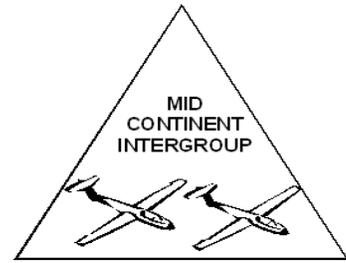


THE PILOT

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



June 2015

Our Intergroup chair recently noted she keeps “seeing, reading, and hearing about the importance working the 12 steps!” I am so glad as I learned a very difficult lesson early in my recovery about losing sight of the steps. Hope sharing my pitfall (one of many!) can help someone else avoid it!

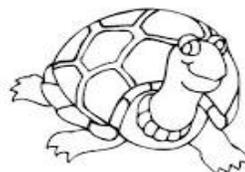
It felt like hundreds of pounds of bricks were lifted off my shoulders during my first Overeaters Anonymous meeting! Learning that my insane behavior with food was due to an addiction beyond my control made perfect sense. No wonder I was powerless over food and that my life was a mess!!! Now to find a sponsor and become abstinent! After attending quite a few meetings and stopping to binge on fast food on the way home, I asked a wonderful, thin, girl to be my food sponsor. These were sponsors back in the 1980s designated to helping with the physical/food plan side of recovery. I was 21 and she was pretty, abstinent, and not much older than myself.

She was a wonderful food sponsor! She was actually studying nutrition in college and I learned a lot about how diets can wreak havoc on one’s metabolism and encourage cravings. I had been dieting from age 12 to 21 when I attended my first OA meeting, so I had to count calories to eat three “meals” a day. (Three meals a day was the suggestion for a food plan back then.) Having no idea what a “meal” looked like, counting 500 calories a meal seemed like a logical start. Compared to the miniscule diet portions I was always trying to follow pre-OA, 500 calories per meal seemed like so much food. After a few months, much of my weight melted off and I was on the *best* pink cloud! I was finally living life to its fullest and I would make up for my lost years! I was biking almost every evening, taking very difficult summer school courses, house sitting which included gardening and pool maintenance, taking piano lessons again, volunteering at a local charity, seeing friends and of course clothes shopping for my new figure!

I was clueless that my pink cloud was soon to bust!!! My food plan was a step in the right direction, but it was still a diet and had become the focal point of my life ... along with my weight and visual appearance. I had no conception of balance... even how to get enough sleep. I had completely forgotten there were 12 steps as a suggested program of recovery and I basically was still trying to control EVERYTHING ...thinking I had found the answer to life in my wonderful 1500 calorie per day food plan.

Thus after 2 ½ months of following this food plan, I relapsed and I was hit at gut level that I was powerless over food, a diet for a food plan was not surrender, and I better acknowledge that my whole life needed to be restored to sanity... physically, emotionally, and spiritually. I started working and living by the 12 steps of Overeaters Anonymous and slowly but surely finding true recovery.

~ *Living the Steps*, KS



Myrtle the Turtle
Harvest the promises in the
AA Big Book by living the
12 steps one day at a time!

ASK Anna Nimity

Dear Anna,

I have recently gone through a treatment program where everyone followed the same food plan. It seems so rigid and I am torn if it is right for me, but scared to make any changes. Any suggestions?

~ Perplexed

Dear Perplexed,

Our illness is three fold in nature: physical, spiritual, and emotional but the physical aspect of eating must be addressed. OA however, does not endorse any specific plan of eating, but strongly encourages seeking the guidance of a qualified health-care professional and talking over changes with our sponsors. *Honesty* is key! Please seek further information in the pamphlets, "Dignity of Choice," and "A Plan of Eating."

Yours in humble service,
Anna

JUNE "BIG BOOK" READING LIST

1. 136-145	11. 494	21. 309
2. 145-150	12. 151	22. 10
3. 268	13. Dr.'s Opinion	23. 501
4. 182	14. 470	24. 369
5. 295	15. 281	25. 30-37
6. 375	16. 446	26. 37-43
7. 522	17. 388	27. 258
8. 348	18. 486	28. Gratitude List
9. 104-113	19. 58-63	29. 44-49
10. 113-121	20. 63-71	30. 50-57

~ANNOUNCEMENTS~



Region 4 Phone Meeting

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

A Step Ahead, Second Quarter, 2015 newsletter

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

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

2nd Sunday of each month! Next meeting: July 14th

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

podcasts at www.oa.org/oapodcasts/

New Phone Meeting for Men! Tuesdays 7-8 PM ET

Call in: 1-712-775-7031 Meeting ID: 242-990-669#



SAVE THE DATE

Kansas Day

September 12, 2015 in Emporia, KS

Stay Tuned for more details!



Intergroup Board Elections September 8th, 2015

3 positions open for service

Chairperson, Treasurer, & Parliamentarian

(Refer to the OA pamphlet, "OA Handbook for Members, Groups and Service Bodies: Recovery Opportunities" for specific descriptions of service positions.)

Next Intergroup Meeting: July 14, 2015 @ 6:00 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

OA Mid-Continent Intergroup Treasurer's Report May 2015



Checking:

Beginning Balance \$ 503.66
(5/1/15)

Donations

Mon (10:00 a.m.) \$ 20.00

Mon (7:30 p.m.) \$ 429.50

Wed BB (5:30 p.m.) \$ 44.00

Sat (9:30 a.m.) \$ 132.00

Total Donations \$ 625.50

Expenditures

AT&T \$ (44.42)

Marketing/Parking \$ (520.00)

KS Nonprofit fee 2014 \$ (40.00)

Total Expenditures \$ (604.42)

Net (Donations minus

Expenditures) \$ 21.08

Ending Balance 5/31/15 \$ 524.74

Prudent Reserve Balance

available after 6/30/2015 \$



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 (1st term, '13)

Vice Chair: Diane 316-708-8050 (1st term, '14)

Secretary: Barb H 316-733-2136 (1st term, '12)

Treasurer: Mary R 316-833-7799 (1st term, '13)

Literature: Mary B 316-613-2470 (1st term, '14)

Pilot Editor: Susan W 316-518-4152 (1st term, '14)

Parliam.: (currently open)

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