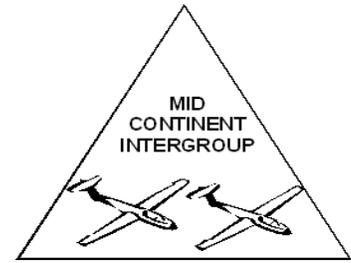


THE PILOT

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



April 2018



Tribute to Eva

Starter of Overeaters Anonymous Meetings in Wichita, KS



The following are memories and reflections of Eva, who passed recently, written from the hearts from OA members. Eva touched innumerable lives by sharing her experience, strength, and hope and we hope the following reflections speak for many that were touched by her service, sponsorship, friendship, and her story of recovery through the Twelve-Step program. These tributes express memories and experiences of individual members and not of OA as a whole. Some comments have been edited to help shorten this edition and also for clarity.



I started attending the Big Book meeting when Eva was the "leader" (in my mind) because she called us to order and opened and closed the meeting. One day in a Big Book meeting, she mentored a lesson in acceptance and humility for me.

The Big Book meeting started on time and there were eight or ten people in attendance. A few minutes after opening, two newcomers came into the room. One began talking quite a bit, apologizing for being late and so on. The other sat more quietly. Eva welcomed them warmly, explained that this was a Big Book meeting and that we were on page so and so. Eva explained that we read a paragraph or two and could share about it if we cared to. Talkative lady #1 became irritated after awhile, stopped the meeting and more or less said ours was "a heck of a way to run a meeting." She mentioned that she had not been introduced nor had anyone introduced himself or herself to her. My heart was racing with the contention in the room. Eva was calm, collected, and accepting. She lovingly explained that we introduce ourselves at the end of the meeting because people do arrive at different times and we always want to include everyone. Eva mentored compassion, inclusion, and loving boundaries that day for me. Talkative lady #1 got up and stormed out of the room. Lady #2 stayed for the end of the meeting and came several, additional times.

Eva always stated that we have a revolving door in OA. "When they are ready, they will come again" she would say. I have exhibited this behavior myself, coming and going twice before I settled in to work for and find recovery.

I am grateful for a mentor like Eva.

Barb H

Eva made everybody feel special.

Allie





When we were getting ready to move out of state, I contacted OA in Wichita, at the Intergroup office. I received a nice, handwritten note and a directory from Eva, who was answering the mail for Intergroup at that time.

After we moved to Wichita, I attended a lot of meetings those first few weeks. I was pretty anxious to check it out and was compulsive about going to all I could.

The first three meetings I attended were Monday AM, Tuesday PM and Saturday AM. Eva was leading two of them. At first this made me very skeptical (one of my defects) and I was thinking, who is this lady, does she run the show here in Wichita?

Well of course I did not really understand yet, Eva went to many meetings at that time, and she did service whenever asked. So while some of those meetings were home for her, she also helped whenever someone needed someone to lead a meeting and it just happened that way that week.

I think HP really wanted me to "hear" the message Eva was sharing. It was still to be a few months before Eva would become my food sponsor. I know her knowledge and love of this program is what keeps me going and I will keep coming back because it works.

I also remember some of our earlier OA members - especially the guys. If she sponsored them, they would call her "Sarge." They teased her about being so tough on them.

Mary G



My thoughts about Eva start when we first met and she took me in under her wing. She was always available to answer my many questions, every week, sharing her time and experience with me. I learned a ton of tools!

I remember we took a road trip to Hutchinson where she and I attended an OA meeting together. What fun we had talking all the way. I felt like I knew her much better after that.

She was never afraid to tell her truth in a relaxed way. I cannot recall seeing her down.

Then, after years of attending OA meetings, a huge resentment that I could not work through towards a member drove me out of the group. I continued to work my OA program and attended other Twelve-Step groups.

I later worked through the resentment, but did not return to OA.

Then, a couple of years ago, I had this powerful urge to find Eva. I contacted an OA member and started visiting Eva weekly.

It was *Saturdays With Eva*. I could write a book.

