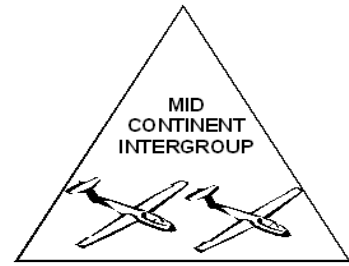


# THE PILOT

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



## November 2015

**Step Two – *Came to believe that a Power greater than ourselves could restore us to sanity.*** The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Sneaking food out of the trash and off other people's plates is not sane eating. ~Mary G.

Continual hope that eating enormous amounts of food to the point of nausea, physical misery, and excessive weight gain would somehow bring comfort and enjoyment! ~Susan

I just thought I was insane when it came to food and weight ... not in all of the other areas of my life too! ~ Anonymous

When I am out of balance ... I am not sane! ~Anonymous

The definition of **insanity** is – “*more or less permanent derangement of one or more psychological functions, due to disease of the mind*” The Random House College Dictionary

The definition of **sanity** is – “*soundness of judgement*” The Random House College Dictionary

The Power only has to be greater than myself! Even the love of the OA fellowship is a greater power than me! ~Anonymous

“Coming to believe” means the realization of Step 2 could happen instantly or over time. ~Anonymous

I guess it is not very sane to think about food 24/7 and use it like a narcotic! ~Anonymous



### Upcoming *Pilots* “A Step Together”

The Pilot lead article will focus on a step a month!

If you would like, please **read Step 3** and then **write a one or two sentence response in your own words** and submit it to [swalk3@mac.com](mailto:swalk3@mac.com) (Susan, Pilot Editor) by **December 1<sup>st</sup>, 2015** for the December *Pilot*! *Thank you for your fellowship!*



### Myrtle the Turtle

Try sanity just for today as you can always return to your insanity tomorrow!



## ASK Anna Nimity

Dear Anna,

I understand that my behaviors concerning food were not healthy and very sick at times, but I feel like I managed the rest of my life just fine! How do I complete Step 2?

~ *Stuck*

Dear *Stuck*,

When we take a closer look at our whole lives... especially when we take a written inventory in Step 4, we often see that our food addiction negatively affected every area of our lives – to some degree. Sometimes it takes experiencing some days, weeks, and even months of abstinence to begin to recognize and be restored and transformed from the insane and unbalanced ways we previously lived. Refer to Step 2 in the OA literature for further insights and “keep coming back!”

Yours in humble service,  
*Anna*



## DECEMBER “BIG BOOK” READING LIST

1. 44-49	11. 37-43	21. XI-XXIV
2. 50-57	12. 535	22. Gratitude List
3. 182	13. 486	23. 375
4. 328	14. 104-113	24. 171
5. 458	15. 113-121	25. 232-239
6. 268	16. 553	26. 151
7. 474	17. 301	27. Your favorite story
8. 219	18. 17	28. 246
9. 544	19. 388	29. 208
10. 30-37	20. 470	30. 113-121
		31. 295

## ~ANNOUNCEMENTS~

### Midwest Step & Tradition Study

Sundays 7:00–8:00 PM Step & Tradition Meeting  
Call in info: 605-562-3130 Access code: 290492#

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

“The Importance of Working All 12 Steps” series  
2<sup>nd</sup> Sunday of each month! Next meeting: *Dec. 13th*  
Call in info: 424-203-8405 Pin code: 925619#

**\*\*Catch up with podcasts at [www.oa.org/oapodcasts/](http://www.oa.org/oapodcasts/)\*\***

### A Step Ahead, Fourth Quarter, 2015 newsletter

View your free download at [oa.org](http://oa.org)

### Region 4 Newsletter: 4 Thought

[www.oaregion4.org](http://www.oaregion4.org)



Receive Lifeline Weekly **FREE!!!**

E-Lifeline subscribers will automatically receive the new Lifeline Weekly, but OA members who are not e-Lifeline subscribers can sign up for free to receive this weekly newsletter!

Just go to [OA.org](http://OA.org) for further information!

Next Intergroup Meeting: January 12th, 2016 @ 6:00 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

## OA Mid-Continent Intergroup Treasurer’s Report October 2015



### Checking:

Beginning Balance (10/1/15) \$ 1,220.27

### Donations

Mon (10:00 AM) \$ 30.00  
Mon (7:30 PM) \$ 202.75  
Wed (5:30 PM) \$ 145.00  
Sat (9:30 AM) \$ 158.00  
Anonymous \$ 50.00

Total Donations \$ 585.75

### Expenditures

Reimbursement for Region 4 Reps \$ (363.66)  
Unused Funds returned to Region 4 \$ (63.10)  
EBHQ LLC rent \$ (260.00)  
AT&T \$ (44.62)

Total Expenditures \$ (731.38)

