THE PILOT

MID-CONTINENT INTERGROUP
WICHITA, KANSAS
www.oawichita.org

March 2018

Lifeline, August 1985 p19: **"Tornado Alert"**

HOW DID IT HAPPEN?" I asked. "One day I had abstinence, the next day I didn't."

Be honest with yourself," coaxed my inner voice, "Weren't you overlooking the storm warnings?"

Once in a while a tornado warning is flashed over the radio or TV. It gets my attention and I take the necessary precautions. Sometimes I merely look at the sky, notice the wind or sense a strange quiet, and I know even the birds are listening to the storm warnings. So I take cover and avoid getting drenched.

As a compulsive overeater, I must listen to the storm warnings *before* I take that extra bite. Overeating is like a tornado let loose inside me. My thinking gets blown apart and I get so caught up in the storm that positive thoughts are nowhere to be found.

But if I listen to the warnings and heed them, I am prepared. I do whatever I must to keep myself safe: take shelter in an OA meeting, get out of the storm's path until it blows over, curl up with some comforting program literature or call an OA "neighbor" to aid me in my distress. The storm will pass, and I'll come through unscathed.

I'm so thankful for OA. Our twelve steps are ample preparation for storm weather.

J.A.S., Wooster, Ohio

Myrtle the Turtle

Slogans are wisdom written in shorthand.

~COMMUNICATIONS UPDATE

Need a meeting, but want to get in your pajamas and slippers? Join the Mid-West Telephone Meeting which has moved to Friday 6 PM. We are still reading the OA 12 x 12. The number has changed to 605-472-5571. Access Code 171411#

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

MARCH "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. 348	28. 458
9. 122-129	19. 232-239	29. 136-145
10. 129-136	20. 338	30. 145-150
		31. 10 Reasons to Stay Abstinent

ASK Anna Nimity

Dear Anna,

There are so many advertisements for diets and medical procedures for weight loss. Would combining OA with these additional weight loss methods provide more potential for my success?

~ Newcomer

Dear *Newcomer,*

The OA Twelve-Step program is not based on trying to gain control through diet and medical procedures to achieve a healthy body weight. It is a spiritual program that addresses the *cunning, baffling, powerful* disease of food addiction on three levels; spiritual, emotional, and physical through the daily process of *admitting powerlessness* and *surrendering control* to a Higher Power of your choosing. Please refer to Step One in the OA and AA literature for further guidance and keep on comin' back!

Yours in humble service,
Anna

~ANNOUNCEMENTS~

Tribute for Eva – *April Pilot 2018*

Most of you know that our beloved Eva, starter of OA in Wichita, passed recently. The *April Pilot* will be dedicated to Eva and we are asking for OA members, who would like, to submit a brief reflection and/or several memories of Eva - keeping in mind sensitivity to sharing that respects anonymity of personal details for this online newsletter. It may be that all of the submissions are abridged or condensed into one tribute for Eva due to length. Thank you for your heart felt service.

Submissions can be e-mailed to swalk3@mac.com by March 1st. (Susan – Pilot Editor)

Retro Prices for OA Classics

$5 *Overeaters Anonymous, Second Edition*

$6 *Beyond Our Wildest Dreams*

Order by Phone: 1-505-891-2664
or at OA bookstore at oa.org

Go to *4 Thought* Region 4 Winter Issue

at oaregion4.org and print a copy of the letter about sponsorship written by Cyndy L.

A Step Ahead, First Quarter 2018 **newsletter**

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

Next Intergroup Meeting: March 13, 2018 6:00 PM
Intergroup Office: 1165 Southwest Blvd
All are welcome!

OA Mid-Continent Intergroup
Treasurer's Report for January 2018

Checking:

Beginning Bal. 1/1/18			$ 2890.40
Donations			
Mon (10:00 AM)	$ 60.00		
Mon (7:30 PM)	$ 177.00		
Thurs (6:30 PM)	$ 26.00		
Sat (1:30 PM)	$ 120.00		
In-Kind for Pilot	$ 8.60		
Total Donations			$ 391.60
Expenditures			
Fed Ex (Pilot printing)		$ 8.60	
Total Expenditures			$ 8.60
Net (Increase for Jan.)			$ 383.00
Ending Bal. 1/31/18			$ 3273.40

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.

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

VOLUNTEERS ARE NEEDED FOR REGION 4 CONVENTION IN ST LOUIS JUNE 22-24, 2018

OA Region 4 Bi-yearly convention uses volunteers from all states and providences to provide a positive experience for all in attendance. Please consider lending a hand and a bit of your time. We need people to help with hugging and greeting, staffing the hospitality and boutique rooms, meeting room managers, timing, speaking and other functions. There is a place on the registration form to check if you are willing to help and an on-line signup facility is soon to be rolled out live so that you can sign-up for your preferred shift.

For more information about the convention and how you can help, please email, text or call the convention chair: Elizabeth C at ecosbey@att.net, 314-304-1444.

Ten Reasons to Stay Abstinent

JUST MOVED!!!

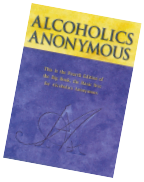
Mid-Continent Intergroup Office

Location: 1165 Southwest Blvd Wichita, KS 67213
Mailing Address: Mid-Continent Intergroup
12709 Boxthorn Ct
Wichita, KS 67226

Please check the **oawichita.org** website for the most recent updates of meeting locations, times, and contacts. To receive the latest updates by e-mail contact: lyouse42@gmail.com to add your e-mail.

Monday 10:00 AM
Mt. Vernon United Methodist Church
5701 E. Mt. Vernon Wichita, KS

Monday 7:30 PM
1165 Southwest Blvd Wichita, KS 67213
South on SW Blvd past Newman University, turn west (right) on Walker Ave after the University
* Check-in with the receptionist as "Mid-Continent Intergroup"



Wednesday 5:30 PM Big Book
St. Stephen's Episcopal Church 7404 Killarney
Wichita KS 67230

Thursday 6:30 PM
1165 Southwest Blvd Wichita, KS 67213
South on SW Blvd past Newman University, turn west (right) on Walker Ave after the University
* Check-in with the receptionist as "Mid-Continent Intergroup"

Friday Mid-West Telephone Meeting 6:00 PM
[#55519] OA Twelve & Twelve study
Call: 605-472-5571 Access code: 171411#

Saturday 9:30 AM
1165 Southwest Blvd Wichita, KS 67213
South on SW Blvd past Newman University, turn west (right) on Walker Ave after the University
* Check-in with the receptionist as "Mid-Continent Intergroup"

Saturday Spanish Telephone Meeting 10:00 AM
Call: 316-312-8212 Access code: whatsapp

Saturday 1:30 PM
St. Stephen's Episcopal Church
7404 Killarney Wichita, KS 67230

Intergroup Meetings 6:00 PM
2nd Tuesday of each month (except December)
1165 Southwest Blvd Wichita, KS 67213
South on SW Blvd past Newman University, turn west (right) on Walker Ave after the University
* Check-in with the receptionist as "Mid-Continent Intergroup"