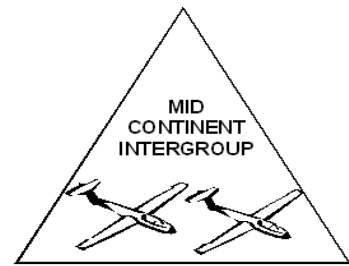


THE PILOT

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



April 2017



(Lifeline, November 2009, pg. 23)

NEWCOMERS CORNER *Speaking from the trenches*

Back and Digging Deeper

I've been in OA twice. The first time was for seven years, 20 years ago, with successful food abstinence. I made it back eight months ago, and I am struggling. This time around, I see how much more deeply I am working the Twelve Steps. I went to many meetings 20 years ago, sponsored people and was thin, but I did not work the program like I am working it this time.

We live in a small town and are lucky to have three to four people at our meeting regularly; but we are there, and we work those amazing Steps. I have experienced abstinence off and on, but it sure does seem like I am learning much more about myself in the process this time. It is painful and scary, and those emotions will send me to food in a heartbeat. But I am learning to call my sponsor, to write and to turn things over (sometimes each moment) to my Higher Power. I didn't take these actions much in my first seven years.

Recently, my sponsor asked me to write down what I wanted food to be in my life. I procrastinated about this for a while, but Higher Power sat down with me this morning, and I want to share what came.

I want to be grateful for my food, not obsessed with it. I want to eat to nourish my body and only when I am hungry – not to stuff down, run from and avoid my feelings. I want to enjoy food, not feel angry because I can't eat more or eat when I want and feel deprived. I want to know my food is a blessing and not feel guilty because I ate too much. I do not want to use food as a weapon to abuse my body, mind and spirit. I want eating to be a choice, not something I reach for when I "need a fix." I want to be able to eat normally, wherever I am and whatever I'm doing. I don't want to be afraid of food or feel victimized by my addiction to it. I want to give my relationship with food over to my Higher Power daily and let him show me, through the Twelve Steps and OA, how to listen and hear how to eat in a sane, healthy manner. I want to appreciate the food I am given, my support system, Higher Power, my friends in OA and anyone else I can talk with to help me get a clearer relationship with food. ~Pam R., Calhoun, Georgia USA

Myrtle the Turtle

**See you all at the
Spring Sharathon,
April 22nd!**



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

MAY "BIG BOOK" READING LIST

1. 44-49	11. 37-43	21. 407
2. 50-57	12. 535	22. 494
3. 182	13. 486	23. 338
4. 328	14. 104-113	24. 432
5. 458	15. 113-121	25. 122-129
6. 86-87	16. 364-368	26. 129-136
7. 474	17. 258	27. 544
8. 219	18. 171	28. 208
9. 544	19. 535	29. 553
10. 30-37	20. 289	30. 58-63
		31. 63-71

ASK Anna Nimity



Dear Anna,

There are so many types of meetings in OA. Big Book study, Step studies, topic, telephone, virtual/online, qualifying meetings,.... How do I know which type is best for me?

~ *Needing Meetings*

Dear *Needing Meetings*,

Meetings are one of the nine tools for working the Twelve Steps. Members are blessed with a variety of types of meetings ...and even members living in rural areas without face to face meetings can enjoy telephone and online meetings though most members prefer face to face meetings. Prayer and guidance from your Higher Power and input from a sponsor may help in knowing which meetings will be best for your recovery.

Yours in humble service,
Anna

~ANNOUNCEMENTS~

4 Thought Region 4 Newest Issue at oaregion4.org!



A Step Ahead, Third Quarter 2017 newsletter

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

Midwest OA Step & Tradition Phone Meeting

Sundays 7:00-8:00 PM Central Time
Call in info: 641-715-0865 Access code: 290492#



Traditions Corner

Tradition Seven –

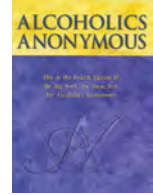
Every OA group ought to be fully self-supporting, declining outside contributions.

~*The Twelve Traditions of Overeaters Anonymous*



Please Join
Overeaters Anonymous Unity Intergroup
May 19th – 21st, 2017
12th Annual
"Find Abstinence Through the Big Book"
Weekend Study and Webcast

Register online
at overeaters.org
More information:
edmundson.randee@gmail.com



Next Intergroup Meeting: May 9th, 2017 6:00PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

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



Checking:

Beginning Bal. 3/1/17 \$ 2519.88

Donations

Mon (10:00 AM)	\$ 30.00
Mon (7:30 PM)	\$ 167.00
Wed (5:30 PM)	\$ 135.35
Sat (1:30 PM)	\$ 15.00
In-Kind for Pilot	\$ 11.83
Ark City	\$ 35.00

Total Donations \$ 394.18

Expenditures

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

Total Expenditures \$ 271.83

Net (Donations minus

Expenditures) \$ 122.35

Ending Bal. 12/31/16 \$ 2642.23

Prudent Reserve Balance (reported quarterly)	\$2924.14
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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	(2 nd 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.