

Mid-Continent Intergroup Meeting Minutes

The September 14, 2010 Meeting of Mid-Continent Intergroup was opened with the Serenity Prayer

ATTENDANCE: Gay, Deb, Mary G, Barbara H., Eva, Kirsten, Phil and Mary M

PARLIAMENTARIAN: We did have quorum

RECORDING SECRETARY: The Minutes of the August meeting were corrected in that the Intergroup office lease expires October 31, 2010 and not September 30, 2010.

TREASURER: Treasurer's Report as follows:

August 31, 2010 Checking Account

Beginning Balance:	\$492.13
Total Donations:	\$412.28
Total Expenses	\$312.43
Net Change	+\$99.85
Ending Balance	\$591.98

PILOT: New Pilots were ready

LITERATURE: Balance in account as of August 31, 2010 was \$585.70.

VICE CHAIR: No report

OLD BUSINESS:

Publicity: Phil is interested and started the discussion on developing ways to increase public awareness of OA in the Intergroup area. Motion made, seconded and passed to form a public awareness committee. Anyone who is interested in participating in that can contact Phil or any Intergroup officer.

Kansas State Convention: At the business meeting held at the convention, a formula was adopted to determine the registration fee for the convention to be set by the applicable intergroup doing registration. As Intergroup is doing registration for the 2011 convention, we decided to put the formula in these minutes. The fee is set at the cost of lunches (including taxes and gratuity) X minimum number plus any room charge divided by the minimum number.

For example

- the cost of lunch (including taxes and gratuity) is \$18.00
- the minimum number is 30
- the cost of the meeting room is \$60 then the formula would be

$$((\$18.00 \times 30) + \$60) \div 30 = \$540 + 60 = \$600 \div 30 = \$20.00 \text{ would be registration fee}$$

Office Lease Renewal: Continued from last month, discussion about whether to renew office lease for additional year with a \$20 monthly rent increase making the rent \$280 instead of current \$260 or go month-to-month at current \$260 rental amount. The opinion of the Monday 7:30 meeting was to renew the lease incurring the \$20 per month increase rather than risk going month-to-month. Motion made, seconded and passed for Barb to ask landlord if they would agree to give us another year at the current amount, if not, then to renew for additional year with monthly rental increase.

Upcoming elections. No one volunteered to serve as Vice Chair and that position is now open. The Vice Chair leads the meeting if the Chair is not present and oversees programs such as annual Sharathon for Intergroup. Anyone willing to serve should contact an Intergroup officer.

NEW BUSINESS:

Region IV: Deb had been contacted about upcoming Region IV Fall Assembly in Coralville, Iowa on October 15th & 16th which would include business meeting. Each intergroup in Region IV is entitled to have 1 representative for up to 10 groups in their intergroup, and 2 representatives if between 11 and 20 groups in their intergroup. Based on that, Intergroup has 14 groups registered so would be entitled to have 2 representatives. Region IV has money set aside to assist intergroups in the costs of sending representatives to meetings. As Intergroup should be participating at the region level, Mary M will research the next event and timeline for submitting documentation for scholarship money from Region IV for the next event.

Motioned and seconded to adjourn the meeting. The meeting was closed with the Serenity Prayer. The next Intergroup meeting will be on October 12, 2010. Hope to see you there!

Respectfully submitted, Mary Mourning, Recording Secretary

OVEREATERS ANONYMOUS

Mid-Continent Intergroup

TREASURER'S REPORT

August 31, 2010

CHECKING ACCOUNT

BEGINNING BALANCE \$492.13

Donations:

Book Study	38.00
Monday 10:00	20.00
Monday 7:30	219.55
Wed. Big Book	30.00
Friday Noon	17.38
Saturday 9:30	14.35
Saturday 1:30	24.00
Aug. 30 dep. (unknown source)	<u>49.00</u>

TOTAL RECEIPTS \$412.28

Expenses:

8/21 Marketing Parking, Inc.	260.00
(Oct. 2010 Rent)	
8/31 AT&T	<u>52.43</u>
(Aug 19 - Sept. 18)	

TOTAL EXPENSES \$312.43

NET (Donations minus Expenses) +\$ 99.85

ENDING BALANCE \$591.98

Upcoming Events!