She was lonely and not afraid to say it. Our renewed friendship filled us both. Eventually she was able to breach the topic: "Did I say or do something that caused you to stop attending OA?"

My heart broke. I had hurt my friend by my absence.

I assured her that it was nothing that she did and we moved on.

On Saturdays when I arrived, she would always be parked in the hall outside her room where she was looking south through windows in the room across from hers. She would see my walking up the path and knew I was about to enter her hall....

I would ALWAYS walk past her like I was there for another reason, ignoring her. It was our little joke.... She would turn her head and watch me walk by, but in a few moments I could not contain myself and would start cracking up. She would have that puzzled look on her face and would say, "You better come back here!"

Then, off we would go rolling around the facility, outside if the weather were nice or just inside admiring all the decorations on the residents' doors and artwork on the walls. Eventually we would park in front of a large picture window where we could easily watch the clouds. She loved clouds. "Look at that one. It looks like a fox!"

Sitting with her slowed me down both physically and mentally. It became simple. I would remind myself that I was there to sit and observe. It was my priority at that moment. Nothing was more important than sitting there with Eva. Never did she forget to thank me profusely for coming to visit, telling me how much it meant to her.

I wanted her to know that she was not forgotten and that I appreciated her for all she did for me.

She would often times ask, "Did you ever think, when we met, that we would still be friends after all these years?" I would usually answer, "Yes, I did."

She was so empathetic and caring. It was her fearless love that was her strength.

The storybook romance she had with Jerry warmed my heart. Her mom would tell her, "Don't ask for the sun or the moon, because Jerry will get them for you!" He adored her and she loved him deeply. Mr. OA, he was called, because he was by her side if he was needed to help out in any way. He just loved what OA had done for Eva.

A gal came into OA who was Jewish and threw it in Eva's face, sorta like a challenge to see if it bothered her. "I'm Jewish!" Eva's response was, "So?"

That was her love towards me as well. In 1997, at the age of 47, I realized I was gay. When I shared my new found revelation with Eva, it was like I had announced that I'd had my haircut. Her love and acceptance was so important to me. I never forgot it.

She loved the AA Big Book and the OA fellowship more than anything. Her husband's doctor was in AA and essentially was her sponsor. He taught her that..."All of the answers are in The Big Book!" That was her favorite saying.

Recently she told me that the helpful doctor taught her, "If you only had one book, make it the Big Book."

She was a tough ol' gal. In November of 2016 she had pneumonia, was very sick and was hospitalized. I wondered if she would survive. Her heart doc reported that she maybe would live for two months because of a large aneurysm on her aorta. She beat those odds and lived for another year!

How she survived as long as she did I will never know. The bout with pneumonia knocked her back horribly and she never regained her strength and was bed ridden after that, but her spirit was alive and well. The Saturdays with Eva continued.

She frequently asked about my mother, forgetting that my mom had died. Eva was like a mom to me in many ways. Interestingly, they both collected owls. I added to her collection of owls on special occasions. She loved her owls....

I am glad I could be with Eva during the last years of her journey. It enriched my life.

Last Saturday, I returned to Eva's facility one last time to say good bye to the staff and let them know how much I appreciated them taking such good care of her.

There is a new resident in Eva's room. Everything changes. No wheel chair waiting outside the room. No time to sit and view the clouds. It was quiet. But, my heart stirs with sadness over the loss of the founder and pillar of the OA fellowship in Wichita.

I will continue to pass it on as it was passed on to me but in her words..."don't make it too easy for 'em!"

Michael B.





Eva's commitment to her OA program and to keeping OA strong and growing in Wichita were extraordinary examples for me as a young mother and desperate, suffering compulsive overeater. Her loving friendliness, kindness and powerful, life-wisdom were always freely given and I really needed them. Her many hours devoted to sponsoring literally saved lives. She created an amazing "web" of wellness that touched so many in Wichita and surrounding areas. Her blessed influence will continue into future generations, helping to stop the generational cycle of addiction. I am so grateful for Eva's life and the magnificent person she was!

Leta

Remembering Eva ~

I am so grateful to have known Eva and am so grateful for the service she did here in the Wichita area.

