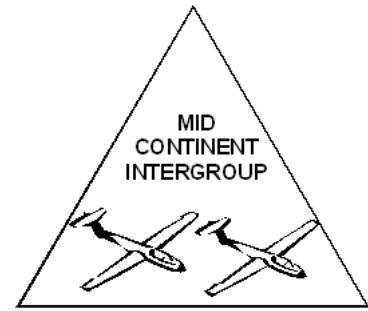


# THE PILOT

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



## Spring 2014

### Chattin' with the Region 4 Chair – Region is Rockin'

Hi, I'm Meg M the Region 4 Chair. My home group resides in Minneapolis, MN which is a part of Unity Intergroup, which is a part of Region 4. I'm going to write a series of short pieces about the structure of OA in relation to how we give service and how we carry the message to compulsive eaters.

In Overeaters Anonymous the World is structured in 10 Regions. The purpose of the Regions is to offer support and communication to all of the Intergroups and Service Boards (called Service Bodies). The Service Boards function like Intergroups, but are outside of the United States.

Regions are the communication liaison between the World Service Office to the Service Bodies. All regions have Business meetings (Assemblies) several times a year – from one to three due to size of fellowship, funding and ability for the Reps to meet face-to-face. Most Region Assemblies rotate around their Region.

For Region 4, the Assemblies meet in April and October. The meeting begins on Friday evening and then reconvenes for all of Saturday. The hosting Intergroup has a Super Saturday, based on the Assembly theme. For an hour both the Region Reps and the Super Saturday attendees meet for a workshop. This allows each groups to meet and work together. The business portion of the Assemblies are going over the running of the region; planning the budget, working on fun ways to engage those Intergroups whose area and numbers are small and share awesome ideas.

Region 4 has three main service committees:

- Region convention (occurs on the even years and the location rotates around the region)
- Outreach – the focus is on direct support to the Intergroups
- Ways and Means/Finance Committee – create opportunities to raise funds to share the message to the still suffering compulsive eater and creates the yearly budget for the Assembly review

The Board consists of the following positions (all are two year, with the exception of the Region 4 Trustee, which is a three year term):

- Chair – Liaison to the Region Convention (Elected on even years)
- Vice Chair – Liaison to the Outreach Committee (Elected on the odd years)
- Secretary – Liaison to the committee of Choice (Elected on even years)
- Vice Chair – Liaison to the Ways and Means/Finance Committee (Elected on the odd years)
- Trustee – Elected at the World Service Business Conference

It's fun to meet other fellows from Region 4. I find that it enlarges my community of members to hook-up with and work with. I love going to Conventions and Workshops and I get to see my new friends yet again.

## Region Overview

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Map of the [OA Regions](#)

Region	States and Countries	# of Intergroups/ Service Bodies
<b>Region 1:</b>	AK, ID, MT, OR, WA, WY – Canada: Alberta, British Columbia, NW Territories, Saskatchewan, Yukon	25
<b>Region 2:</b>	CA, HI, Mexico	35
<b>Region 3:</b>	AZ, CO, NM, NV, OK, TX, UT – a bit of NE and WY	25
<b>Region 4:</b>	This is us! IA, IL (non-Chicago area), KS, MN, MO, ND, NE, SD- Canada: Manitoba, NW Ontario, Nunavut Territories	19
<b>Region 5:</b>	IL (Chicago area), IN, KY, MI, OH, WI	31
<b>Region 6:</b>	CT, MA, ME, NH, NY, RI, VT – Canada: New Brunswick, Newfoundland, Nova Scotia, Ontario, Prince Edward Island, Quebec, Bermuda	40
<b>Region 7:</b>	DC, DE, MN, NJ, PA, VA, WV	24
<b>Region 8:</b>	AL, AR, FL, GA, LA, MS, NC, SC, TN – Puerto Rico, Virgin Islands, Central America, South America	58
<b>Region 9:</b>	Africa, Europe, Middle East, Western Asia	60
<b>Region 10:</b>	Australia, Far East, New Zealand, Southeast Asia, Western Pacific Basin	11

### SKY PILOT'S "FUEL" FOR FLIGHT

One year has gone while another one takes its place. Prior to recovery, I allowed the past to overshadow the present, for *auld lang syne*, for "times gone by," for missed opportunities, for commissions and omissions, all of that stuff "back there" enveloping me like a suffocating fog precluding clarity of mind, preventing my heart from connecting and speaking with other hearts. Since recovery, I have learned to live one day at a time "just for today." I am no longer consumed by the past, nor am I filled with fear and angst for what may befall me in the future. It is not out of thoughtlessness that my Higher Power conceals my future, nay, it is testimony to the deep and abiding love my Higher Power has for me that prevents me from knowing my future. The acceptance that I do not know what tomorrow will bring is fertile ground to deepen my faith and love in something other than myself and greater than anything this life has to offer. It was through my Higher Power that I have been deeply influenced through my OA family. Through you all, my beloved OA family, I have come, not to that which is perfect, but to that which my heart has always longed for, home! "Welcome back, welcome home."

