



THE PILOT

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



April 2015

My husband is a farmer and rancher in an area of Kansas that has endured a severe drought over the last decade! We are sure hoping that „April showers will bring May flowers,, and an abundant June wheat harvest! Thanks to living the 12 steps and 12 traditions of Overeaters Anonymous, I know however, that neither rain nor shine is an excuse for compulsively overeating. In fact, none of my former excuses for overeating work anymore,, thank goodness! Before OA, any excuse would suffice ,, the depressing rain, the blazing sun or the frustrating winds. Besides weather related, some of my favorites excuses were boredom, resentment, feeling ashamed, tired, scared, insecure, and lonely. Then there were of course the more positive feelings to trigger a binge ,, receiving an honor or recognition, school graduation, a friend,, wedding, a birthday,, . Sometimes I would overeat without any reason at all!

OA taught me that I compulsively overate due to having ,,a cunning, baffling, and powerful,,(Alcoholics Anonymous, pg. 58) addiction to food ,, end of story! Well, at least that horrific part of my story as it was the beginning of a beautiful, new recovery in OA. Accepting my powerlessness to eat to enjoy food in its proper perspective and sustain a healthy life *and* realizing how inept I was at managing my life well in general was the beginning of recovery ,, Step 1. Pre-OA, the world and my inner voice told me I could do anything I set my mind to ,, I just needed to use more willpower to diet and exercise and when I reached my goal weight ,, my whole life would be terrific!

Fully understanding and admitting powerlessness over food and managing my life was such a foreign and contradicting concept!!! Now I know, that my weakness is such a gift! It allows me to daily surrender my will and life over to a Higher Power that continually and abundantly blesses me each and every day! It is also the weakness of my OA fellowship that keeps us all afloat. Whooooooohooooo for weakness!!!

My recovery story has not been perfect by any means, but my loving HP has even allowed the rocky times to provide amazing blessings down the road. So rain or shine, I am celebrating my weakness today and the amazing life it has brought me through Overeaters Anonymous and my Higher Power!

~ Susan W.



Myrtle the Turtle

Hope to see everyone at the Sharathon for finding solutions and fellowship!

Please join us for our annual
**MID-CONTINENT INTERGROUP
 SHARATHON**

Living in the Solution



April 25, 2015
 Newman University
 Eck Hall, Rm #120
 9:00 AM – 4:00 PM
 (Check-in at 8:30 AM)
Registration forms at local meetings!

Dinner at Spears (4323 W. Maple St.)

Friday, April 24th at 6:00 PM!

Register on same form as Sharathon and RSVP for dinner by April 17th with Mary B. mbooth@kapaun.org or 316-993-9716

ASK Anna Nimity

Dear Anna,

I am really struggling with finding abstinence! I believe in the program and am attending meetings, but I just do not seem to get it! Should I drop out?

~ Challenged in OA

Dear *Challenged in OA*,

Recovery from food addiction is a process and as long as you are being completely honest with yourself, using the tools, and practicing the 12 Steps whole-heartedly... recovery will happen! Some common delays are dieting for a food plan, not fully admitting powerlessness, procrastinating a 4th and 5th Step, avoiding our sponsor(s), and delaying making amends. *You are loved no matter what and keep coming back!*

Yours in humble service,
 Anna

APRIL "BIG BOOK" READING LIST

1. 136-145	11. 193	21. 553
2. 145-150	12. 375	22. 486
3. 531	13. 246	23. 289
4. 470	14. 398	24. 58-63
5. 369	15. Gratitude List	25. 63-71
6. 281	16. 30-37	26. 208
7. 309	17. 37-43	27. 72-80
8. 494	18. 301	28. 80-88
9. 338	19. 258	29. 104-113
10. 407	20. 328	30. 113-121

~ANNOUNCEMENTS~

A Step Ahead, Second Quarter, 2015 newsletter

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



New Phone Meeting for Men! Tuesdays 7-8 PM ET
 Call in: 1-712-775-7031 Meeting ID: 242-990-669#
 If you would like to connect with other men in OA, please add your name, e-mail, telephone, and time zone and if you would like to be added to the Outreach List to make or receive calls to other men.



Region 4 Phone Meeting

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

Virtual 12 Step Workshops 2:00-3:00 PM CST
 2nd Sunday of each month! Next meeting: May 10th
 Call in info: 424-203-8405 Pin code: 925619#
 or listen to the podcasts at www.oa.org/oapodcasts/

Next Intergroup Meeting: May 12th, 2015 @ 6:00 PM
 Intergroup Office: 7701 E Kellogg Dr Ste 835
 All are welcome!



**OA Mid-Continent Intergroup
 Treasurer's Report
 March 2015**

<u>Checking:</u>		
(Revised) Beginning Balance 3/1/15		\$ 265.98
Donations		
Mon (10:00 a.m.)	\$ 40.00	
Mon (7:30 p.m.)	\$ 169.00	
~correction from Feb		
Wed BB (5:30 p.m.)	\$ 69.00	
Sat (9:30 a.m.)	\$ 202.00	
Total Donations		\$ 480.00
Expenditures		
No March payments	\$	
Total Expenditures		\$ (0.00)
Net (Donations minus Expenditures)		\$ 480.00
Ending Balance 3/31/15		\$ 745.98

Prudent Reserve Balance as of 3/31/2015	\$ 2,926.27
---	-------------



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 316-708-8050	(1 st term, '14)
Secretary:	Barb H 316-733-2136	(1 st term, '12)
Treasurer:	Mary R 316-833-7799	(1 st term, '13)
Literature:	Mary B 316-613-2470	(1 st term, '14)
Pilot Editor:	Susan W 316-518-4152	(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!