

SEPTEMBER 8, 2009 MINUTES

Opened with Serenity P.

Attendance: Mary G, Andy M, Jill C, Gay H, Eva, Barb H, Kirsten, Deb S

Secretary's Report was read and corrections were made. Barb will call Mary M. about these.

Literature: \$796.00 in the account. \$120.12 was spent on literature.

Vice Chair. Kansas Day – Sat. 9-12-09. Those interested in carpooling, meet at Eva's 6:30 or so to leave at 6:50am. 30 lunch reservations so far. Mary G will be lunch speaker, and Julie A and Kirsten will be speakers from Mid Continent.

Treasurer's Report - Attached

Old Business: Discussion on moving: Different properties looked at or considered. Office at Kellogg and Rock Road which would be same rent \$260. A month, has lighted parking, locked after hours, private entrance, rest rooms on same level as office. Discussion and decision to contact Wichita meetings for feedback re: this location. Contact Person Barb H. (point person) Reasons for looking at other locations at this time reiterated: present location: lack of security, smoking in building, no parking, no heating last winter, insecure neighborhood, dark after night meetings. Deb motioned and Gay seconded to table vote on move until next meeting to get feedback from Wichita groups by phone or email by Sept 25, 2 weeks prior to next IG mtg. Motion passed.

New Officers: Deb S. nominated and seconded as Chairperson, motion passed, Kirsten W motioned and seconded as Pilot Editor, motion passed, Gay H motioned and seconded as Treasurer, motion passed, and Andy M nominated and seconded as Parliamentarian and motion passed.

Region IV news – Mid Continent responsible for Decorations for Reg IV convention June 18, 19 and 20, 2010 in Topeka, Kansas. Barb H showed quilt square Mid Continent will submit. These were sent to each Intergroup to complete and send back for the convention. Barb H, Eva K and Mary G have gotten it ready for shipping. Barb H will return it to Region IV.

It was motioned and seconded and passed to adjourn.

Mary Guntly for Mary Mourning, Secretary

OVEREATERS ANONYMOUS
Mid-Continent Intergroup
TREASURER'S REPORT
August 31, 2009

BEGINNING BALANCE \$544.18

Donations

Monday 10 AM	\$ 20.00
Monday 7:30 PM	182.02
Wednesday Big Book	38.50
Friday Noon	11.00
Saturday 9:30 AM	<u>35.25</u>

TOTAL: \$286.77

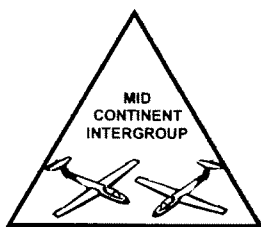
Expenses:

Brad Schraft – September Rent	260.00
A T & T	<u>54.73</u>

TOTAL EXPENSES: \$314.73

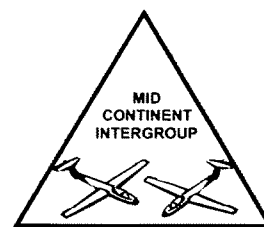
NET (Donations minus Expenses) \$ -27.96

ENDING BALANCE: \$516.22



THE PILOT

Mid-Continent Intergroup
805 South Main, Wichita, Kansas 67213



OCTOBER 2009



F.E.A.R.

The acronym commonly associated in the 12-step programs with the word “fear” is **False Evidence Appearing Real**. While fear is, in one respect, an instinct that helps us survive, it is more commonly a super-feeling that imprisons us, keeping us from living the joyous life we are meant to live.

False evidence appearing real can come from our past, the future or the present moment. We may fear that someone will find out about our past, and how could anyone possibly like us if they know? Guilt and shame over things done or left undone can continue to haunt us, and the resulting fear-fog clouds our ability to think clearly and productively. The past is gone; we cannot change it. But we can make amends where appropriate and release the false evidence that tells us we are defective.

Worries and anxiety over future events are inherently false evidence since the future hasn’t happened yet. We diminish our present-moment joy with fear about the future. With infinite possibilities stretching before us in every moment, why not deliberately choose to select uplifting and joyful ideas for the days to come? Truly it is just as easy to select a positive thought as it is a negative one. It’s simply a matter of breaking an unproductive habit.

