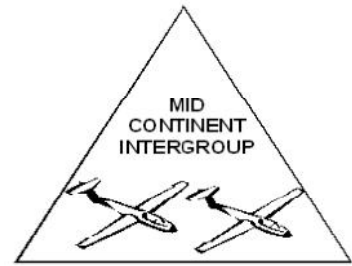


# THE PILOT

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



## January 2015

### *Happy New Year's!*

January 1<sup>st</sup> ... a new beginning and often a time for resolutions to make positive changes in my life and begin anew! Thanks to OA, I do not have to make unrealistic resolutions on January 1<sup>st</sup> anymore ... only to break them and feel like a failure *again* on January 2<sup>nd</sup>! “This time I am going to stay on my diet and reach my goal weight in several months. I am going to exercise every morning at 5am at the health club. I will complete every unfinished project in a month, practice the piano daily for two hours, learn a 2<sup>nd</sup> language, prepare only home cooked meals, work sixty-five plus hours a week, serve on five community boards, attend three weekly church activities, volunteer weekly at the neighborhood school, donate blood monthly, ... ok, am exaggerating, but you get the point!

My resolutions may have had potential merit, but OA has taught me that I do not have control over any of them – especially food and weight. Rather than applying more will power to achieve my resolutions... I can be still, surrender my day to my HP, and let him design what I will eat, weigh, and do today! Then, tomorrow I can do it again no matter what day of the month or year it is! Thus, everyday is a new beginning and a chance to align my will and will power with HP's will for my life.

One may wonder why I would want to exchange my will for my day for HP's will? Blessed are those that figure out it is well worth it, but in my case I had to experience living under the pain of self-will to decide it was worth it!!! The compulsiveness, destruction of relationships, demoralization, plethora of physical ailments, fear of living, and lack of maturity... to name just a few – only then motivated me to be willing to “Let go and let God” take over. In other words, the pain of living “my way” became worse than my fear of living HP's way. I was convinced HP's way was going to be totally stressful and overwhelming... yet dry and boring, unfit for my skill set and personality, and just plain dog gone awful! Well ...was that ever a big, fat lie!!!!

I have been doing my best to live by the 12 steps (HP's way) for quite a few years now and the blessings are too numerous to include on this page! However, a few include remaining abstinent and at goal weight for almost 20 years, enjoying moderate exercise, loving and feeling loved by my wonderful husband and daughter, extended family, friends, and community, terrific health, always growing ...sometimes from mistakes, living life in accordance with my God given nature and skills, and never bored!

So today I do not have to make resolutions I cannot keep, but I can surrender all of my life today to my HP and express my most sincere gratitude for the fellowship, steps, and traditions of Overeaters Anonymous that are teaching me how to let go of New Year's resolutions and live well everyday!

~ Susan, Ashland, KS



**Myrtle the Turtle**

Easy Does It!

## ASK Anna Nimity

Dear Anna,

I always feel stressed out! How do I find the energy to keep up like everyone else does?

~ Stressed Out

Dear *Stressed Out*,

It often seems that others appear to handle life more efficiently and accomplish “more” with greater stamina than ourselves, but our fellowship teaches “not to compare our insides with someone else’s outsides.” The 12 steps are finely tuned for *you* and when we acknowledge powerlessness in Step 1, it opens us to be restored to sanity in Step 2, and surrender to HP’s perfect will for our lives in Step 3. HP’s will for *your life* may look very different than for your neighbor’s life!

Yours in humble service,  
Anna

### JANUARY “BIG BOOK” READING LIST

1. 17	11. 359-364	21. 113-121
2. 407	12. 364-368	22. 289
3. 561-574	13. 382	23. 193
4. 309	14. 512	24. 338
5. 182	15. 301	25. 219
6. 44-49	16. XI-XXIV	26. 348
7. 50-57	17. Hug Day	27. 232-239
8. 281	18. Dr.’s Opinion	28. 432
9. 171	19. 470	29. 268
10. 494	20. 104-113	30. 136-145
		31. 145-150

### ~Announcements~

#### OA’s 55<sup>th</sup> Birthday Party Celebration

Jan. 23-25, 2015 at the LAX Hilton  
register online at oabirthday.com



#### Mid-Continent OA Sharathon

April 25, 2015 at Newman University  
(more information coming!)



#### Region 4 Phone Meeting

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

**New: Virtual 12 Step Workshops** 2-3pm CST  
2<sup>nd</sup> Sunday of each month! Next meeting: Feb. 8<sup>th</sup>, Step 2  
Call in info: 424-203-8405 Pin code: 925619#  
Questions via email: [vst4oa@hotmail.com](mailto:vst4oa@hotmail.com)



#### **New OA Meeting!**

6:30 pm Thursdays, El Dorado, KS  
contact info: Tiffanie 800-736-9255

#### **A Step Ahead, First Quarter, 2015 newsletter**

Jam-packed with OA news, announcements, and articles.  
View on free download at oa.org

Next Intergroup Meeting: February 10, 2015 @ 6:00 PM  
Intergroup Office: 7701 E Kellogg Dr Ste 835  
All are welcome!

### OA Mid-Continent Intergroup Treasurer’s Report November & December 2014

#### **Checking:**

Beginning Balance (11/1/14) \$ 310.21

#### Donations

Mon (5:30 pm) \$ 30.00  
Mon (10:00 a.m.) \$ 40.00  
Mon (7:30 p.m.) \$ 237.65  
Wed BB (5:30 p.m.) \$ 66.00  
Sat (9:30 a.m.) \$ 158.00  
Independence Group \$ 60.00  
Prudent Reserve \$ 450.00  
Misc. \$ 10.00

Total Donations \$ 1,051.65

#### Expenditures

AT&T \$ (86.83)  
Marketing Parking \$ (520.00)  
Region 4 contribution \$ (100.00)  
WSO contribution \$ (50.00)  
Literature Postage \$ (0.00)  
Misc - keys (14.52)

Total Expenditures \$ (771.35)

Net (Donations minus

Expenditures) \$ 280.30

Ending Balance (12/31/14) \$ 590.51

Prudent Reserve

Balance as of 12/31/14, 2014 \$ 2,925.92

#### **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!