~ Sky Pilot

### ASK Anna Nimity

Dear Anna,

Now that all the presents have been unwrapped, now that the festivities have come to a close, now that all my relatives have returned from to their respective domiciles, I feel empty inside. I use to utilize food to try to fill the void. I know realize that food will not fill the void. Is there something wrong with me? Have I lost my sanity?

*Empty*

Dear *Empty*,

It may be a measure of sanity that you feel the emptiness and that you do not try to numb the feeling with food. Only love can fill the void, and the origin of love is our Higher Power. May you take comfort in this and allow the grace of our Higher Power to flow through you to others.

Yours in humble service,  
*Anna*

## ANNOUNCEMENTS

Please refer to the "Spring 2014 Insert" for details

- ✓ **There is a new OA meeting at the Mid-Continent Intergroup at 6:30 p.m. on Tuesdays, except for the 2<sup>ND</sup> Tuesday of the month (as the OA Service Board has its meeting on that evening).**
  
- ✓ **April 5, 2014: OA Mid-Continent Intergroup ANNUAL SHARATHON. The theme this year is "Relapse to Recovery." It will be held at Wyndham Garden Hotel, 221 East Kellogg, Wichita, Kansas 67202. Check-in begins at 8:30 a.m. It concludes at 4:00 p.m.**
  
- ✓ **June 20-22, 2014: Overeaters Anonymous Region 4 Convention. The theme this year is "We are the Message." It will be held at Crowne Plaza Bloomington, 5401 Green Valley Drive, Bloomington, Minnesota 55437.**
  
- ✓ **September 13, 2014: Kansas Day. The theme this year is "A Power Greater Than Me" **\*\*Spiritual Recovery in OA\*\*.****

Next Intergroup Meeting on April 8, 2014 @ 6:30 PM  
 Intergroup Office: 7701 E Kellogg Dr Ste 835  
 All are welcome!  
 www.oawichita.org

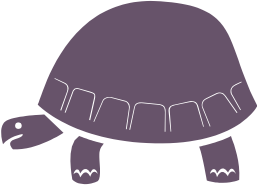
### **Overeaters Anonymous Mid-Continent Intergroup Treasurer's Report February 2014**

<u>Checking:</u>		
Beginning Balance (2/1/14)		\$ 799.84
Donations		
Mon (10:00 a.m.)	\$ 20.00	
Mon (7:30 p.m.)	\$ 170.63	
Wed BB (5:30 p.m.)	\$ 51.00	
Sat (9:30 a.m.)	\$ 81.50	
Total Donations		\$ <u>323.13</u>
Expenditures		
AT&T	\$ (53.18)	
Marketing Parking, Inc.	\$ (260.00)	
Shelter Ins (Bus policy)	\$ (100.00)	
Shelter Ins (Gen. Liability)	\$ (82.00)	
Total Expenditures		\$ <u>(495.18)</u>
Net (Donations minus Expenditures)		\$ <u>(172.05)</u>
Ending Balance (2/28/14)		\$ <u><u>627.79</u></u>

Prudent Reserve	
Balance as of 12/31/2013	\$ 3374.28

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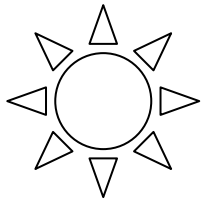
Myrtle the Turtle:  
 The longer I walk the road of OA recovery, the deeper I realize why I love my OA family: I experience love and acceptance from them.



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### “BIG BOOK” READING LIST FOR APR 2014

- |                   |            |
|-------------------|------------|
| 1 136-145         | 16 30-37   |
| 2 145-150         | 17 37-43   |
| 3 531             | 18 301     |
| 4 470             | 19 258     |
| 5 369             | 20 328     |
| 6 281             | 21 553     |
| 7 309             | 22 486     |
| 8 494             | 23 289     |
| 9 338             | 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 |



### MID-CONTINENT INTERGROUP OFFICERS

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

- |               |                       |                             |
|---------------|-----------------------|-----------------------------|
| Chairperson:  | Lynley H 912-481-7277 | (1 <sup>st</sup> term, '13) |
| 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:    | Mary R 316-616-7361   | (1 <sup>st</sup> term, '13) |
| Literature:   | Jill C 316-371-2045   | (2 <sup>nd</sup> term, '11) |
| Pilot Editor: | Bruce C 316-630-0863  | (1 <sup>st</sup> term, '12) |
| Parliam.:     | Susan W 316-733-1998  | (1 <sup>st</sup> 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!

