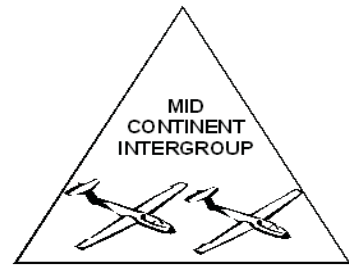


THE PILOT

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



August 2015



“The Dog Days of Summer”

Personally, I am a cat lover, but I suppose, “The Cat Days of Summer” may not be quite as acceptable an expression...especially since the original expression relates back to several ancient cultures and references the dog star, Sirius! However, I think here in the Midwest we can all relate to feeling the intense heat and humidity this time of year!

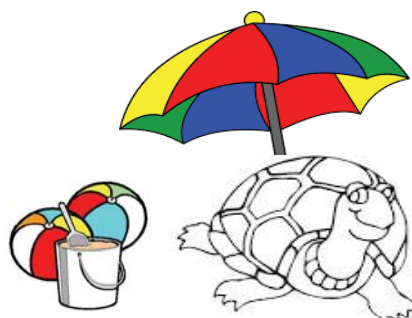
I remember a time before finding recovery in Overeaters Anonymous when I was especially miserable during these hot and humid days. In the summer of 1981, at age sixteen, I had stopped weighing myself when I tipped the 200 pound mark. Cute, plus size clothes were not around yet and my daily “uniform” was a dark, navy blue skirt with an elastic waistband topped with a plain shirt *or* navy, velour sweat pants with a dark t-shirt. The excess weight and dark clothes made being outside in the heat especially difficult, yet I still felt an insane urge to binge whenever possible.

It was especially shaming to keep getting larger and more physically uncomfortable knowing that high school would begin in a few weeks. The psychological noose around my neck felt tighter and tighter knowing I only had a couple of weeks left to diet and get “thin!” The school I attended required after school athletics which just fueled my anxiety and discomfort. Having to wear shorts and participate in after school sports at 200 plus pounds was beyond humiliating.

What a miracle and gift it is today to experience the immeasurable blessings of daily living a 12 Step Program. OA has taught me to accept life on life’s terms and let me tell you, life’s terms are far better than the terms/bondage of compulsive overeating ...even during “the dog (and cat) days of summer!”

~ Susan W.

Do you enjoy writing as a tool of recovery? Consider submitting a short, cover article for *The Pilot*! Just write and send it to swalk3@mac.com
- Typos and spelling errors edited for you!



Myrtle the Turtle

Got problems? Check out the worksheet, “*Twelve Stepping A Problem*,” on the OA website! oa.org

ASK Anna Nimity

Dear Anna,

The fourth step inventory seems so overwhelming and confusing with so many variations on how to do it. Which format should I use and how do I do it correctly?

~ 4th Stepper

Dear 4th Stepper,

There is not a perfect way to complete the 4th Step, but it is paramount to recovery to pick a format and complete it. Some members complete more than one 4th and 5th Step before working the "maintenance" steps ... 10, 11, and 12. A member cannot go wrong just using the basic format in the AA Big Book, 4th Edition pg. 65, but there are also helpful formats and guide questions in the OA literature as well.



Yours in humble service,
Anna

AUGUST "BIG BOOK" READING LIST

1. 398	11. 239-245	21. 407
2. 219	12. 522	22. 494
3. 17	13. 83-84	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. 141	19. 535	29. 553
10. 232-239	20. 289	30. 58-63
		31. 63-71

~ANNOUNCEMENTS~

New El Dorado Meeting! Thursdays at 5:30 PM
109 N. Main *Contact Person:* Tiffanie 316-323-8444



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
2nd Sunday of each month! Next meeting: *September 13th*
Call in info: 424-203-8405 Pin code: 925619#
Catch up with podcasts at www.aa.org/oapodcasts/

New Phone Meeting for Men! Tuesdays 7-8 PM ET
Call in: 1-712-775-7031 Meeting ID: 242-990-669#



A Step Ahead, Third Quarter 2015 newsletter

View your free download at aa.org



Kansas Day 2015

"Participating in My Recovery"

- Saturday September 12th, 2015
- 9 AM to 3 PM (registration begins: 8:30 AM)
- Emporia State Union, 1200 Commercial St.,
2nd Floor

Registration forms at your local meetings or online at:
oawichita.org Questions? Contact Matt (785) 220-6232

Intergroup Board Elections September 8th, 2015

3 positions open for service
Chairperson, Treasurer, & Parliamentarian

Next Intergroup Meeting: September 8th, 2015 @ 6:00 PM
Intergroup Office: 7701 E Kellogg Dr Ste 835
All are welcome!

OA Mid-Continent Intergroup Treasurer's Report July 2015

Checking:

Beginning Balance \$ 508.94
(7/1/15)

Donations

Ark City	\$ 60.00
Mon (10:00 AM)	\$ 20.00
Mon (7:30 PM)	\$ 144.00
Wed BB (5:30 PM)	\$ 68.00
Sat (9:30 AM)	\$ 147.50
Anonymous	\$ 50.00

Total Donations \$ 489.50

Expenditures

AT&T	\$ (44.59)
EBHQ LLC	\$ (260.00)

Total Expenditures \$ (304.59)

Net (Donations minus

Expenditures) \$ 184.91

Ending Balance 7/31/15 \$ 693.85

Prudent Reserve Balance available on September report



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.:	(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!