I was in OA back in the 80's. I was not ready to do the work that the OA Twelve-Step program requires, so I walked away from OA. I came back in 2009 and it was so comforting to see that same familiar smile and face of Eva still working her program, doing service and helping to keep OA alive in the Wichita area.

We never know how we will encourage and touch another life by coming back each week.

Thank you Eva for having walked this path with us.

Diane N.



Like many of us, Eva saved my life. She taught me how to live life. She taught me that food was an inanimate object and that God could and would help me say "no" every day, one day at a time. She showed me how to eat with others in fellowship.

I got big and brave one Saturday morning and asked the neatest person in the room to be my sponsor. She said, "yes!" She told me to call her at 7:00 AM in the morning and I had five minutes; her phone had call-waiting when the next call was coming in. We did this for twelve years and she helped me to grow and to love abstinence. We read in the Big Book daily and when in 'trouble with life or food' she is where I turned. Many times I told her I did not like her and she would reply that it was okay, I would love her in the morning.

Along this journey of life, the car I was driving with my daughter and myself were hit and I sustained major brain damage. When they explained what was in my IV, I did not understand, but I knew I was in trouble and I called Eva! She would never tell me what insanity I must have told her that day, but she never refused a call and always said I would know when it was time to do something, brain damage or not. She never treated me as 'less' even though the wreck had taken so much. Eva knew that we have a disease that never takes a holiday or vacation, but she taught me acceptance and humor in this life's journey.

Jeanne

I always remember the story she told of her granddaughter and the pretty potatoes. Eva measured out her mashed potatoes with a measuring cup and her granddaughter asked, "Why does grandma always get the pretty potatoes?" All in how you look at it! She was a gem.

Kimberly





I met Eva in OA in 1987 and even though we were many years apart in age, I felt anonymity from her from the start. I felt equal. Even though I was still very much imprisoned by compulsive eating, she helped me feel like I belonged in the very best way, safe and accepted. I experienced anonymity from her with her precious sharing and when I finally felt able to share, she allowed me to be heard. She was an example of committed service. Eva truly gave beautiful experience, strength and hope!

Laura



Eva was my sponsor and my 'healthy recovery mom,' for many, many years. I have not kept track of the exact number! I was attracted to Eva's faith, her sense of humor, and her no-nonsense Big Book approach to overeating. I am sharing the ways that I hear Eva's voice in my head today. I still remember her opting for the sugar-free dessert when we went out to lunch after meetings!

1. She was big on *restraint of tongue & pen*, a reference from the Big Book of Alcoholics Anonymous. She was involved in the beginning of OA so there was not much literature. The early OAers used AA literature. What was wonderful about that is that Eva was a very strong Big Book sponsor and I will always be grateful for that. *Restraint of tongue and pen* is a wonderful discipline. Often times, I remember the value of silence, especially in today's noisy and opinionated world. Twelve-Step recovery, right up there with my faith is how I have managed what is now over 31 years of sobriety and Twelve-Step recovery and have been given a restored and useful life. Having a WONDERFUL, healthy sponsor like Eva is so important - to have a sponsor and use 'em!
2. The voice of Eva in my brain says most often when I am processing life these days, "Sometimes the ONLY thing you can change is your attitude!" I hear this reminder over and over again in Eva's voice. It is so easy to cross the line into playing God and thinking that I can affect anybody beyond myself. Sometimes, changing me is even a tall order. However, over the years I have really let this truth sink into my heart and practice as often as I can the idea that I am able, with HP's help, to change my attitude and me. And I do it a lot and let others go - absolutely!
3. Which brings me to the next one ...using/saying "HP" as Higher Power in the fellowship. Eva was big on using "HP" in meetings and elsewhere in the fellowship to underscore the importance of acceptance. I often explain that using HP is how I was 'raised in program.' Eva taught me to refer to my Higher Power as HP so that others would not be offended by what I say. I never want to be a stumbling block to anybody else's recovery, so I refer to HP, even though I practice a particular faith. I was grateful that Eva and I could share about our faith privately however. I have always looked for sponsors where I could share about my personal faith freely. That is important to me, but may not be important to others. *Live and let live.*
4. ...and using our last names within the fellowship! I can hear Eva say, "I use my last name in the fellowship because I want you to visit me when I'm in the hospital!" If we do not use our last names (in fellowship only) how can we find a member of our fellowship who has been hospitalized? I do remember visiting Eva when she was hospitalized. When I traveled to Wichita, I would often visit her in the nursing home. Not to mention the cards I sent when I could not get away, remember, she WAS Anna Nimity, right? Ah, the secrets out..)
5. When my husband's father died, I remember calling Eva and talking about the dreariness at our house at Christmas. The atmosphere at our house was laden with doom and gloom! She suggested that I go do something light and frivolous ...and so I did. I put this silly-looking reindeer on the inside of our front door to our home with a smile on my face. Now, every Christmas when I put up that silly reindeer I think of Eva. That is Eva's wonderful sense of humor coming to the rescue in my life. That is one of the ways today I practice being "happy, joyous, and free!" Eva was HP's gentle reminder that day!