Upcoming Events!

State and Region Events

Kansas State Convention
"Beyond Our Wildest Dreams"
Sept 11, 2010
Emporia, KS
Reg form at:
www.oawichita.org

Kansas City Annual Retreat
"Unmasking a Spooky Disease"
Oct 30-31, 2010

Details to come on:
www.kansascityoa.org

Events in Other Regions

Nebraska OA Retreat
Sep 17-19, 2010
Lovewell State Park, NE
For registrations, email by Sept 10
beckyb@swedishamericanbank.com

Northern NM Silent Retreat
Sep 17-19, 2010
Albuquerque, NM
For more information, go to:
<http://www.northernnewmexicooa.org/>

McKinney Silent Retreat
Oct 15-17, 2010
Lake Dallas, TX
For more information, go to:
<http://www.oadallas.org/>

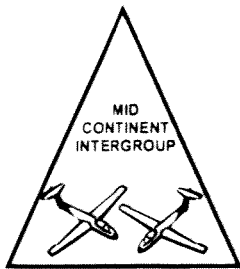
Galveston/Houston Convention
Oct 22-24, 2010
Galveston, TX
For more information, go to:
<http://www.oagalveston.org/>

Region III Cruise
**Galveston-Montego Bay-Grand Cayman-
Cozumel-Galveston**
Mar 20-27, 2011
For more information, go to:
<http://www.oaregion3.org/>

World Service Events

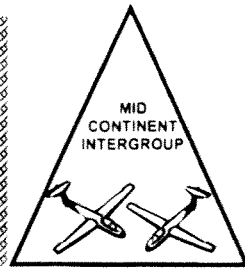
OA World Service Convention
"50 Years of OA Recovery"
August 26-29, 2010
Hilton Los Angeles Airport Hotel
Los Angeles, California USA

<http://www.oa.org/world-service/convention.php>



THE PILOT

MID-CONTINENT INTERGROUP
7701 E KELLOGG DR STE 635
WICHITA, KANSAS 67207



Sept 2010

What Are You Waiting For?

I recently watched a PBS DVD on Eleanor Roosevelt. Amazing woman aside, I was particularly moved by the video scene of a young girl sitting for hours on the stairs, facing the door, waiting for her father. He was a wild, binging alcoholic, and he rarely came home.

That image really stuck with me, so I knew there was something for me to “get” from it. Finally it became clear that the image WAS me. My father was present consistently, but he was a heavy drinker, and there is plenty of addiction in my family. The expectation-disappointment cycle was a seed planted very early in my life, and it was a consistent pattern played out by the four family members with whom I spent my early years.

What that cycle looks like in adult life can be expressed by a variety of phrases:

- o Someday my ship will come in.
- o When _____ happens, I'll be happy.
- o I'll do that after I lose 20 pounds.
- o Everything would be fine if only he/she would be more _____.
- o I can't do that—I don't know how to start.

You get the picture—happiness in life becomes very dependent on external people or circumstances or some magical coincidence that you may even miss. All this results in a life that is ripe for frequent disappointment.

Action is the key to breaking this pattern of expectation-disappointment. The question “What am I willing to do right now?” is valuable in identifying what I can do in this moment to be present and support my personal well-being. It brings the focus into the present, wherein we can do something constructive, rather than focusing into the future where action is impossible.

Affirmation: I have everything I need to live life successfully. I am perfectly cared for by my Higher Power in every way right now.

~Leta M., Wichita, KS

Region III Horizon Newsletter, Spring 2010—"A Vision for Everyone" (excerpt)

Even when I was locked in the dark cave of my disease, I never lost faith in Someday. As in, someday when I grow up and magically lose 100 pounds, I will be transformed into a famous author. Or be elevated to my rightful place as Supreme Overlord of the Galaxy. Or at the very least, bat clean-up for the Boston Red Sox. Those really weren't harmful day dreams and they helped me survive some grim times as a teenager. But given the realities of my life at that time, they would never be anything more than fantasies.

