its proper perspective. Today that proper perspective is to sustain life. I am learning what it means to be human, to make mistakes but not feel that I am a mistake.

Working with others also helps dispel the obsession. I am grateful there are so many ways of giving service in OA. KEEP COMING BACK—IT WORKS.

Anonymous

Relaxing Ways to Deal with Stress

- Tickle a baby!
- Pet a friendly dog or cat!
- Don't know all the answers!
- Say something nice to someone!
- Play patty cake with a toddler!
- Schedule play-time into every day!
- Remember you always have options!

- Relax and take each day at a time!
- Live life!
- When all else fails, do something that works for me and lots of other people, namely, steps one, two and three!

Anonymous

Literature Corner

NEW! For Today Workbook – "Gain new insights by using the tool of writing as you reflect on the daily readings in For Today. This accompanying workbook provides thought-provoking questions for each day." Contact Jill at chanceja@att.net to request this workbook (or any other literature). Put LITERATURE in the subject line. The workbook is also available as a downloadable PDF at <http://bookstore.oa.org/category/Digital+Products>.

Service Opportunities

Do you feel called to service but just don't know where you're needed? Intergroup needs you!

Intergroup Chair - Lead monthly Intergroup meetings; represent the Wichita Intergroup at Region IV. Contact any officer listed in the Pilot for more information.

Group Representative - Each meeting can send 2 group reps who each have a vote. Help make our organization stronger!

SKY PILOT'S "FUEL" FOR FLIGHT

I need to make amends to everyone from Mid-Continent Intergroup. Unfortunately, that will not be possible as it would require of me a vis-à-vis interaction with each of you. As much as I love my OA "extended family," an apology will have to suffice. Therefore, with my position being one of a penitent (supine on a cold, hard floor), I beseech you to forgive me who am not worthy of your forgiveness, yet desperately in need of it, for being an unfaithful servant. I have been remiss getting "The Pilot" for October completed and disseminated by 1 October 2013. My apologies!

~ Sky Pilot

ASK Anna Nimity

Dear Anna,

I heard there are honesty steps, humility steps, and love steps in Overeaters Anonymous. Could you share these with me?

Willin' to Learn

Dear *Willin' to Learn*,

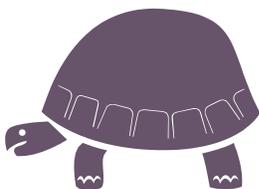
I'll be glad to share what I believe they are:

- Honesty steps are one, four, five, eight and ten
- Humility steps are two, three, six, seven and eleven
- Love steps are nine and twelve

These are just a few of the gifts we're given; there are many more.

Yours in humble service,
Anna

Myrtle the Turtle:
Try honest thinking,
not wishful
thinking!



“BIG BOOK” READING LIST FOR OCT 2013

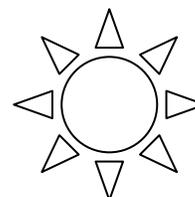
1	369	16	544
2	246	17	301
3	Dr's Opinion	18	553
4	208	19	437
5	136-145	20	501
6	145-150	21	458
7	338	22	246
8	494	23	522
9	295	24	17
10	348	25	44-49
11	407	26	50-57
12	561-574	27	535
13	328	28	470
14	268	29	104-113
15	171	30	113-121
		31	398

ANNOUNCEMENTS

Next Intergroup Meeting on 12 November 2013 @ 6:30 PM
Intergroup Office: 7701 E Kellogg Dr Ste 835
All are welcome!
www.oawichita.org

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

<u>Checking:</u>		
Beginning Balance (8/1/13)		\$ 1276.37
Donations		
Mon (10:00 a.m.)	\$	20.00
Mon (7:30 p.m.)	\$	131.00
Wed BB (5:30 p.m.)	\$	92.00
Sat (9:30 a.m.)	\$	70.19
Sat (1:30 p.m.)	\$	57.60
Total Donations		\$ <u>370.79</u>
Expenditures		
AT&T	\$	(53.29)
Marketing Parking, Inc.	\$	(260.00)
Pilot Copying	\$	(0.00)
Total Expenditures		\$ <u>(313.29)</u>
Net (Donations minus Expenditures)		\$ <u>57.50</u>
Ending Balance (8/31/13)		\$ <u>1333.87</u>
<hr/>		
Prudent Reserve Balance as of 30 June 2013		\$ 3373.44



MID-CONTINENT INTERGROUP OFFICERS

(Terms are 2 years in duration, and are limited to 2 consecutive terms per position)

Chairperson:	[unfilled]	
Vice Chair:	Laura L 316-687-5904	(2 nd term, '12)
Secretary:	Barb H 316-733-2136	(1 st term, '12)
Treasurer:	Mary R	(1 st term, '13)
Literature:	Jill C 316-371-2045	(1 st term, '11)
Pilot Editor:	Bruce C 316-630-0863	(1 st term, '12)
Parliam.:	Susan 316-733-1998	(1 st term, '13)

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

