



THE PILOT

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



February 2016



History of the Big Book Meeting

When I moved to the Wichita area in 1985, the OA “Big Book” (AA’s fond name for the Alcoholics Anonymous Book) meeting was held at the Intergroup Office on south Oliver, just south of Kellogg in a small, strip mall. We were just a few doors down from the Baskin Robbins Ice Cream store, which though irrelevant, was often a noted landmark!

There were usually twelve to fifteen folks present on Wednesday nights and the format was pretty much the same as today. Each of us would read a paragraph or two and comment or pass as time allowed. As some were usually late, we would introduce ourselves towards the end of the meeting, then pass the 7th Tradition basket, and close with the Serenity Prayer. We would continue reading through the entire AA book from start to finish, one weekly meeting at a time and then start over.

From south Oliver, the Intergroup Office along with the Big Book meeting moved to a business office building on west Douglas -a short distance east of West Street, but on the main level. Our meeting format did not change much, but many of the faces in the meetings did. Some members, who had moved away from the area, wanted to keep following our reading in the Big Book, so they asked about a “reading list.” Eva K. created a way to make a daily reading list. She placed slips of paper with each page number listed of all the stories and sections in the Big Book in a basket. Then she would draw them out to see what to read each day of the month. For holidays and Sharathons and Kansas Days, she would declare it “hug day” or “gratitude list” or another appropriate idea for that day.

From west Douglas, Big Book eventually moved to the Saint Joseph Hospital annex on Grand Avenue, just east of Hillside. We were on the main floor, in a meeting room, until we moved to the lower level of that same building. When the hospital decided to raze that building, the Big Book meeting was moved to the IG office again, this time at 805 S. Main Street, one block south of Kellogg. We stayed there until the Intergroup Office again moved to our present location (Kellogg and Rock Road, Equity Bank Building), but on the 3rd floor, until we changed floors to our current location on the 8th floor, directly across from the elevators.

Our times for the meeting have also changed from 7:30 PM, to 6:30 PM and currently to 5:30 PM. Whether we are two or ten members in a meeting, we continue along, day by day reading the Big Book using our same format. Each time we do this, we find experience, strength and hope for one more day. It works. It really does!

~ Mary G. with much input from Eva K.

Step Five – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

~The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Admitting the truth of my past wrongs and defects of character was the only way I could experience *true freedom* from the bondage of my food addiction and shame from my past mistakes, secrets, and hurts. My Higher Power could truly start healing and transforming me from the inside out! ~Anonymous

~ Save the Date ~
Mid-Continent OA Sharathon
Saturday, April 23rd, 2016

ASK Anna Nimity

Dear Anna,

Would it be ok to mail my 5th Step to another OA member?

~ 5th Stepper

Dear 5th Stepper,

It is completely your choice to whom you share your 5th Step with, but it is suggested that you carefully consider your choice – whether it is your sponsor, another OA member, pastor, counselor/therapist, or someone safe and trustworthy. It is essential the person understands the rationale for sharing a 5th Step and can be open minded, objective, and retain confidentiality. Ideally, sharing with a person face to face often results in immediate love and acceptance, release, and feedback that is more difficult via mail or long distance communication.

Yours in humble service,
Anna



~ANNOUNCEMENTS~

12th Step Study Meeting

Next meeting on Saturday, Feb. 13th 11:00 AM–12 PM
Mid-Continent Intergroup Office/ Equity Bank Building
7701 E. Kellogg Dr. Ste 835 (We will discuss in general our step work accomplished so far on Step 4.)



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
2nd Sunday of each month! Next meeting: March 13th
Call in info: 424-203-8405 Pin code: 925619#

****Catch up with podcasts at www.oa.org/oapodcasts/****

A Step Ahead, First Quarter,

2016 newsletter Free download at oa.org

Region 4 Newsletter: 4 Thought

www.oaregion4.org



Upcoming Pilots
“A Step Together”

The Pilot will focus on a step a month!

If you would like, please **read Step Six** and then **write a brief response in your own words** and submit it to swalk3@mac.com (Susan, Pilot Editor) by **March 1st, 2016** for the March Pilot!

Thank you for your service and fellowship!



MARCH “BIG BOOK” READING LIST

1. 151	11. 501	21. 182
2. 359-364	12. 382	22. 122-129
3. 364-368	13. 44-49	23. 129-136
4. 246	14. 49-57	24. 348
5. 512	15. 295	25. 522
6. Dr's Opinion	16. 17	26. 476
7. 544	17. 535	27. 437
8. 171	18. XI-XXIV	28. 268
9. 446	19. 388	29. 458
10. 219	20. 561-574	30. 104-113
		31. 113-121

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: March 8th, 2016 @ 6:00 PM
 Intergroup Office: 7701 E Kellogg Dr Ste 835
 All are welcome!

**OA Mid-Continent Intergroup
 Treasurer's Report
 January 2016**

Checking:

Beginning Balance \$ 1,063.02
 (1/1/16)

Donations

Mon (10:00 AM)	\$ 20.00	
Mon (7:30 PM)	\$ 137.00	
Wed (5:30 PM)	\$ 77.00	
Sat (9:30 AM)	\$ 143.55	
Sat (1:30 PM)	\$ 60.00	
Sat Step Study	\$ 46.00	
In-Kind for Pilot	\$ 10.21	
In-Kind IG printing	\$ 30.83	
Total Donations		\$ 524.59

Expenditures

EBHQ LLC rent	\$ (260.00)	
AT&T	\$ (44.66)	
Fed Ex (Pilot printing)	\$ (10.21)	
Fed Ex (IG printing)	\$ (30.83)	
Total Expenditures		\$ (345.70)

Net (Donations minus Expenditures) \$ 178.89

Ending Balance

1/31/16 \$ 1241.91

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

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



WCS Registration Open



Convention Registration is now open!

Join members for fun, inspiration, and a celebration of recovery at the Boston Marriott Copley Place September 1st – 4th, 2016.

Visit the World Service Convention page at oa.org for more information and to register.

Gratitude List



Traditions Corner

Tradition Five –

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

~The Twelve Traditions of Overeaters Anonymous