As I started to heal from my disease by working Steps One through Nine, the hemorrhaging wound of addiction faded into a ropey scar. The healthier I became, the less important some of those old dreams became. I'd never play at Fenway Park, but I could join a fitness class. I'd never be Ultimate Ruler of the Universe, but with my ego shrunken to its proper size, I no longer wanted the job. The one thing I still held onto was my dream of writing. And within that last fantasy I saw the underpinnings of a vision.

I soon came to see that there is a huge difference between a fantasy and a vision. A fantasy is ethereal, futuristic, dependent on rescue or bailout. It's mentally calculating my royalty checks from my best-sellers, but never actually writing a word. A vision is more concrete, more manageable, and part of a process. It evolves thorough writing, prayer, discernment, accountability and action. It requires faith and movement. It's made up of small steps – committing to writing, finding a critique group, sending out queries. It is the ultimate outcome of working Steps Ten, Eleven and Twelve and it is infinitely more satisfying than any fantasy could ever be.

~Mary H

Minneapolis/St. Paul OA Newsletter Sept 2010 ~ "Putting Down Weapons & Armor"

Ah, the mighty Step Nine has asked this strapping Viking to put down my sword, my knife and my shield. To stop pillaging the grocery stores for my larder, cease hunting for reasons to plug my brain with anger and resentment and to concede that my plunder has harmed many. After listing my foibles, sharing them with my HP and reciting them to another chum, I got the reprieve of suiting off – removal of my armor. I scratched out my Step Eight list and time opened for me to make good on my reparation.

I trudged into the mire of my deceit and smelled the rot of dismal despair. Oy! I had ransacked my way through muck and mire to subsist in the dregs of excess food. I prepared, sweated, and squabbled before I got to a position of presenting myself to those I had wronged. Can you believe I even had to make amends to those who dared injure me? HP even had the audacity to send me a few comrades I didn't even have on my register.

Finally, the stench of my slaughter slid away and the bleak dawn vaporized into blue skies. I handled new tools, replacing my arrow for a pen, my mace for a phone call. Each amend I made, my abstinent alertness allowed me to slip off the gauntlets I thought protected me from wickedness. I was relieved of the desire to ransack those mere mortals I sought to rule and command.

I faced those friends and foes, reading letters I had readied, or was presented the right things to say. My amends drew me out of my entitled isolation into the community of co-workers, parents, siblings, friends, students, colleagues and strangers. I prepared, talked, and offered restitution. I admitted my destruction and my offense. Amazingly, these same mere mortals offered forgiveness. In addition, I was granted the solemnity and grace of true humility. For that I am thankful. For that I am blessed.

~Anonymous

Literature Selection ~ VOR Aug 30

"If I don't know which way to go, I turn the problem over to God in Steps Three and Eleven, completely confident that the answer will come."

~A Guide to the Twelve Steps for You and Your Sponsor, p. 6

Soon after I found OA, a woman at my home meeting stood up and said, "Last night the phone rang, and by the time I hung up, I was crazy. So I said a prayer, turned it over, and was free to enjoy the next three hours until dinner time."

The next day, driving to work, I noticed my mind racing over and over on the same problem. I said, "God, take this problem from me, and don't give it back unless I need to do something about it." It was hard to trust God to give it back if and when I needed to act on it, so I said, "I trust you, God."

God took it, and I was free to enjoy the ride. I have done that many times since then, and I don't think God has given very many of those problems back to me. They must have solved themselves. What freedom!

Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.

~AA Big Book, 3rd ed., 86-87

Literature Selection ~ VOR Sept 6

"Intuition is supposed to be God's direct line into our minds and hearts..."

~OA 12 and 12, p. 22

As I repeat the Steps, they don't always look the same each time I progress through them, and yet the results are the same. My Higher Power is giving me opportunities to see the program work in my life through different situations, many of which are not the old black-and-white, "by the book" situations. Sometimes in the moment or in the not-so-distant retrospect, I see that it was my Higher Power's presence which allowed or caused the situations to happen.

