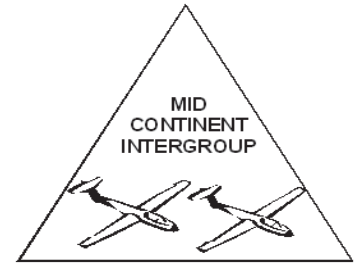


THE PILOT

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



July 2018



My name is Jane. I am a compulsive overeater and a food addict!

Like many, I was raised where food was a symbol of love. Over the years, I became gradually more and more disgusted with my weight and myself. The final straw happened the day before I entered the OA program - when I saw my trigger food and became very angry.

I tried several different types of weight loss programs over the years as well as intensive exercise. Whatever weight came off returned ...and then some.

I knew I needed to do something for a long time. I was very fearful because I was sure I could not succeed. I knew my solution was OA because the only successful recovery I knew about were the Twelve Steps.

I entered the OA rooms October 16th, 2013 at 66 years of age.

I felt rebellious at some of the things I heard at my first meeting. Why did they say I was weak? It took courage to enter the OA program.

Over the last four and a half years, I have lost around 75 pounds, but I still felt I was not "doing it right." With the help of my Higher Power, I discovered that it is not the weight – it is the food obsession that is the problem.

With the help of my Higher Power, I have recently begun a new journey in the Steps. This time my heart is totally in the process. I just completed Step One. I did not realize how difficult, but amazing it would be. I look forward to continuing the journey with my sponsor and learning more about Jane and abstinence.

I no longer fear whether I "succeed" or not. My goal is to do my best in using the Steps and Tools given to me by OA *one day at a time*.

Jane D.
Independence, KS



Myrtle the Turtle

OA is the Soul-ution!



COMMUNICATIONS UPDATE OA & Facebook

There are four registered, English-speaking Facebook groups. You can find them at oa.org. Click on "Meetings" and then "Non-Real-Time Meetings." You need to be aware of issues that were brought to the attention of the World Service Business Conference this spring. Closed groups can leak information unless YOUR settings are correct OR it is a "secret" group. Google "secret vs. closed Facebook" to get more in depth information.

It was decided to turn the problem over to the new Region 11, which is composed of predominately virtual groups to solve this issue rather than legislating it from the World Service Business Conference. Meanwhile, you need to be aware that if you join ANY Facebook page even if it is registered with World Service, your other friends may see that you have joined. In addition, if it is not a registered OA group, it may not follow the Steps and Traditions.

Lee Ann Y, World Service Delegate



JULY "BIG BOOK" READING LIST

1. 136-145	11. 50-57	21. XI-XXIV
2. 145-150	12. 268	22. 17
3. 219	13. 458	23. 208
4. 182	14. 309	24. 122-129
5. 544	15. 258	25. 129-136
6. 369	16. 561-574	26. 398
7. 246	17. 359-364	27. 535
8. 301	18. 364-368	28. 407
9. 281	19. 388	29. 104-113
10. 44-49	20. 338	30. 113-121
		31. 295

ASK Anna Nimity



Dear Anna,

There are so many wonderful ways to participate in meetings due to technology. However, how do I safeguard what others and I share during these online meetings in keeping with anonymity and the Traditions?

~ Anonymous

Dear *Anonymous*,

In keeping with the Traditions in maintaining personal anonymity at the public level and safeguarding meetings from gossip, it is not completely clear yet how to do this with online and virtual meetings.

We still do not use our last names or faces with public communication and some members use fictitious first names for virtual meetings. Members might also share private and personal information one on one with their sponsors or other members outside of hybrid and virtual meetings.

It is also important to respect the confidentiality of what others share at meetings. "What we hear at meetings should remain there." (*The Tools of Recovery* pamphlet)

Please refer to Traditions Eleven and Twelve in The Twelve Steps and Twelve Traditions of Overeaters Anonymous for further insights and oa.org for registered meetings that adhere to the Steps and Traditions.

Yours in humble service,
Anna



~ANNOUNCEMENTS~

The *Overeaters Anonymous, Third Edition, Forewords and Appendices* document from our beloved Brown Book, written by mental, physical, and spiritual health professionals familiar with OA's benefits is now posted online and is available for free download at oa.org.

Understand more deeply why compulsive eaters worldwide have found a path of recovery by working the Twelve Steps of Overeaters Anonymous.

A New Beginning: Stories of Recovery from Relapse is again available in paperback. Order at www.amazon.com/New-Beginning-Stories-Recovery-Relapse/dp/1889681016 and click "Paperback \$9.99" button. A single book will be printed and delivered to your address.

IT'S HERE!

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition

is now available.

Contact Mary B. 316-993-9716 for details.



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



4 Thought Region 4 Summer Issue

at oaregion4.org

A Step Ahead, Third Quarter 2018 newsletter

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



Subscribe to OA Lifeline to read stories with experience, strength, and hope at oa.org.

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

Intergroup Office: 1165 Southwest Blvd

All are welcome!



OA Mid-Continent Intergroup

Treasurer's Report for May 2018

Checking:

Beginning Bal. 5/1/18 \$ 4765.88

Donations/Credits

Mon (10:00 AM) \$ 30.00
 Mon (7:30 PM) \$ 270.25
 Wed (5:30 PM) \$ 86.00
 Sat (1:30 PM) \$ 40.00
 In-Kind for Pilot \$ 8.60

Total Donations \$ 434.85

Expenditures

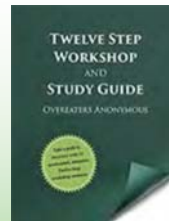
IG Office Room \$ 260.00
 Donation June
 Sec. of State NP50 \$ 40.00
 Annual Report Fee
 WSO expenses - \$ 834.17
 Reimbursement
 Region 4 - WSBC \$ 165.83
 Reimbursement
 Fed Ex (Pilot printing) \$ 8.60

Total Expenditures \$ 1808.60

Net Decrease \$ (1373.75)

Ending Bal. 5/31/18 \$ 3392.13

Prudent Reserve Balance (reported quarterly)



RENEWAL Workshop
 Use the Twelve Step Workshop & Study Guide
Overeaters Anonymous
 on a daily basis to maintain and grow your recovery this summer!

Saturdays, June 2nd – June 30th, 2018 3:00 – 4:30 PM
 (No meeting June 23rd)

St. Stephen's Episcopal Church
 7404 E. Killarney Place
 Wichita, KS

Contact: Lee Ann 734-5401 for further information



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)

Traditions Corner

Tradition Nine *OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

~The Twelve Traditions of Overeaters Anonymous