False evidence shows up in the present moment when we recognize a desire but make up excuses not to pursue it. Examples are “I’m not smart enough” and “People think I’m crazy” or “I don’t have time right now.” Any limitations we feel are false evidence we place upon ourselves. There is no one and no thing out there holding us back—it is simply we ourselves succumbing to false appearances.

I encourage you to look around your life experience to find any situations where you are assuming false evidence appearing real. Often, all it takes is awareness to brush away the cloud of fear and choose to live in the light of faith.

—L.M., Wichita, KS

What does OA offer?

We offer unconditional acceptance and support through readily available OA meetings, which are self-supported through voluntary contributions.

We in OA believe we have a threefold illness—physical, emotional and spiritual. Tens of thousands have found that OA’s Twelve-Step program effects recovery on all three levels.

The Twelve Steps embody a set of principles which, when followed, promote inner change. Sponsors help us understand and apply these principles. As old attitudes are discarded, we often find there is no longer a need for excess food.

Those of us who choose to recover one day at a time practice the Twelve Steps. In so doing, we achieve a new way of life and lasting freedom from our food obsession. (*reprinted from www.aa.org*)

ASK Anna Nimity

Dear Anna,

What are the Step Principles, and where can I read about them?

Learning

Dear *Learning*,

Many people ask this same question regarding the Twelfth Step where it says, "and to practice these principles in all our affairs." The principles referred to in this Step are implied throughout the Step chapters in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* and are explained on pages 103 through 106. The principles are the practical, functional way in which the Steps can be practiced in our daily lives. The corresponding principles for each Step are *honesty* for Step One, *hope* for Step Two, *faith* for Step Three, *courage* for Step Four, *integrity* for Step Five, *willingness* for Step Six, *humility* for Step Seven, *self-discipline* for Step Eight, *love* for Step Nine, *perseverance* for Step Ten, *spiritual awareness* for Step Eleven, and *service* for Step Twelve.

Yours in humble service,

Anna

(reprinted from Ask It Basket, www.oa.org)



October Big Book Reading List

1. 369	11. 407	22. 246
2. 246	12. 561-574	23. 522
3. Dr's Opinion	13. 328	24. 17
4. 208	14. 268	25. 44-49
5. 136-145	15. 171	26. 50-57
6. 145-150	16. 544	27. 535
7. 338	17. 301	28. 470
8. 494	18. 553	29. 104-113
9. 295	19. 437	30. 113-121
10. 348	20. 501	31. 398
	21. 458	

ANNOUNCEMENTS

Intergroup Meeting, October 13, 2009

Intergroup Office, 805 S. Main, #201

7:30 P.M.

All are welcome!



Mid-Continent Intergroup Treasurer's Report as of 07/31/09

Beginning Balance	\$494.03
Donations	\$364.76
Expenses	-\$314.61
Ending Balance	<u>\$544.18</u>

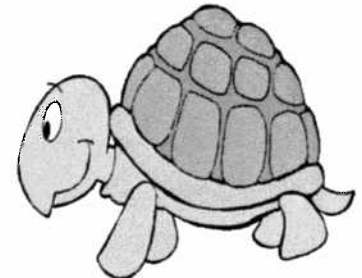
THANK YOU!!!

It has been an honor and a privilege and even quite a bit of fun to be the Pilot Editor for the last four years. Thank you so much for your bountiful support, especially the many wonderful writings you have submitted to me to publish. I am blessed to be surrounded by such a loving OA fellowship!

Leta Miller

MYRTLE THE TURTLE:

Service is a simple
and valuable way to
keep and expand
your recovery!



MID-CONTINENT INTERGROUP OFFICERS

(Note: These will change with Sept. elections!)

CHAIRPERSON:	Phil L.	316-683-3722
VICE CHAIR:	Eva K.	316-684-5013
SECRETARY:	Mary M.	316-619-8142
TREASURER:	Mary G.	316-652-8689
LITERATURE:	Barb H.	316-733-2136
PILOT EDITOR:	Leta M.	316-722-9617
PARLIAMENTARIAN:	Kirsten G.	316-214-9144

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