You'd think after ten years in OA, I would stop being surprised at my Higher Power's persistence and creativity. I hope that in another ten years I am still struck with awe and wonder about how my Higher Power works for, through, and in me. I hope I continue with the almost childlike innocence that my Higher Power is still with me, sometimes without my asking or approval or recognition, just as long as I am open to my intuitive sense of doing the right thing.

When the Japanese mend broken objects,
they fill the cracks with gold. They believe
that when something's suffered damage and
has a history it becomes more beautiful.

~Barbara Bloom

Recovery is a Click – Or a Stamp – Away

Are you isolated from other OA members because of life circumstances or schedule? Would you like to help others who cannot get to meetings, yet want to be part of the solution?

Then you need to be part of OA's Service-by-Mail/Email program. Become a sponsor, find a sponsor or correspond with another member as a pen pal – or do all three. Sponsors are especially needed.

To sign up, fill out the Service By Mail/Email Application Form and submit it to the WSO with your \$10 fee.

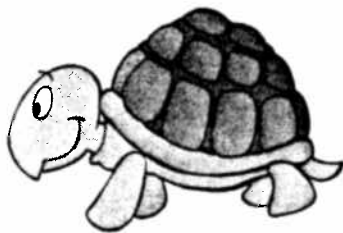
For more information contact the WSO at 505-891-2664, fax to 505-891-4320, or by email at <http://www.oa.org/services-for-members/service-bymail.php>.

(Thanks to RegIII newsletter for above info!

Ask Anna Nimity will be back next month)

**MYRTLE THE
TURTLE:**

It is easier to keep
moving than it is to
start moving.



September Big Book Reading List

- | | |
|-------------|-------------------------|
| 1. 44-49 | 16. 553 |
| 2. 50-57 | 17. 301 |
| 3. 182 | 18. 17 |
| 4. 328 | 19. 388 |
| 5. 458 | 20. 470 |
| 6. 86-87 | 21. Gratitude List |
| 7. 474 | 22. XI-XXIV |
| 8. 219 | 23. Your favorite story |
| 9. 544 | 24. 375 |
| 10. 30-37 | 25. 171 |
| 11. 37-43 | 26. 232-239 |
| 12. 535 | 27. 151 |
| 13. 486 | 28. 246 |
| 14. 104-113 | 29. 208 |
| 15. 113-121 | 30. 561-574 |

ANNOUNCEMENTS

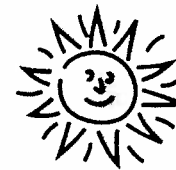
Next Intergroup Meeting, Sept 14, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

**Mid-Continent Intergroup
Treasurer's Report July 2010**

Checking:

Beginning Balance	\$222.11
Donations (\$582.40)	
Book Study	\$ 51.90
Monday 7:30PM	\$ 377.00
Saturday 9:30AM	\$ 37.00
Monday 10AM	\$ 20.00
Big Book	\$ 20.00
Friday Noon	\$ 14.00
Monday 5:30PM	\$ 62.50
Expenses (-\$312.38)	
Rent	-\$260.00
AT&T (5/19-6/18)	-\$ 52.38
Net (Donations minus Expenses)	\$ 270.02
Ending Balance	\$492.13



MID-CONTINENT INTERGROUP OFFICERS

(Terms are 2 years in duration, and are limited to 2 consecutive terms per position)

CHAIRPERSON:	Deb S.	316-734-6790 (1st term, '09)
VICE CHAIR:	Eva K.	316-684-5013 (2nd term, '08)
SECRETARY:	Mary M.	316-619-8142 (1st term, '08)
TREASURER:	Gay	316-260-5945 (1st term, '09)
LITERATURE:	Barb H.	316-733-2136 (2nd term, '09)
PILOT EDITOR:	Kirsten W.	316-214-9144 (1st term, '09)
PARLIAM.:	Mary G.	316-652-8689 (1st term, '10)

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