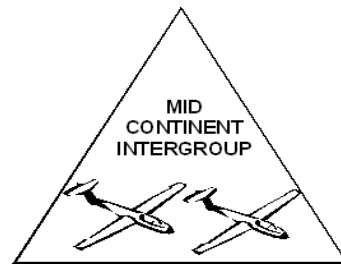


THE PILOT

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



November 2016



When I came to OA on July 31, 2016, I was out of control emotionally, spiritually, and physically. I had finally decided to try a different route than the old and worn, but fruitless paths I had tried so many times before to get my life settled. I was finally ready to surrender. After attempting 1,000 or more diets in my life as well as every new weight loss scam that only left my wallet lighter - maybe ...just maybe I really did not have control over this. I decided to try OA. I entered my first OA meeting feeling nervous and uncertain about what I was doing, but I was ready for a new way.

I had always viewed food as my reward for life's struggles and inconveniences which I escalated in my mind as being unbearable – when in fact ...they were just life. I was very worried about how I would cope with life without my comfortable, but destructive companion. How could I possibly ever have solace and a decent life if I could no longer turn to food? I was certain that life would now be truly unbearable and that I would never experience anything but suffering and discomfort. The thought of *NEVER* eating my binge foods again was overwhelming, but I decided I could manage not having them for just twelve hours at a time ...which became *one day at a time*.

I spent the first month in OA working on stopping the compulsive overeating, but not really limiting my portions. By the second month, I was ready to begin eating the normal amount of fuel my body needed, but not more. I found a very helpful concept – the idea that “food is fuel” changed how I eat entirely. I will not put “bad fuel” into my engine. None of this was easy and each day was a struggle. I coped by reading OA literature several times a day and attending every OA meeting that was available. Meetings kept me going.

My great surprise was that after several months of OA and of me being truly willing to change, I see things so differently. I no longer view food as a reward, but rather a biological necessity with no emotions attached. Instead of feeling that I was being deprived of food, I began to see that my head is quieter and more peaceful. I am no longer obsessed by food and dieting. Instead of a constant internal dialogue about food, I am now settled enough to really explore how I became addicted and through working the Twelve Steps, I see light at the end of the tunnel. What a difference!

Signed Grateful, Hopeful, and Willing,



Liz M.

Upcoming Pilots

Consider some Step Twelve service by submitting a lead article sharing your recovery, strength, and hope for *The Pilot*. A few paragraphs submitted to swalk3@mac.com (*Pilot* Editor) is all it takes and is such a blessing for many. *Thank you for your service and fellowship!*



**Myrtle the Turtle
Come for the vanity,
but leave with
your sanity!**



DECEMBER "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

ASK Anna Nimity

Dear Anna,

The concept of surrendering my whole life aside from just my food and weight just feels so scary! How can I ever be willing to do this?

~ Fearful

Dear Fearful,

Many long time members have faced the same hurdle and have much wisdom to share about their experience, strength, and hope. Additionally, our Twelve Step OA and AA literature offers much wisdom and encouragement. Our own best thinking and willpower brought many of us to the brink of despair and hopelessness or we recognized that it would soon. Surrendering life to a Higher Power just for today has brought amazing recovery and sanity...what a gift you do not want to miss!



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#

A Step Ahead, Fourth Quarter 2016 newsletter

Free download at oa.org



New Anonymity Guidelines for Social Media

Check out *Guidelines for Anonymity in the Digital World* at oa.org to honor our traditions and protect your own and others' anonymity.

OA Literature Available for Purchase at the Mid-Continent IG Office Contact Mary B. 316-993-9716
Taste of Lifeline \$13.65

The Twelve Steps and Twelve Traditions of Overeaters Anonymous \$15.00 (Large Print \$16.50)

For Today and For Today Workbook \$12.00 each
Voices of Recovery and Workbook \$12.00 each

Alcoholics Anonymous \$10.00 (Pocket Size \$5.00)
Overeaters Anonymous Third Edition \$15.00

Twelve Stepping a Problem (wallet card) \$.45 NEW
Strong Abstinence Checklist (wallet card) \$.45 NEW



BACK IN STOCK!

Twelve Step Workshop and Study Guide
Overeaters Anonymous

A wonderful tool to help lead groups and/or sponsees through the steps. (oa.org bookstore)

Next Intergroup Meeting: January 10th, 2016 6:00PM
Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

OA Mid-Continent Intergroup Treasurer's Report for October 2016



Checking:

Beginning Bal. 10/1/16 \$ 3,078.64

Donations

Mon (10:00 AM) \$ 60.00
Mon (7:30 PM) \$ 212.67
Wed (5:30 PM) \$ 103.45
Sat (9:30 AM) \$ 81.00
Sat (1:30 PM) \$ 15.00
In-Kind for Pilot \$ 11.83
Ark City \$ 30.00

Total Donations \$ 513.95

Expenditures

EBHQ LLC rent \$ (260.00)
Fed Ex (Pilot printing) \$ (11.83)

Total Expenditures \$ (271.83)

Net (Donations minus Expenditures)

\$ 242.12

Ending Bal. 10/31/16

\$ 3,320.76

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 (1st term, '15)
Vice Chair: Diane 316-708-8050 (1st term, '14)
Secretary: Wendy 816-868-2460 (1st term, '16)
Treasurer: Sarah E 316-264-6510 (1st term, '15)
Literature: Mary B 316-613-2470 (1st term, '14)
Parliam.: Russell 316-993-3165 (1st term, '15)
IG Comm Chair: Lee Ann 316-733-6341 (1st term, '16)
Pblc Outreach Chair: Liz 316-250-0769 (1st term, '16)
Region Rep: Connie U 316-250-1349 (1st term, '15)
Region Rep: Ginny 316-734-5402 (2nd 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 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.

~The Twelve Traditions of Overeaters Anonymous

