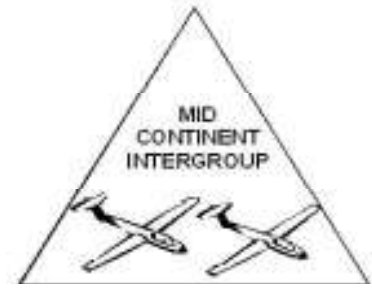


# THE PILOT

MID-CONTINENT INTERGROUP  
7701 E KELLOGG DR STE 835  
WICHITA, KANSAS 67207-1767  
[www.oawichita.org](http://www.oawichita.org)



## November 2014

*Keep Coming Back*

It was the holidays that first helped me realize I am powerless over food. Holiday times are when I did/do the worst damage to myself with the food. So, as a symptom, compulsively eating, especially at holiday time, is a sign of intense spiritual and emotional need. Everyday I need to do what I can to recover, to give myself that gift. At holiday time, I need recovery most of all and anytime there is a special occasion.

I went to my first OA meeting in the fall of 1986, at 23 years old. I did not know how to deal with life, or really who I was. At that first meeting, those first few pieces of literature were vital. I was not ready quite yet for OA, but at the end of that first meeting, when they said, "keep coming back," I said I would. OA seemed "extreme" as I certainly could still "control" my food with a diet, but when I tried, I made it less than twelve hours and I was back into the food. When the holiday time came, I was compulsively eating everything except the wallpaper, and that was next.

My higher power, God, gave me the gift to keep coming back to Overeaters Anonymous, since January of 1987. I knew there had to be God for me to stop eating compulsively. In OA, I am learning who I am - better, one day at time.

~Anonymous, Kansas

***Hot Off The Press!!!***



Overeaters Anonymous Third Edition (OA3), affectionately known as the Brown Book, is now in the OA bookstore. It is OA literature written by OA members for OA members. This almost all new book includes forty never-before-published stories, a new forward by Dr. Marty Lerner, an eating-disorder treatment professional, and a new appendix, "The Role of a Plan of Eating in Recovery from Compulsive Eating," written by a dietitian specializing in addictive and compulsive eating disorders. This new book is available for \$13.50 on the OA website at: <http://bookstore.oa.org/products/980-overeaters-anonymous-3rd-edition>

**Lifeline Weekly is a special, bonus piece of literature delivered exclusively to e-Lifeline subscribers. Each week, you'll find historic articles from the print version of Lifeline, along with inspirational quotes and spotlights on important OA news, events and deadlines. If you would like to subscribe to the Lifeline magazine or the E-Lifeline, here are the links: <http://www.oa.org/lifeline-magazine/subscribe-to-print-lifeline/>  
<http://www.oa.org/lifeline-magazine/e-lifeline-login/>**

**The first point of courtesy must  
always be truth.  
~ Ralph Waldo Emerson**

**ANNOUNCEMENTS**

Region 4 Phone Step & Tradition Meeting  
Sundays 7pm-8pm  
Call in info: 605-562-3130 Access code: 290492#

Next Intergroup Meeting: January 13, 2015 @ 6:00 PM  
Intergroup Office: 7701 E Kellogg Dr Ste 835  
All are welcome!  
[www.oawichita.org](http://www.oawichita.org)

**ASK Anna Nimity**

Dear Anna,

There are so many weight loss/eating disorder programs out there, how will I know if OA is the right program for me?

*Confused in Programs*

Dear *Confused in Programs*,

Overeaters Anonymous is not a diet and calories weight loss club nor a behavior modification program. It is a 12-step recovery program based off of Alcoholics Anonymous that addresses any type of eating disorder/food addiction on three levels; spiritual, physical, and emotional. Membership is free and it is suggested that newcomers try six meetings before deciding if it is right for you.

Yours in humble service,  
*Anna*

**Overeaters Anonymous  
Mid-Continent Intergroup  
Treasurer's Report  
September 30, 2014--Amended**

<b>Checking:</b>		
Beginning Balance (8/31/14)		\$ 452.95
Donations		
Mon (10:00 a.m.)	\$ 40.00	
Mon (7:30 p.m.)	\$ 163.60	
Wed BB (5:30 p.m.)	\$ 25.00	
Sat (9:30 a.m.)	\$ 50.00	
WSO Group #48989	\$	
Total Donations		\$ 326.60
Expenditures		
AT&T	\$ (43.40)	
Marketing Parking, Inc. (rent)	\$ (260.00)	
Pilot Copies	\$ (0.00)	
Literature Postage	\$ (0.00)	
Total Expenditures		\$ (303.40)
Net (Donations minus Expenditures)		\$ 23.20
Ending Balance (9/30/14)		\$ 476.15

Prudent Reserve Balance as of Sept 30, 2014	\$ 3,375.53
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**Myrtle the Turtle**

It is much easier to do HP's will than to clean up the mess of self-will!



**November "BIG BOOK" READING LIST**

1. 44-49	11. 37-43	21. XI-XXIV
2. 50-57	12. 535	22. Gratitude List
3. 182	13. 486	23. 375
4. 328	14. 104-113	24. 171
5. 458	15. 113-121	25. 232-239
6. 268	16. 553	26. 151
7. 474	17. 301	27. Your favorite story
8. 219	18. 17	28. 246
9. 544	19. 388	29. 208
10. 30-37	20. 470	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:	Diane 316-708-8050	(1 <sup>st</sup> term, '14)
Secretary:	Barb H 316-733-2136	(1 <sup>st</sup> term, '12)
Treasurer:	Mary R 316-833-7799	(1 <sup>st</sup> term, '13)
Literature:	Mary B 316-613-2470	(1 <sup>st</sup> term, '14)
Pilot Editor:	Susan W 316-518-4152	(1 <sup>st</sup> term, '14)
Parliam.:	Jill C. 316-371-2045	(1 <sup>st</sup> 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!