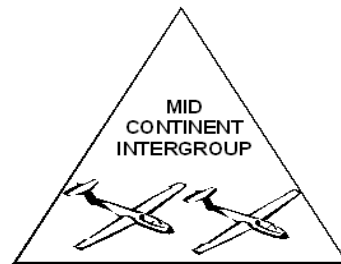


THE PILOT

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



June 2017



I recently heard a speaker give advice to a group of students. She told them, "Live your life!" She shared this in the context of not waiting until graduation to enjoy what they are doing. As I thought about this advice, I realized that this is great council for managing my disease of compulsive eating. It is important for me to live in the moment and believe that I can be happy right here and right now. How to do this? Simply work the Twelve Steps.

My disease tells me to dwell in the past and wallow in regret for mistakes that I have made. Working the Steps helps me to resolve past mistakes, make amends when needed, and move into the present. When I live my life in the present, I can build healthy relationships, work on developing a fit spiritual condition, and live with serenity.

My disease tells me to worry about the future. How will I manage challenges that may (or may not) happen in weeks, months, or even years to come? Working the Steps teaches me to surrender my will and my worries to my Higher Power who will help me manage the future when it comes. It brings me peace of mind and helps me to focus on finding the joys of today.

I am still learning and practicing the art of living my life, but I have hope that by working through the Twelve Steps, I will be able to enjoy one abstinent minute, hour, and day at a time.

Sarah E.



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

Myrtle the Turtle

Is your recovery
powered by your
by your Will Power
or your Higher Power?



JUNE "BIG BOOK" READING LIST

1. 535	11. 246	21. 295
2. 398	12. 437	22. XI-XXIV
3. 476	13. 375	23. 388
4. 219	14. 17	24. 470
5. 309	15. 289	25. 30-37
6. 72-80	16. 531	26. 37-43
7. 80-88	17. 182	27. 328
8. Gratitude List	18. 171	28. 458
9. 122-129	19. 348	29. 136-145
10. 129-136	20. 232-239	30. 145-150

ASK Anna Nimity



Dear Anna,

Will I ever be cured from my compulsive overeating?

~ *Waiting for a Cure*

Dear *Waiting for a Cure*,

Addictions are *cunning, baffling, and powerful* and practicing OA's Twelve Steps offers a daily reprieve from the bondage of compulsive eating behaviors and thinking. Sadly, there have been long timers who have relapsed after years of recovery, thus we must be ever vigilant in living out the Twelve Steps to the best of our ability each day. Please refer to the OA and AA literature for further insights.

Yours in humble service,
Anna

~ANNOUNCEMENTS~

4 Thought Region 4 Newest Issue at oaregion4.org!



A Step Ahead, Second 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#



~COMMUNICATIONS UPDATE

LIFELINE ~Digital Magazine "A Meeting on the Go"

For a new way of "Old School" outreach, try the Lifeline Website! It has excerpts of the current *Lifeline* in a brightly colored, visually appealing website. To gain full access, register and then subscribe for \$23 per year. Join Today at oalifeline.org!!!



Next Intergroup Meeting: June 13th, 2017 6:00PM
Intergroup Office: 7701 E Kellogg Dr Ste 835
All are welcome!

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

Checking:

Beginning Bal. 4/1/17 \$ 2642.23

Donations

Mon (10:00 AM)	\$ 30.00
Mon (7:30 PM)	\$ 141.00
Sat (9:30 AM)	\$ 120.50
Sat (1:30 PM)	\$ 15.00
In-Kind for Pilot	\$ 7.53
<i>Total Donations</i>	\$ 314.03

Expenditures

BHQ LLC rent	\$ 260.00
Fed Ex (Pilot printing)	\$ 7.53
Spring Assembly	\$ 163.76
<i>Total Expenditures</i>	\$ 431.29

<i>Net</i> (Donations minus Expenditures)	\$ 117.26
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<i>Ending Bal.</i> 4/30/17	\$ 2524.97
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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	(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.

Traditions Corner

Tradition Eight –

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

~The Twelve Traditions of Overeaters Anonymous

