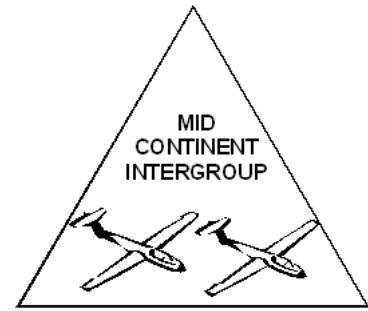


THE PILOT

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



November 2013

Able To Breathe

“The result was the same – all of us had nearly perished in a sea of alcohol” (*Twelve Steps and Twelve Traditions* [AA]), p 124.

I don’t see myself drowning as much as I see myself choking. Both are equally terrifying images, but choking and being choked by this disease was my reality until I was ready to stop. I’ll never forget one moment in particular. My partner had gone to work. It was all I could do to wait until I was alone – alone with my food. “Will you just get out of here?” is what I was thinking. I couldn’t wait to be by myself where I could eat, unrestrained. I remember thinking as I shoved food in my mouth, “Slow down or you’re going to choke!” I could not slow down. My disease had progressed to the point where it was easier for me to think about how to give myself the Heimlich maneuver rather than how to slow down. “I’ll just throw myself over a chair if I start choking.”

I was choking because this disease had me by the throat and there was no stopping it. The idea of trying to stop myself from choking rather than slow down my eating did not seem insane to me. It wasn’t something I wanted to openly share, but my disease had reached the point where I was willing to justify my behavior in order to eat what I wanted.

Today I am unencumbered by my disease in ways I never imagined. I have no desire to take that first compulsive bite today. I am not drawn to food and don’t long for the days where I can just have ‘just one bite’ of anything not within my food plan. I am so grateful today to be able to breathe and live

life instead of feeling like the life is being choked out of me!

~ From *Expressions of Unity*
(November 2005), Unity Intergroup,
Minneapolis, MN

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OA Tools Are the Perfect Travel Size

This past month I traveled several states away for some training for work. I was thousands of miles from home, without a car, and surrounded by an all you-can-eat buffet-style breakfast in both my hotel lobby and at our training facility. Fortunately, I’ve traveled a number of times abstinely, so I knew what to do to be prepared – pack my own breakfast foods and program literature, continue my daily inventory, and remember that my Higher Power is with me each step of the way. A few mornings I called in to an OA phone meeting while getting ready for the day. I stayed in touch with program friends via phone and texts. When an unexpected personal crisis emerged that brought thoughts of bingeing to relieve discomfort and anxiety, I asked for help from friends, family, and a sponsor.

I am so grateful that the spiritual tools of OA are portable. I can take them with me anywhere and access at least one of them at any time.

~ M.R.
Fall 2012 Newsletter
Heart of Texas Intergroup
Austin, TX

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!

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

△ △ △

Recovery Story - Reclaiming the Spirit

When I look at pictures of myself as a child, I see a young girl spinning, smiling and smelling lilacs. But my parents divorced when I was seven, and life became more difficult. Slowly I gained weight and retreated as I began to eat and eat. Each year I saw another 10 pounds (5 kg) on the scale. Each year I experienced more dismay and harassment from my family. I topped out at just over 300 pounds (136 kg). Of course, this top coincided with my bottom.

At 21, I felt different. I didn't think I was supposed to date. I didn't know what would become of me professionally. Even the glimmer of self-confidence I guarded inside me diminished because I was sure people judged and disliked my fat appearance. I felt I had to earn admiration and acceptance. I was my toughest critic.

Then I found OA, where I belonged the minute I walked in the door. The recovery that slowly followed could only have come from some power outside myself. This is obvious to me because my best devices had taken me to a demoralizing and uncomfortable weight. In the depths of my disease,

I remember thinking the real solution to my weight problem (not my life problem) was to become a compulsive exerciser. This is laughable in hindsight. Probably no exercise regimen was rigorous enough to counteract all the calories I was taking in!

