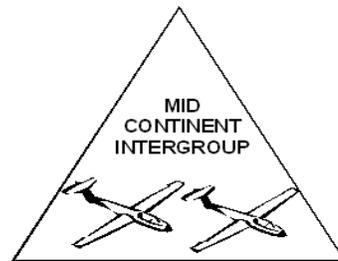


# THE PILOT

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



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**H**umbly admitting “I can’t,” when it comes to food and managing my life!

**U**nderstanding that I am not God and do not always know what is best for myself or others.

**M** “Modest sense of one’s own importance” (The Random House College Dictionary, 1980)

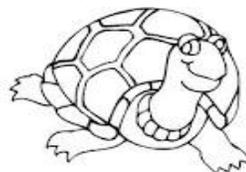
**I** am neither above nor below my fellows “on some imagined ladder of worth.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 68)

**L**ower than my Higher Power!

**I**nterdependence is the key instead of prideful independence or codependence.

**T**o not be a status seeker!

**Y**ou are loved by your Higher Power and your OA fellowship! Keep coming back!



Take time to  
smell the May  
flowers!



**ASK Anna Nymity**

Dear Anna,

Meditation suggested in Step Eleven seems like such a vague concept. What is meditation and how do I do it?

~ Seeking

Dear Seeking,

“Prayer is talking to God and meditation is listening to God. Most sponsors recognize that prayer and meditation are highly individualized practices and that there are as many ways to pray and meditate as there are people. However, the Twelve and Twelve literature and the Big Book explain the importance of intentionally seeking the God of our understanding every day, developing a God consciousness, developing intuition and coming to rely on it. (“Sponsoring Through the Twelve Steps” pamphlet, pg. 21)

Yours in humble service,  
Anna



**MAY “BIG BOOK” READING LIST**

1. 398	11. 239-245	21. 407
2. 219	12. 522	22. 494
3. 17	13. 246	23. 338
4. 369	14. 531	24. 432
5. 501	15. 359-364	25. 122-129
6. 246	16. 364-368	26. 129-136
7. 193	17. 258	27. 544
8. 446	18. 171	28. 208
9. 151	19. 535	29. 553
10. 232-239	20. 289	30. 58-63
		31. 63-71

~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#

**Second Sunday Workshops** 2:00-3:00 PM CST

2<sup>nd</sup> Sunday of each month! Next meeting: June 14th

Call in info: 424-203-8405 Pin code: 925619#

or listen to the podcasts at [www.oa.org/oaPodcasts/](http://www.oa.org/oaPodcasts/)

**From the Treasurer's Desk:**

I wish to send out a SHOUT to all the groups who regularly send in their 7th Tradition to keep our Intergroup humming along. Each month we have our regular bills of rent (\$260.00) and phone (usually around \$45.00 per mo.), but there are also months that we have a few extra bills like our insurance in Feb. of \$182.00 for general liability and business. By the end of May, we pay the Secretary of the State of KS for our yearly non-profit fee of \$40.00. Also twice a year, we support our Region 4 Representative as she travels to the spring & fall assemblies (\$357.41 total). Last year, our Mid-Continent Intergroup also sent in our contribution to Region 4 (\$100.00) and World Service Office (\$50.00). Things add up, and I did not remember ever sharing all these for our groups to better understand how important each group's donations are~

~Yours in Service, Mary R.

Next Intergroup Meeting: June 9th, 2015 @ 6:00 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!



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

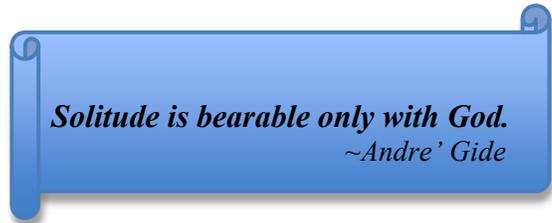
<b>Checking:</b>		
(Revised) Beginning Balance 4/1/15		\$ 745.98
Donations		
Mon (10:00 AM)	\$ 20.00	
Wed BB (5:30 PM)	\$ 52.00	
Sat (9:30 AM)	\$ 163.00	
Sat (1:30 PM)	\$ 20.00	
Salina	\$ 27.40	
Total Donations		\$ 282.40
Expenditures		
Marketing/Parking	\$ (260.00)	
AT&T	\$ (89.72)	
KC/Region 4 Rep	\$ (175.00)	
Total Expenditures		\$ (524.72)
Net (Donations minus Expenditures)		\$ (242.32)
Ending Balance 4/30/15		\$ 503.66

Prudent Reserve Balance as of 3/31/2015	\$ 2,926.27
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*Sending thank yous  
and hugs to Salina and Independence groups for  
their contributions to Mid-Continent Intergroup!  
Also, Happy 10<sup>th</sup> Anniversary to Independence!!*



***Solitude is bearable only with God.***  
*~Andre' Gide*

**MID-CONTINENT INTERGROUP OFFICERS**

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

**Announcement:** *Intergroup Board Elections are coming up in October! Stay tuned for upcoming information on positions that will be open for service. Currently, the Parliamentarian position is open! Thank you and congratulations to Connie for serving as our second Region Representative!*

- 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.:

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



*... and more Thank Yous  
to Diane, Mary B., and Russell for  
putting on a FANTASTIC  
sharathon full of much fellowship,  
recovery, and just plain fun!!!*



**REGION 4 SLOGAN CONTEST**

Fire up those creative minds and come up with a new recovery slogan that represents our Mid-Continent Intergroup! Along with your slogan, just write a brief account of what your slogan means to you, how you came up with it, and why... if possible! Entries can be submitted from a whole intergroup, meeting, or individual, but it needs to represent our intergroup! The contest runs from Sunday, May 10<sup>th</sup> to Saturday, June 20<sup>th</sup>. E-mail your entry to Lynley H. at [lynleyd@yahoo.com](mailto:lynleyd@yahoo.com) and our Intergroup will vote on one to submit to the Region 4 Outreach Committee.



**1<sup>st</sup> prize:** 1 year subscription to Lifeline for our Intergroup

**2<sup>nd</sup> prize:** "12<sup>th</sup> Step Within Packet" from oa.org