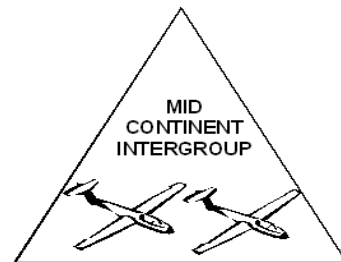


THE PILOT

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



December 2016



"When Things Don't Go My Way"

When things don't go my way,
There's a lesson, a gem, a take-away.

If I can work through my feelings and get
to the other side,
I see my part in their making, my self-
centeredness & pride.

I ask myself, "Were my expectations
unrealistic?"
A set up for resentment, perfectionism is a
pervasive characteristic.

I also look for fear, selfishness, and ego.
Character defects that spur spiritual disease;
I must let them go.

I turn them over to my Higher Power's care,
I entrust all to Him in my sincere prayer.

~Anonymous



Save the Date:
Mid-Continent Intergroup Sharathon

**Blazing a Pathway toward
Self-Discovery**



April 21-22nd, 2017
9:00 AM to 3:00 PM
Wichita, KS

Springhill Suites by Marriott Wichita Airport
6633 West Kellogg
Wichita, KS 67209

Registration Form to Follow



Myrtle the Turtle
If you spot it,
you probably got it!



A Great Service Opportunity: WSBC Delegate

The World Service Business Conference (WSBC) of OA is held every May in Albuquerque, NM. This is where many of the decisions happen at the global level in OA. There are recovery and service workshops, business sessions where motions will be discussed and voted on and the election of the Board of Trustees. Our Intergroup is eligible to send one delegate to the WSBC each year. Our Intergroup has never sent a delegate before, but we would like to in the future. Next year the WSBC is May 1st – 6th, 2017.

The Delegate term is two years in length. The delegate will get to meet and work with OAs from all over the world. The primary duties are to attend the WSBC each year (if funds are available) and to serve on a committee of their choice. There are nine committees such as: Public Information, Professional Outreach, and Young Persons. See the following link for the full list of committees and their descriptions: <https://oa.org/files/pdf/Committee-SOPs-17.pdf>. The committees will meet two times during the WSBC. Committee members may also communicate with each other and give service throughout the year.

The WSBC is a week long, but if necessary, the delegate can attend just the second half - from Wednesday through Saturday (May 3rd-6th).

Our IG has requested funding from Region 4. We should know whether we receive funding by the next IG meeting in January. This is when we hope to elect a new WSBC Delegate.

The requirements to be elected as a WSBC Delegate are a minimum of one year of abstinence and service beyond the group level (Intergroup or Region) for at least two years. If you are interested in running for this position, please contact me or any other board member.

In service,

Ginny Y.
Mid-Continent IG Chair

316-734-5402 (c)
v_youse@sbcglobal.net

JANUARY "BIG BOOK" READING LIST

1. 246	11. 281	21. 494
2. 359-364	12. 458	22. 328
3. 364-368	13. 151	23. 476
4. 193	14. 289	24. 268
5. 232-239	15. 522	25. 44-49
6. 239-245	16. 553	26. 50-57
7. 171	17. 338	27. 348
8. 446	18. 531	28. 561-574
9. 535	19. 407	29. 359-364
10. 432	20. Random open	30. 113-121
		31. Hug Day

ASK Anna Nimity



Dear Anna,

I often feel overwhelmed and off balance during the holidays. How do I keep my sanity during this time?

~ Overwhelmed

Dear Overwhelmed,

Though we often celebrate holidays with family and friends, traditions, and special meals ...our disease does not take a holiday! The twelve steps however, allow us to live and participate in life in a sane and healthy way. Sometimes this involves setting boundaries and priorities. Each day is a new day to surrender to your Higher Power's will and live your program to the best of your ability.



Yours in humble service,

Anna

~ANNOUNCEMENTS~

Note the changes to the

Midwest OA Step & Tradition Phone Meeting

Sundays 7:00-9:00 PM Central Time

Call in info: 641-715-0865 Access code: 290492#

A Step Ahead, Fourth Quarter 2016 newsletter

Read the online interactive color edition or download it Free at oa.org

Download an OA Podcast

Visit the Podcasts page at oa.org/podcasts to enjoy an additional way to stay in recovery during the holidays!

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

Twelve Step Workshop and Study Guide Overeaters Anonymous

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

Now in e-Book formats
available for Kindle & Nook!!!

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 November 2016

Checking:

Beginning Bal. 11/1/16 \$ 3,320.76

Donations

Mon (10:00 AM) \$ 30.00
Mon (7:30 PM) \$ 229.00
Sat (9:30 AM) \$ 94.00
Sat (1:30 PM) \$ 15.00
In-Kind for Pilot \$ 7.53
Independence \$ 63.00

Total Donations \$ 438.53

Expenditures

EBHQ LLC rent \$ 260.00
Fed Ex (Pilot printing) \$ 7.53
Rep Reimbursements \$ 1482.84

Total Expenditures \$ (1750.37)

Net (Donations minus Expenditures)

\$ (1311.84)

Ending Bal. 11/30/16

\$ 2008.92

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 Three -

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

~The Twelve Traditions of Overeaters Anonymous

