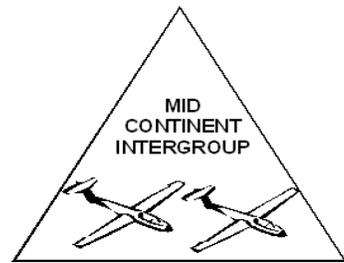


# THE PILOT

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



## December 2015

**Step Three – *Made a decision to turn our will and our lives over to the care of God as we understand Him.*** ~ The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Mission Statement: “Find God now!” ~ Bob

Step Three is so good! It offers me peace and the reality that God is there to take up the slack and that I am not running the world. Turn my will and life to God. ~Anonymous

God, please help me do *your* will! ~ Diane

Have I made a decision to turn \_\_\_\_\_ over to the care of God/Higher Power?  
YES or NO? If “NO,” explain why not! ~Twelve Stepping a Problem www.oa.org

Made a decision to turn my (*feelings*) about (*situation*) and my life over to the care of God as I understand Him. Is my God big enough to handle this problem? If not, I may need to change my perception of my Higher Power. ~ Sue

Most people turn their will and their lives over to –

- 1<sup>st</sup> the fellowship
- 2<sup>nd</sup> a sponsor
- 3<sup>rd</sup> the steps
- 4<sup>th</sup> to God

It is faster to go straight to God! ~ Bob



God is like a vending machine. If something costs \$1 and you put in 99 cents, you get nothing!  
~ Bob

Refer to page 63 of the Alcoholics Anonymous (Big Book) and the Third Step Prayer and consider writing a Third Step Prayer in your own words.

### Upcoming Pilots “A Step Together”

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

If you would like, please **read Step Four** and then **write a brief response in your own words** and submit it to [swalk3@mac.com](mailto:swalk3@mac.com) (Susan, Pilot Editor) by **January 1<sup>st</sup>, 2016** for the *January Pilot!*  
*Thank you for your service and fellowship!*



### Myrtle the Turtle

Do your old ways of living consistently bring desired results? Then take Step Three today! What do you have to lose?

~ *Save the Date* ~

Mid-Continent OA Sharathon, April 23<sup>rd</sup>, 2016

## ASK Anna Nimity



Dear Anna,

It feels like a sign of weakness to turn my *entire* will and life over to God/Higher Power. Do I not have any skills to manage some areas of my life efficiently?

~ Confused

Dear Confused,

Our illness is three fold in nature: physical, emotional, and spiritual. *Dependence* upon a Higher Power to live out one's divine purpose and life to its fullest *in all areas* takes strength not weakness. Please refer to Step Three in the Big Book (pages 62-63) and in the OA literature for further information.

Yours in humble service,  
Anna

## JANUARY "BIG BOOK" READING LIST

1. 17	11. 359-364	21. 113-121
2. 407	12. 364-368	22. 289
3. 561-574	13. 382	23. 193
4. 309	14. 512	24. 338
5. 182	15. 301	25. 219
6. 44-49	16. XI-XXIV	26. 348
7. 50-57	17. Hug Day	27. 232-239
8. 281	18. Dr's Opinion	28. 432
9. 171	19. 470	29. 268
10. 494	20. 104-113	30. 136-145
		31. 145-150

## ~ANNOUNCEMENTS~



### New Step Study Meeting – 6 Sessions!

*STARTS* Saturday, Jan. 2<sup>nd</sup> at 11:00 AM–12 PM  
Mid-Continent Intergroup Office  
7701 E. Kellogg Dr. Ste 835

Bring a notebook & pen! Participants will be using the 12&12 of OA, AA Big Book, and The Twelve-Step Workbook of OA

### 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: *Jan. 10th*  
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)



2016 REGION 4 CONVENTION  
June 10 – 12, 2016, Des Moines, IA  
Look for upcoming flyers & registrations at your local meetings  
to register!

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 November 2015



### Checking:

Beginning Balance (11/1/15) \$ 1,074.64

### Donations

Mon (7:30 PM) \$ 136.00  
Wed (5:30 PM) \$ 69.00  
Sat (1:30 PM) \$ 40.00  
In-Kind for website \$ 90.05  
In-Kind for Pilot \$ 14.51

Total Donations \$ 349.56

### Expenditures

EBHQ LLC rent \$ (260.00)  
AT&T \$ (44.65)  
Website expense \$ (90.05)  
Fed Ex (Pilot printing) \$ (14.51)

Total Expenditures \$ (409.21)

Net (Donations minus Expenditures) \$ (59.65)

### Ending Balance

11/30/15 \$ 1,014.99

Prudent Reserve  
Balance (reported quarterly) \$

## 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.

## Traditions Corner

### Tradition Three –

*The only requirement for OA membership is a desire to stop eating compulsively.*

*Twelve Traditions of Overeaters Anonymous*

