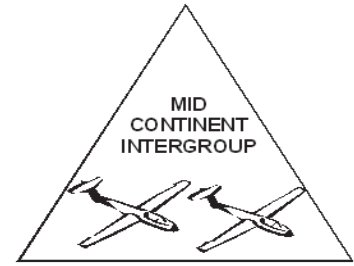


THE PILOT

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



January 2018



Happy New Year's and New Day!!!

A new year, a new day, a new hour and a new beginning to surrender the bondage of my self will to my Higher Power's will and way of life. Oh what a blessing the Twelve Step way of living is.

The physical, emotional, and spiritual pain of my food addiction is what it took to "give up" my way and surrender to my Higher Power's way. Just for starters, I traded in a 200lb plus body, an anesthetized, self-absorbed, diseased thinking mind for a healthy body, love for my fellow kind and community, and the ability to feel feelings and be "present" today. I wonder if my Higher Power got the raw end of that trade, as I am not sure what He gained.

I also no longer need to make & break New Year's resolutions. The difference between using my self-will versus surrendering or "Letting Go and Letting God" took me awhile to understand. I was so sure my HP had given me the ability to stay on a diet and lose weight. Step One is so simple yet it was difficult for me to grasp at gut level. I was *powerless* to stay on ANY diet and manage eating food in a healthy, life nourishing way??? I did *not* have the ability to manage the rest of my life either??? If I had not experienced the destruction of powerlessness and the wreckage of my self-will, I am not sure I would have ever figured out the true answers to those questions.

In meetings, I heard an acronym for EGO – "Easing God Out." When I want to have control, take credit for my strengths/skills, give advice, want quick fixes, seek praise, ...it becomes apparent I am usually "easing God out." No longer do I need to wait till January 1st or a Monday to surrender my self-will. Each moment is an opportunity to surrender to *His* will and the countless blessings that brings.

Forever grateful for the Twelve Step program and way of life.

~Anonymous

Happy Birthday! **OA** on January 20th, 2018!!!



~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/>



Myrtle the Turtle

The best thing
about the future is
that it comes
one day at a time.

JANUARY "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,

How do I know when I am in my Higher Power's will versus my own?

~ Confused

Dear *Confused*,

It may not be easy to discern or know with absolute certainty God's will in all circumstances, but members can start with the premise that being or remaining abstinent today is a good beginning. If a member is struggling with abstinence, than continuing attending meetings and using the tools to work the Twelve Steps to become abstinent on a daily basis is encouraged. Working/living the Steps cleans up the wreckage of our past, straightens out our thinking, and helps us grow more spiritually fit to better discern God's will each day. Keep coming back.

Yours in humble service,
Anna

~ANNOUNCEMENTS~

OA e-Books Now Available for iBooks, Kindle, and Nook!!!

iBooks through Apple iTunes, Kindle via Amazon, and Nook from Barnes and Noble

NEW - OA Literature Meeting!!!

Thursdays 6:30 PM – 7:30 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

Contact Person: Mary B. 316-993-9716

4 Thought Region 4 Newest Issue at oaregion4.org!

A Step Ahead, First Quarter 2018 newsletter

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

Next Intergroup Meeting: January 9, 2018 6:00 PM

Intergroup Office: 7701 E Kellogg Dr Ste 835

All are welcome!

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

Checking:

Beginning Bal. 11/1/17 \$ 3322.59

Donations

Mon (10:00 AM) \$ 30.00

Mon (7:30 PM) \$ 105.00

Sat (1:30 PM) \$ 60.00

In-Kind for Pilot \$ 8.60

Total Donations \$ 203.60

Expenditures

EBHQ LLC rent \$ 260.00

Fed Ex (Pilot printing) \$ 8.60

Region 4 Donation \$ 250.00

WSO Donation \$ 250.00

Fundraising - Lit Fund \$ 80.00

Total Expenditures \$ 848.60

Net (Decrease for Nov.) \$ (645.00)

Ending Bal. 11/30/17 \$ 2677.59

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 (2nd term, '15)

Vice Chair: Diane 316-708-8050 (2nd term, '14)

Secretary: Wendy 816-868-2460 (1st term, '16)

Treasurer: Sarah E 316-264-6510 (2nd term, '15)

Literature: Mary B 316-993-9716 (2nd term, '14)

Parliam.: Russell 316-993-3165 (2nd term, '15)

IG Comm Chair: Lee Ann 316-733-6341 (1st term, '16)

Pblc Outreach Chair: Tracy 316-282-4923 (1st term, '17)

Region Rep: Barb H 316-733-2136 (1st term, '16)

Region Rep: Mary B 316-993-9716 (1st term, '17)

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

2018 OA Region 4 Convention

Excitement is building for the 2018 OA Region 4

Convention in St. Louis, MO June 22nd – 24th, 2018.

If you have been to this every other year convention, you already know the spirit of recovery available to all who attend. There are so many good examples of program people in recovery working the Steps and Traditions in their lives *and* we get to work together with them to improve our own recovery. It is, in a word, AWESOME!!

Questions? Call Barb H. 316-733-2136
Region 4 Publicity Chair for the 2018 OA Convention