Additionally, when I would be sharing with Eva while driving on the phone, (yes, I must admit to that) I remember her saying, "Now am I going to have to come there and kick you in the butt?" I do not know if she said this to anybody else. She had a keen sense of humor, which she used with me often. We would laugh and life would lighten up! She helped me experience the "happy, joyous, and free!" of recovery and I will always be grateful for that.

6. Eva was also often, gently reminding me that "needs come before wants"...even alphabetically! Don't we need the ability to prioritize needs/wants as gratefully recovering folks? I have often used this advise of hers in my financial decision-making, healthy food choices, and even shopping for clothes. I find that HP always supplies all my needs often in very creative ways that I have not micro-managed! However, HP does not always supply all my wants. I can get greedy and ahead of HP and do my will, not HP's!

So, there are the particulars that I remember from over the years. I call them Eva-isms. They are the gems, the pearls of wisdom and mirth, which Eva brought to our sponsor/sponsee relationship.

Eddie



Memories of Eva ~

Black-belt sponsor and forever friend, favorite Big Book story was "Join The Tribe," mostly read AA literature as she did not have OA literature in the beginning, she paced the floor in the evenings and rubbed her skin raw on her fingers when first becoming abstinent, after 21 days of abstinence ...she was told to go another 21 days and then another and so on, doctor told her she had to do something or die early, husband, Jerry, was her ally and supporter all the way, loved Jerry, her girls, grandchildren and great-grandchildren, loved her heart doctor, loved the local VA Hospital, she could really twist your arm to get you to commit to some form of service, she often sited how the Big Book described food addiction as an allergy of the mind, she loved creating a pneumatic for recovery words, she appreciated beauty and art, she helped countless members find their Higher Power, she loved clothes shopping and wearing holiday apparel and jewelry, if I started whining or feeling sorry for myself ...she might comment that my halo might be slipping from my head to my backside, she would often zing me with a 'two by four' (words of wisdom) and then laugh, she admired desserts as works of art - but poison for her body, exemplified an "attitude of gratitude" daily, keeper of countless Fifth Steps, said service might be as simple as smiling at a stranger in the grocery store, told me to pray the resentment prayer two weeks, and another, and another ...until it was lifted, "there is always a solution," "you won't starve to death," "you are right on schedule," "how 'bout that?," "it is a program for those who want it, not for those who need it," "please in the morning and thank you at night," "it is a simple program, but not easy," "you take care of you ...because you are worth it"

Forever Grateful, *Susan*



Eva said she had to surrender what her weight was to be to her HP. What a concept to me - another lesson in surrender. I also remember how she always included my husband into her circle and love ...asking about him and loving on him.

Bertie





(Eva was the original Myrtle the Turtle)

Myrtle the Turtle

Don't believe
everything
you think!

