



# THE PILOT

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



## June 2016

Step Nine – Made direct amends to such people wherever possible, except when to do so would injure them or others.

~ The Twelve Steps and Twelve Traditions of Overeaters Anonymous

This step gives me an opportunity to take responsibility for my past „wrongs,, and have a better relationship with my HP.

Wow! I do not know of any other program that deals with a disorder with food that gives me a way to reconcile my past wrongs with my fellows ,, and it is FREE!

Probably a good idea to talk out my amends list with my sponsor first, so I know if making an amends might cause more harm than good.

Each day I am abstinent is a *living amends* to myself, my family, my community, and the world at large.

It feels so liberating not to carry the burden of resentments and anger, shame and guilt over my past mistakes, and the gnawing feeling of knowing I need to apologize for my part in those wrongs.

~Anonymous



„Love and patience  
can make ample amends  
for past injuries;  
they restore us to sanity  
and our lives to serenity.,,  
*One Day At A Time In Al-Anon, pg. 175*

### Upcoming Pilots

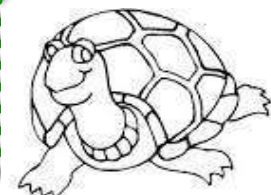
*A Step Together*

The *Pilot* is spotlighting a step a month!  
Please join us by reading **Step Ten**, writing a brief  
response **in your own words**, and submitting it to  
[swalk3@mac.com](mailto:swalk3@mac.com) [Susan, *Pilot* editor] by July 1<sup>st</sup>.

*Thank you for your service and fellowship!*

### Myrtle the Turtle

*Live by the Twelve Steps  
and harvest the promises  
a day at a time*



## JULY "BIG BOOK" READING LIST

1. 398	11. 239-245	21. 407
2. 219	12. 522	22. 494
3. 17	13. 83-83-4	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. 151	19. 535	29. 553
10. 232-239	20. 289	30. 58-63
		63-71

### ASK Anna Nimity

Dear Anna,

I have made my list of those I have harmed, but several people on the list have passed on...how do I make amends to them?

~ 9<sup>th</sup> Stepper

Dear 9<sup>th</sup> Stepper,

It is suggested after your own thoughtful and honest evaluation, prayers for guidance, and feedback from a sponsor that one considers other ways to make amends. For example, writing a letter of apology to the deceased, paying back a debt to their closest living relative, or making a donation to a charity in memory of that person. Please refer to the OA and AA literature for further guidance.

Yours in humble service,  
Anna

### ~ANNOUNCEMENTS~

#### Midwest Step & Tradition Study

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

#### OA.ORG – New Look and Mobile Friendly!

Visit [oa.org/oapodcasts](http://oa.org/oapodcasts) to listen to dozens of inspiring podcasts featuring OA members and their stories of experience, strength, and hope. Also, all WSBC documents are now online.

#### A Step Ahead, Second Quarter

**2016 newsletter** Free download at [oa.org](http://oa.org)



#### OA Region 4 Newsletter: 4 Thought

[www.oaregion4.org](http://www.oaregion4.org) Be sure to check out stories of recovery from some of our own Mid-Continent members, subscribe for e-mail updates and even receive back issues of *4 Thought*.



**Subscribe to Lifeline,**  
OA's magazine of recovery  
and your "Meeting on the Go"  
by June 21 to receive  
the July issue.

**Next Intergroup Meeting:** July 12<sup>th</sup>, 2016 @ 6:00 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

### OA Mid-Continent Intergroup Treasurer's Report for May 2016



#### Checking:

**Beginning Bal.** 5/1/16 \$ 1833.31

#### Donations

Mon (10:00 AM)	\$ 50.00
Mon (7:30 PM)	\$ 154.65
Sat (9:30 AM)	\$ 61.75
Sat (11:00 AM)	\$ 17.16
Sat (1:30 PM)	\$ 15.00
In-Kind for Pilot	\$ 7.53

**Total Donations** \$ 306.09

#### Expenditures

EBHQ LLC rent	\$ (260.00)
AT&T	\$ (42.69)
Fed Ex (Pilot printing)	\$ (7.53)

**Total Expenditures** \$ (310.22)

**Net (Donations minus**

**Expenditures)** \$ (4.13)

**Ending Bal.** 5/31/16 \$ 1,829.18

Prudent Reserve Balance (reported quarterly)	\$
--	----

### MID-CONTINENT INTERGROUP OFFICERS

(Terms are two years in duration, and are limited to two 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.

### **Boston Bound WSC Registration Open**

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

Register at [oa.org](http://oa.org) on the World Service Convention page.



### Traditions Corner

#### **Tradition Nine –**

*OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.* ~The Twelve Traditions of Overeaters Anonymous