Once in program, I started to exercise in a healthy way. I replaced my family's dysfunctional systems with the Traditions and Steps that make OA a safe place to recover. Since joining 10 years ago, I have given up things that no longer serve me, whether foods or friends. I have lost over 150 pounds (68 kg) and have maintained that loss for more than seven years.

The greatest opportunity and challenge of my life came this year. I'd never been farther south than Florida, yet I accepted a job in Brazil! The process has felt “Higher Powered.” I'm happy to find the Twelve Steps here in Brazil too, with OA literature translated from the familiar English versions.

“The will of God will never take me where the grace of God cannot protect me.” Recently, I heard these words read at a meeting. The will of my Higher Power has taken me far from home this time. My gratitude to OA runs deep. I know that no matter where I am on earth, as I turn away from excess food and toward my Higher Power, I will make it through whatever challenges and adventures are in my path.

My life has changed and continues on a changed trajectory from where it would have ended without OA. Every time I have feared letting go of something that does not suit me, I've been rewarded with serenity and growth on the other side. In the process of surrendering, I end up reclaiming the spirit I see when I look at those childhood pictures of myself.

~ From *OAsis* (November 2012), Tulsa [OK]
Overeaters Anonymous
Reprinted from *Lifeline* magazine at
<http://www.oa.org/lifeline-magazine/>

SKY PILOT'S “FUEL” FOR FLIGHT

May you all have a happy and abstinent
Thanksgiving!

~ Sky Pilot

ASK Anna Nimity

Dear Anna,

How can I have a peaceful and serene Thanksgiving while I am in the presence of heaps of food?

Anxious

Dear *Anxious*,

Use the opportunity to fill your heart with gratitude rather than filling your stomach with food. Be ever-mindful of the countless blessings you have received from Overeaters Anonymous: recovery, meetings, the nine tools, the Twelve Steps, and freedom from the obsession of food.

Before you partake in the festivities and fellowship at Thanksgiving, write a gratitude list, ask your Higher Power to give you the grace and strength to refrain from the act of overeating just for today, and remind yourself that you are not alone, that your OA "family" is there with you in spirit.

Yours in humble service,
Anna

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 30 September 2013

Checking:

Beginning Balance (9/1/13) \$ 1338.87

Donations

Mon (10:00 a.m.) \$ 20.00
Mon (7:30 p.m.) \$ 288.00
Wed BB (5:30 p.m.) \$ 51.50
Sat (9:30 a.m.) \$ 45.47
Sat (1:30 p.m.) \$

Total Donations \$ 404.97

Expenditures

AT&T \$ (53.14)
Marketing Parking, Inc. \$ (260.00)
Pilot Copies \$ (31.29)
Literature Postage \$ (111.30)

Total Expenditures \$ (455.73)

Net (Donations minus

Expenditures) \$ (50.76)

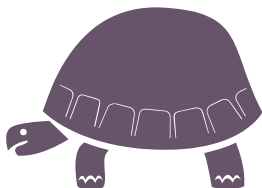
Ending Balance (9/30/13) \$ 1283.11

Prudent Reserve

Balance as of 30 June 2013 \$ 3373.44

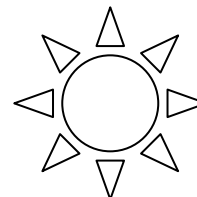
Myrtle the Turtle:

I use to equate
Thanksgiving with food.
I now equate it with
fellowship and service.



"BIG BOOK" READING LIST FOR NOV 2013

1	44-49	16	553
2	50-57	17	301
3	182	18	17
4	328	19	388
5	458	20	470
6	268	21	XI-XXIV
7	474	22	Gratitude List
8	219	23	375
9	544	24	171
10	30-37	25	232-239
11	37-43	26	151
12	535	27	Your favorite story
13	486	28	246
14	104-113	29	208
15	113-121	30	561-574



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 (2nd term, '12)
Secretary: Barb H 316-733-2136 (1st term, '12)
Treasurer: Mary R 316-616-7361 (1st term, '13)
Literature: Jill C 316-371-2045 (1st term, '11)
Pilot Editor: Bruce C 316-630-0863 (1st term, '12)
Parliam.: Susan W.316-733-1998 (1st 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!

