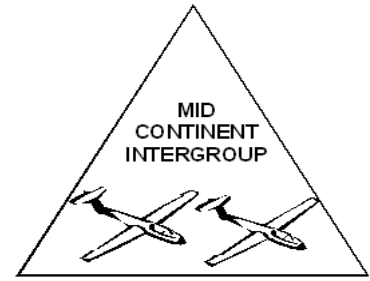


THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 835
WICHITA, KANAS 67207-1767
www.oawichita.org



October 2014

From the Cool Aunt

About two years ago, I was at the swimming pool with my oldest nephew, Christopher, at that time, a sixth grader. There is a crucial time period when you go from being “the cool aunt” they really want to spend time with, to an afterthought as they take off with their friends. We were in the middle of this crucial transition time.

It was a hot sunny day, and the water felt good. We made our way to the diving well and the slides. There was the slide that I used to take him down when he was a youngster, very safe and tame. There was also another slide that went down a very steep slope and then dropped about ten feet into the water below. Christopher knew I did not like heights, and as he went on the slide over and over again, I just watched. Finally I thought, if I am going to be “the cool aunt” again, I better prove my mettle and go down this slide. Christopher was incredulous that I was going to do this... “REALLY, YOU ARE GOING DOWN THE SLIDE?” “Yes!” I replied.

I climbed up and up. I wanted to climb back down, but there were people on the ladder behind me, besides, with Christopher watching me, I knew I had no choice. I sat down at the top of the slide, pried my hands away from the sides, and let go. I slid down the steep ramp and then fell. It seemed like I fell and fell, but before I knew it, I was in the water and everything was okay. I took a breath, realized that I was still alive, and Christopher started applauding me.

Trusting God/HP is similar. As I worry and worry and get scared of the future, it can seem hard to let go of all the things around me that are familiar, that I hang onto for safety... and fall into the unknown. The good news with God/HP is that I am not falling into the unknown. Rather, I am falling into the care of one who loves me infinitely more than I can ever realize, one who will hold me tight, one who will let me experience new things that may seem scary at first, but will help me grow in faith and trust both in myself and ultimately my faith and trust in God/HP. If I just let go, relax, and slip into each day with an attitude of “One Day At A Time,” - then I learn over time that I can trust God/HP to be with me and guide me.

I probably should not have worried so much about being a “cool aunt.” The good news is that my nephew, now a freshman in high school, thinks I am pretty neat. The even better news is that it is easier to trust God/HP to be with me one day at a time, so that I can relax a bit more each time I let go and let God. – Jane V.

Let us live while we live.
~ Philip Doddridge

ANNOUNCEMENTS

Next Intergroup Meeting Nov. 11, 2014 @ 6:00 PM
Intergroup Office: 7701 E Kellogg Dr Ste 835
All are welcome!
www.oawichita.org

ASK Anna Nimity

Dear Anna,

As I begin to experience recovery, I am having feelings from past issues – even years ago starting to surface! Is this normal and what might help me through this?

Feelings

Dear *Feelings*,

It is a wonderful sign that you are beginning to acknowledge and feel feelings surfacing from years past as often we have stuffed them down with excess food rather than having dealt abstinely at the time of the issue and with the coinciding feelings. Using OA's tools of recovery and the steps will help you through these "highs and lows" as you heal and continue in recovery.

Yours in humble service,
Anna

Myrtle the Turtle:

If you are using the tools,
and working/living the
steps to the best of your
ability, you are right on
schedule!



OCTOBER "BIG BOOK" READING LIST

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

Overeaters Anonymous Mid-Continent Intergroup Treasurer's Report August 31, 2014

Checking:

Beginning Balance (8/1/14)		\$	510.16
Donations			
Mon (10:00 a.m.)	\$		
Mon (7:30 p.m.)	\$		
Wed BB (5:30 p.m.)	\$		
Sat (9:30 a.m.)	\$		
WSO Group #48989	\$		
Total Donations		\$	224.25
Expenditures			
AT&T	\$		
Marketing Parking, Inc.	\$		
Pilot Copies	\$	(0.00)	
Literature Postage	\$		
Total Expenditures		\$	(282.45)
Net (Donations minus Expenditures)		\$	(58.20)
Ending Balance (8/31/14)		\$	451.96

Prudent Reserve Balance as of Aug 31, 2014	\$	3375.39
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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 st term, '13)
Vice Chair:	Diane 316-	(1 st term, '14)
Secretary:	Barb H 316-733-2136	(1 st term, '12)
Treasurer:	Mary R 316-833-77	(1 st term, '13)
Literature:	Mary B 316-	(1 st term, '14)
Pilot Editor:	Susan W316-518-4152	(1 st term, '14)
Parliam.:	Jill C. 316-371-2045	(1 st term, '14)

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