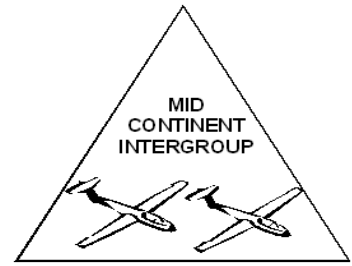


THE PILOT

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



February 2017

Happy Valentine's Day!

The month of February always makes me think of *Love*. For me, that was a missing ingredient in my life. Even as an adult, I have been looking for love in all the wrong places.

For me, food equaled love for a long time. The longer I am in OA I realize that food could fill my stomach, but could never fill my heart. I wanted that full feeling, but it was a full heart that I longed for - not a full stomach.

So where do I look for love today? I look for love in the OA meetings and the OA Twelve Step Program. I look for love in my OA tool chest.

Having a *food plan* brings discipline and security.

My *sponsor* loves me when I cannot love myself and helps me process.

Going to a *meeting* - I get hugged and I feel OK there. I can be me.

Calling someone helps me know I have a friend.



Writing helps me unbury all the things that keep me bound and addicted. I get to know myself better.

Reading a piece of *literature* always speaks truth to me and puts me in a better place.

Action Plan gives me something to do to better my life. I get unstuck with action.

Anonymity reminds me that OA is a safe place. We are all equal in the fellowship. I do not have to compare myself to anyone else.

Service keeps me on the path of recovery one day at a time. It helps me believe in others and myself.

OA gives me opportunities to practice doing life: making mistakes, having do-overs, and being a member of the human race (no better or worse than the next person).

That my friend helps me feel accepted and loved where I am. I am who I am, and I am good enough. Thank you God!!

~Diane, Wichita



Myrtle the Turtle

Look for love in the right places - OA meetings!



MARCH "BIG BOOK" READING LIST

1. 72-80	11. Gratitude List	21. 246
2. 80-88	12. 171	22. 553
3. 246	13. 407	23. 232-239
4. 193	14. 328	24. 239-245
5. 301	15. 122-129	25. XI-XXIV
6. 535	16. 129-136	26. 512
7. 359-364	17. 289	27. 382
8. 364-368	18. 437	28. 458
9. 544	19. 219	29. 398
10. 208	20. 476	30. 531
		31. 338

ASK Anna Nimity

Dear Anna,

I am new to the OA program and find it all a bit overwhelming. The steps, tools, traditions, meetings, sharathons, virtual websites, newsletters, and How do I make sense of it all?

~ Overwhelmed

Dear Overwhelmed,

Understanding the OA Twelve Step program can be quite overwhelming at first. The core purpose of OA is to provide a means of recovery from food addiction for those who want it. Living by the Twelve Steps & Twelve Traditions on a daily basis is the crux to recovery. It is suggested attending at least six meetings before deciding if OA is for you. Also, choosing a sponsor as soon as possible to share his/her experience, strength, and hope will be extremely beneficial.



Yours in humble service,

Anna

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

~ANNOUNCEMENTS~

Overeaters Anonymous is on Facebook

The new social media web address is: facebook.com/OvereatersAnonymousOfficial

NEW: A Virtual Website at oavirtualservices.org

The Virtual Services Conference Committee (VSCC) now has a website and their own newsletters to encourage online fellowship and recovery. Check out all the amazing ways technology can support your recovery!

4 Thought Region 4 Newest Issue at oaregion4.org!



A Step Ahead, First Quarter 2017 newsletter

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

Midwest OA Step & Tradition Phone Meeting

Sundays 7:00-9:00 PM Central Time

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



There's a New Way to Read Lifeline Magazine Announcing oalifeline.org!



Start 2017 with a recovery boost from Lifeline. Register on oalifeline.org. A one-year subscription is \$23 and you can read it on your PC, tablet, or mobile device in over a hundred language options.

(reprinted from WSO News Bulletin | January 2017)

Check out the revised, "Been Slipping and Sliding? A Reading and Writing Tool" and "From Slip or Relapse to Recovery" at oa.org. These free downloads are great tools for sponsors. Also, download an OA free podcast while you are there! All at oa.org.

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

Next Intergroup Meeting: March 14th, 2017 6:00PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!



OA Mid-Continent Intergroup Treasurer's Report for January 2017

Checking:

Beginning Bal. 1/1/17 \$ 2262.97

Donations

Mon (10:00 AM)	\$	30.00	
Mon (7:30 PM)	\$	140.00	
Wed (5:30 PM)	\$	92.00	
Sat (9:30 AM)	\$	77.00	
Sat (1:30 PM)	\$	30.00	
In-Kind for Pilot	\$	7.53	
Proceeds office supplies	\$	30.00	
Total Donations	\$		<u>406.53</u>

Expenditures

EBHQ LLC rent	260.00	\$	
Fed Ex (Pilot printing)	7.53	\$	
Total Expenditures		\$	<u>267.53</u>

Net (Donations minus Expenditures) \$ 139.00

Ending Bal. 1/31/17 \$ 2401.97

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 st term, '15)
Vice Chair:	Diane	316-708-8050	(1 st term, '14)
Secretary:	Wendy	816-868-2460	(1 st term, '16)
Treasurer:	Sarah E	316-264-6510	(1 st term, '15)
Literature:	Mary B	316-993-9716	(1 st term, '14)
Parliam.:	Russell	316-993-3165	(1 st term, '15)
IG Comm Chair:	Lee Ann	316-733-6341	(1 st term, '16)
Pblc Outreach Chair:	Liz	316-250-0769	(1 st term, '16)
Region Rep:	Connie U	316-250-1349	(1 st term, '15)
Region Rep:	Barb H	316-733-2136	(1 st term, '16)

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

PUBLIC INFORMATION POSTER CONTEST!!!



Find all the details at oa.org!
Entry deadline
is March 31st, 2017
and the winning
design will be
printed and sold at
bookstore.oa.org!



Sign up for the Summer 2017 Step Workshop

Overeaters Anonymous Workshop on the Twelve Steps

A 15-Session workshop (using the NEW Twelve Step Workshop and Study Guide of OA) designed to help participants achieve and maintain abstinence through working all Twelve Steps.

Date: May 5 - August 11, 2017

Time: 5:30 - 7:30 p.m.

Day: Fridays

The following OA -approved literature will be used in the workshop sessions and homework assignments:

•NEW Twelve Step Workshop and Study Guide (workbook)
WORKBOOK IS REQUIRED AT FIRST MEETING!

•The Twelve Steps and Twelve Traditions of Overeaters Anonymous

•Alcoholics Anonymous, Fourth Edition (the Big Book)

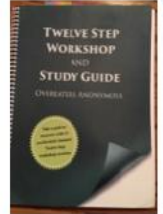
•Twelve Steps and Twelve Traditions by Alcoholics Anonymous

•Overeaters Anonymous, Third Edition

•Voices of Recovery

•For Today

***Participants need their own copies of the above literature items.



WORKSHOP LOCATION:

St. Stephen's Episcopal Church
7404 Killarney, Wichita, KS 67230

CONTACT: Stephanie (316-393-0996)

email: stephnguyen7611@gmail.com

**TO REGISTER for workshop and
ORDER WORKBOOK (Deadline April 21st)**

This is a closed workshop. No new members may join after the Introductory Session. Participants commit to attend and fully participate in all sessions. Conference phone calls are welcome: at first meeting name(s) and phone number(s) will be given.

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!!!



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

