



# THE PILOT

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



*July* 2015



As a long-time member of this fellowship, I have often contemplated the most important lesson I have gathered from my thirty-year journey.

In the Big Book, it speaks of being in „fit spiritual condition,, and for me that has become the primary core condition for my recovery. I know for myself when I am not communing with the God of my understanding,, my willingness, my commitment, my sense of purpose, my clarity, my contentment and my sanity are all lacking. Maybe not so much at first, but eventually I will become self will run riot. I will begin to rationalize my food, white lies, my unkind thoughts, words and actions and any number of unhealthy behaviors. The food obsession begins first, then the action of compulsive eating behaviors follow quickly.

So what do I do to keep spiritually fit? I *read, meditate, pray* and *contemplate*. Reading some of the many pieces of OA literature plus some type of inspirational material has always been the easiest. I consider meditation to come in many forms such as; walking, listening to inspirational and calming music, guided meditations, sitting quietly, listening and counting my breaths or anything that keeps my mind singly focused. Prayer for me is a conversation with my Higher Power expressing desires, giving thanks, and asking for the highest and best to be brought to pass. Contemplation can be a quiet time, but often it is a time for me to take pen to paper and journal feelings, events, and concerns which often open me to the realization of old attitudes, defects, and baggage that limit my program of recovery.

This spiritual practice has become most important because without the help of my Higher Power, I am unable to abstain, recover, and realize the many benefits of this program.

~ *Anonymous*



### **Myrtle the Turtle**

Take a permanent vacation from the bondage of compulsive overeating by living the 12<sup>th</sup> step program one day at a time!

**ASK Anna Nimity**

Dear Anna,

We are going on a summer family vacation for several weeks and I am fearful about not being able to attend my home meeting and have access to foods that I am used to for my abstinence. Please advise.

~ *Anxious on Vacation*

Dear *Anxious*,

It is true that due to our illness, we are not able to eat like “normal” eaters nor does our food addiction go on vacation! However, living the 12 steps to the best of our ability gives us freedoms to experience life in full as we trust our Higher Power and use the tools. Check oa.org to see if there are meetings in your vacation spot and use the tools to focus on the steps, remain abstinent, and enjoy your vacation one day at a time!

Yours in humble service,  
*Anna*

**JULY “BIG BOOK” READING LIST**

1. 446	11. 494	21. 246
2. 44-49	12. 104-113	22. 474
3. 50-57	13. 113-121	23. 30-37
4. 328	14. 522	24. 37-43
5. 470	15. 301	25. 301
6. 359-364	16. Gratitude List	26. 512
7. 364-368	17. 535	27. 561-574
8. Dr.’s Opinion	18. 58-63	28. 446
9. 544	19. 63-71	29. 72-80
10. 232-239	20. 289	30. 80-88
		31.208

~ANNOUNCEMENTS~



**Region 4 Phone Meeting**

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

**Second Sunday Step Workshops** 2:00-3:00 PM CST  
2<sup>nd</sup> Sunday of each month! Next meeting: *August 9th*  
Call in info: 424-203-8405 Pin code: 925619#  
Catch up with podcasts at [www.oa.org/oapodcasts/](http://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 8<sup>th</sup>, 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: August 11, 2015 @ 6:00 PM  
Intergroup Office: 7701 E Kellogg Dr Ste 835  
All are welcome!



**OA Mid-Continent Intergroup  
Treasurer’s Report  
June 2015**

<b>Checking:</b>		
Beginning Balance (6/1/15)		\$ 524.74
Donations		
Hutchinson	\$ 100.00	
Mon (10:00 AM)	\$ 50.00	
Mon (7:30 PM)	\$ 55.00	
Wed BB (5:30 PM)	\$ 52.00	
Sat (9:30 AM)	\$ 56.00	
Sat (1:30 PM)	\$ 20.00	
Total Donations		\$ 333.00
Expenditures		
AT&T (2 payments)	\$ (88.80)	
EBHQ LLC	\$ (260.00)	
Total Expenditures		\$ (348.80)
Net (Donations minus Expenditures)		\$ (-15.80)
Ending Balance 6/30/15		\$ 508.94
Prudent Reserve Balance		\$ 2,926.63



**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 W316-518-4152	(1 <sup>st</sup> term, '14)
Parliam.:	<i>(currently open)</i>	

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