~ANNOUNCEMENTS~

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

APRIL "BIG BOOK" READING LIST

1. 446	11. 494	21. 246
2. 44-49	12. 104-113	22. 474
3. 50-57	13. 113-121	23. 30-37
4. 328	14. 522	24. 37-43
5. 470	15. 301	25. 301
6. 359-364	16. Gratitude List	26. 512
7. 364-368	17. 535	27. 561-574
8. Dr's Opinion	18. 58-63	28. 446
9. 544	19. 63-71	29. 72-80
10. 232-239	20. 289	30. 80-88

(Eva created the Big Book daily "reading list" originally for members who had moved away and requested a way to follow along reading the Big Book.)

ASK Anna Nimity

(Eva was the original Anna and wrote countless helpful questions & answers for *The Pilot*.)

Dear Anna,

I heard the expression, "stinkin thinkin" at a meeting recently. How do I recognize when I have this problem?

~ Thinker

Dear Thinker,

There are many helpful slogans and expressions Twelve-Step members create and/or may come across encouraging recovery. "Stinkin thinkin" refers to disease thinking or thinking that is unhealthy and negative ...potentially leading to relapse or preventing recovery. It often is thinking that manifests from self. Examples are self-pity, self-centeredness, compulsive food thoughts.... As you continue in recovery, you will recover physically, spiritually, and emotionally which includes your attitudes and thinking. Keep comin' back!



Yours in humble service,
Anna

4 Thought Region 4 Spring Issue at oaregion4.org



A Step Ahead, Second Quarter 2018 newsletter

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

Next Intergroup Meeting: April 10th, 2018 6:00 PM

Intergroup Office: 1165 Southwest Blvd

All are welcome!

OA Mid-Continent Intergroup

Treasurer's Report for February 2018

Checking:

Beginning Bal. 2/1/18 \$ 3273.40

Donations

Mon (10:00 AM)	\$ 30.00
Mon (7:30 PM)	\$ 45.00
Wed (5:30 PM)	\$ 46.00
Thurs (6:30 PM)	\$ 37.10
Sat (9:30 AM)	\$ 77.25
Sat (1:30 PM)	\$ 90.00
In-Kind for Pilot Region 4	\$ 1,000.0

Total Donations \$ 1338.79

Expenditures

IG Office Donation (Feb. & March)	\$ 390.00
Wichita Public Lib	\$ 15.00
Shelter Insurance	\$ 82.00
Fed Ex (Pilot printing)	\$ 13.44

Total Expenditures \$ 500.44

Net (Increase for Jan.) \$ 838.35

Ending Bal. 2/28/18 \$ 4111.75

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	(2 nd term, '15)
Vice Chair:	Diane	316-708-8050	(2 nd term, '14)
Secretary:	Wendy	816-868-2460	(1 st term, '16)
Treasurer:	Sarah E	316-264-6510	(2 nd term, '15)
Literature:	Mary B	316-993-9716	(2 nd term, '14)
Parliam.:	Russell	316-993-3165	(2 nd term, '15)
IG Comm Chair:	Lee Ann	316-733-6341	(1 st term, '16)
Pblc Outreach Chair:	Tracy	316-282-4923	(1 st term, '17)
Region Rep:	Barb H	316-733-2136	(1 st term, '16)
Region Rep:	Mary B	316-993-9716	(1 st term, '17)

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

COMMUNICATIONS UPDATE

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



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

Traditions Corner

Tradition Six *An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*

~The Twelve Traditions of Overeaters Anonymous

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"

Mid-Continent Intergroup Sharathon



“Together We Get Better”
Saturday, April 14, 2018
9:00 – 3:30

Newman University, Eck Hall Rm #118
3100 McCormick Ave, Wichita, KS 67213

Registration 8:30AM ★ Registration Fee \$12★ Lunch on your own

Dinner at Spears Restaurant
Friday, April 13, 2018
6:00 – 8:00 PM

Spouses/Significant Others are welcome

4323 W. Maple St, Wichita, KS 67209★ 316-943-2783

RSVP for Friday night by April 6th★ 316-993-9716 or mbooth@kapaun.org

To Preregister for Sharathon, clip registration form & mail it with \$12 to

Russell & Mary B., 20951 SW Santa Fe Lake Rd, Douglass, KS 67039

Name: _____ Phone: _____

Street: _____ Email: _____

City, State _____ Zip: _____

** Make checks payable to Mid-Continent Intergroup