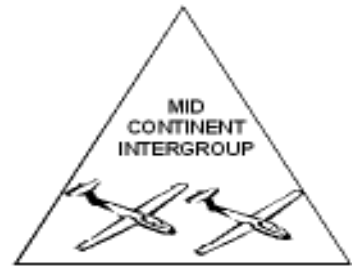




# THE PILOT

MID-CONTINENT INTERGROUP  
7701 E KELLOGG DR STE 835  
WICHITA, KANAS 67207-1767  
[www.oawichita.org](http://www.oawichita.org)



## October 2017

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In the August 2017 edition of *Lifeline*, there were numerous stories about how pets had helped OA members with their recovery. I have chosen to follow that line of thought in my contribution. Pets have always been an important part of my life from a very young age. Oftentimes, I was more comfortable with my animals than I was around people and I was also more comfortable with food than people.

Recently, I chose to be a foster parent for a local Humane Society. It was the first time I had volunteered to do such an endeavor, which is a living testament of recovery. In the past, I would not have had the courage to try something as new and unexplored as this adventure. There was a rather steep learning curve at first, but I soon realized that like the program, there are people willing to generously offer their experience, strength and guidance. As it has been in my OA program, I was reluctant to ask for help in the beginning. I wanted to do it alone. I had a mamma cat with four kittens that had some health issues and I soon learned that though I loved these sweet beings, I did not have the knowledge to care for them without help. I became willing to ask my Higher Power for the guidance needed for recruiting extra care for them as well as finding them permanent homes.

Simultaneously, I was learning the rigorous adoption guidelines of the Humane Society so the very best homes could be found for these precious kitties. While some of the rules seemed rigid to me, I recognized how the similarity to my resistance to follow the Twelve Steps in the manner in which they were written. Yes, it was ego wanting to run the show.

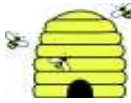
I found my abstinence was easy when I was in the moment with the kittens. Yes, I would think I was playing, cleaning or feeding them for a few moments when in actuality an hour had passed. I called it the „kitten vortex.,, When one is not focused on the past or looking to the future, one is in the moment and during that time *all is well*. Being with these little ones revealed to me *present moment awareness* on a deep level and I am attempting to emulate that in the rest of my life.

Finally, the actual letting go of these darlings that I grew to love and cherish was as huge an experience of *letting go and letting God* that I have experienced. My lesson is being able to let HP find the adoptive family, let them go with love and having peace with it all. A wise person once gave me this advice: **Breathe, Surrender, and Let Go.** This wonderful adventure has truly been a spiritual, emotional and physical recovery blessing.

~Anonymous



**~COMMUNICATIONS UPDATE**



Need another meeting, but the time or place does not work for you? Try a telephone meeting. You can participate or just listen. They are everywhere and at anytime. Find out more at:  
<https://oa.org/members/meetings/about-virtual-services/>

**~ANNOUNCEMENTS~**

**4 Thought Region 4 Newest Issue at oaregion4.org!**



**A Step Ahead, Fourth 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#



**Next Intergroup Meeting:** Oct. 10<sup>th</sup>, 2017 6:00 PM  
 Intergroup Office: 7701 E Kellogg Dr Ste 835  
 All are welcome!

**OA Mid-Continent Intergroup  
 Treasurer's Report for August 2017**

**Checking:**

**Beginning Bal.** 8/1/17 \$ 3088.17

**Donations**

Mon (10:00 AM)	\$ 30.00
Mon (7:30 PM)	\$ 187.27
Wed (5:30 PM)	\$ 81.00
Sat (9:30 AM)	\$ 145.37
Sat (1:30 PM)	\$ 20.00
Sat Workshop	\$ 49.00
Independence, KS	\$ 60.00
Region 4	\$ 1,000.00
In-Kind for Pilot	\$ 8.60
<b>Total Donations</b>	<b>\$ 1581.24</b>

**Expenditures**

BHQ LLC rent	\$ 260.00
Fed Ex (Pilot printing)	\$ 8.60
Red River Valley IG	\$ 250.00
(Reg. for two Reg. Reps)	
Reimbursement	\$ 881.22
(Reg Rep travel)	
<b>Total Expenditures</b>	<b>\$ 1399.82</b>

Net (Donations minus

Expenditures)	\$ 181.42
<b>Ending Bal.</b> 8/31/17	<b>\$ 3269.59</b>

Prudent Reserve Balance (reported quarterly)	\$
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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 <sup>st</sup> term, ,,15)
Vice Chair:	Diane	316-708-8050	(2 <sup>nd</sup> term, ,,14)
Secretary:	Wendy	816-868-2460	(1 <sup>st</sup> term, ,,16)
Treasurer:	Sarah E	316-264-6510	(1 <sup>st</sup> term, ,,15)
Literature:	Mary B	316-993-9716	(2 <sup>nd</sup> term, ,,14)
Parliam.:	Russell	316-993-3165	(1 <sup>st</sup> term, ,,15)
IG Comm Chair:	Lee Ann	316-733-6341	(1 <sup>st</sup> term, ,,16)
Pblc Outreach Chair:			
Region Rep:	Connie U	316-250-1349	(2 <sup>nd</sup> term, ,,15)
Region Rep:	Barb H	316-733-2136	(1 <sup>st</sup> term, ,,16)

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



**Myrtle the Turtle**  
 If you do  
 what you always did,  
 you'll get what you  
 always got.

**OCTOBER "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. 10 Reasons to stay abstinent
10. 432	20. Random open	30. 113-121
		31. 398



**ASK Anna Nimity**

**Dear Anna,**

I have been blessed with physical abstinence for many years, but sometimes my thinking can seem negative and/or unhealthy. I get scared that I may lose my physical recovery. Help!

*~ Scared*

Dear *Scared*,

Our disease is three-fold in nature: physical, emotional, and spiritual. It is important to address and treat all three areas with the Twelve Steps. *Not always*, but sometimes „stinking thinking,, can be a warning signal that an issue or several need to be resolved, so that recovery is maintained. The key is surrendering to healthy living via the Twelve Steps & Traditions in all three areas *one day at a time*.

Yours in humble service,

*Anna*