Net (Donations minus Expenditures)

\$ (145.63)

### Ending Balance

10/31/15 \$ 1074.64

Prudent Reserve

Balance as of 10/31/15 \$ 2926.99



## MID-CONTINENT INTERGROUP OFFICERS

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

Chairperson: Ginny 316-734-5402 (1<sup>st</sup> term, '15)  
Vice Chair: Diane 316-708-8050 (1<sup>st</sup> term, '14)  
Secretary: Barb H 316-733-2136 (2<sup>nd</sup> term, '12)  
Treasurer: Sarah E 316-264-6510 (1<sup>st</sup> term, '15)  
Literature: Mary B 316-613-2470 (1<sup>st</sup> term, '14)  
Pilot Editor: Susan 316-518-4152 (1<sup>st</sup> term, '14)  
Parliam.: Russell 316-993-3165 (1<sup>st</sup> term, '15)  
Region Rep: Connie U 316-250-1349 (1<sup>st</sup> term, '15)  
Region Rep: Ginny 316-734-5402 (2<sup>nd</sup> term, '13)

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





*~ Meetings for Wichita Mid-Continent Intergroup ~  
(updated November 2015)*

<b>City/Group#</b>	<b>Day/Time</b>	<b>Location</b>	<b>Format</b>	<b>Contact</b>
<b>Ark City/52267</b>	Wed Noon	812 W Chestnut, Arkansas City, KS 67005	Open	Barb 620-442-4494
<b>Independence/48989</b>	Wed 5:30 PM	Episcopal Church Epiphany Parish 400 E Maple, Independence, KS 67307	Open	Andrea 214-578-3613
<b>El Dorado/53794</b>	Thu 5:30 PM	109 N Main, El Dorado, KS Real Life Church Office –park in back & enter under yellow awning	Open	Tiffanie 316-323-8444
<b>Salina/48760</b>	Thu 7 PM	Christ Cathedral Church – use south door 138 S 8 <sup>th</sup> Salina, KS 67401	Open	Sean 785-829-0040
<b>Salina</b>	Sat 10 AM	Christ Cathedral Church – use south door 138 S 8 <sup>th</sup> Salina, KS 67401	Open	Sean 785-829-0040
<b>Concordia/47070</b>	Fri 5:15 PM	Freedom Club 317 W 5 <sup>th</sup> Concordia, KS 66901	Open	Jacque 785-243-0730
<b>Hutchinson/34337</b>	Sat 10 AM	Elmdale Community Center 400 E Ave “E”, Hutchinson, KS 67505	Open	Jeanie 620-662-6513 jeaniesuter@hotmail.com
<b>Wichita/00994</b>	Mon 10AM	Mt. Vernon United Methodist Church 5701 E Mt Vernon, Wichita, KS 67218	Open	Laura L. 316-687-5904
<b>Wichita/06167</b>	Mon 7:30 PM	Mid-Continent Intergroup Office Equity Bank Bldg 7701 E Kellogg Dr Ste 835 Wichita, KS 67207	Newcomer or 1 <sup>st</sup> Mon - step	Leta 316-722-9617
<b>Wichita/52132</b>	Wed 5:30 PM	Mid-Continent Intergroup Office Equity Bank Bldg 7701 E Kellogg Dr Ste 835 Wichita, KS 67207	Big Book Study	Bruce 316-371-2233
<b>Wichita/29058</b>	Thu 11 AM	Westwood Presbyterian Church 8007 W Maple, Wichita, KS 67209 (meets in the library)	Open	Carrie 316-641-9495 carebear1158@gmail.com
<b>Wichita/05410</b>	Sat 9:30 AM	Mid-Continent Intergroup Office Equity Bank Bldg 7701 E Kellogg Dr Ste 835 Wichita, KS 67207	Open	Bruce 316-371-2233 Jill C 316-371-2045 chanceja@att.net
<b>Wichita/22114</b>	Sat 1:30 PM	St. Stephen’s Episcopal Church 7404 Killarney, Wichita, KS 67230	Open	Lee Ann 316-733-6341

**SAVE THE DATE!**



**2016 REGION 4 CONVENTION**  
**June 10-12, 2016**  
Sheraton West Des Moines Hotel  
1800 50th St., West Des Moines, IA 50266  
515-223-1800

**Hope in the Heartland:  
Suggestions for Recovery**

**Cross the Bridge  
Experience Hope  
Step into the Sunlight of the Spirit  
Follow the suggestions in the  
Twelve Steps!**

*Please notify Kirsten at [krgwhatley@gmail.com](mailto:krgwhatley@gmail.com) with any meeting corrections and/or changes for the oa.org website and Susan at [swalk3@mac.com](mailto:swalk3@mac.com) for The Pilot. Thank you!*



**Traditions Corner**

*Tradition Two –  
For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*