



January 2022

Click on any blue letters/words to be directed to live links on the internet.

For Example: [Featured Literature](#)

I Have a Disease

Mine is a disease of the mind, of the body and of the spirit. I include reading and re-reading the indexes in “the brown book,” [Overeaters Anonymous](#), on these three topics as part of my recovery. Daily reader readings also often remind me that my disease is progressive, cunning, baffling and deadly.

Occasionally I check my progress by looking back (but not staring) and regularly by completing a 10th Step. This can be done at any point in my day to help me determine where I am. Such a time occurred recently when I had planned, organized, drove, and enjoyed an outing to Pratt with 5 friends. Four of us were going to pick up a fifth friend who lives in Pratt and visit the Next GINeration Cotton Gin. We met at a central location early on Saturday morning and talked non-stop during 1 ½ hour trip to Pratt. Included in the car were my non- 12 step friends of different political and religious affiliations. I caught one remark that could have been taken as an affront by me in the past. I found myself with no desire to respond. Nor did I feel the need to “protect” us from further discussion if others wished to comment, which no one did.

Growth...I’m not in control

We picked up our Pratt friend and ventured to the Gin. Immediately the office manager told us they had been having trouble with some of the equipment and we could not tour at that time. After several minutes of everyone asking her questions about the Gin, I asked if we could go to lunch and if she would be willing to call us when we might tour.

Growth...I’m not a victim

Five women enjoyed a wonderful lunch. Just as we were finishing eating, my phone rang. The repair work was finished, we could come at any time for our tour.

Growth...Acceptance that HP is in charge

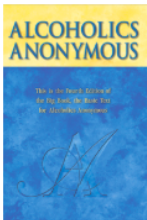
We enjoyed a 1 ½ hour tour and learned more about cotton farming than I ever knew existed. On our way out of town, I asked if anyone else cared to stop at McDonalds for a drink. A friend replied, “How about Casey’s instead?” I was able to respond that I preferred McDonalds and we could stop at Casey’s also.

Growth...Balance in all things: taking care of my needs and allowing others the option to care for their needs

Relationships are often hard. Some of the quick thoughts that come to my mind are old-school thinking. Giving myself time to ascertain responses and actions that are improvements on some I used to make is progress and growth. Gently looking back is one way I can check for healthy improvements in all my relationships. And for me, it adds up to living life to the fullest.

Barb H. (Saturday 9:30 AM)

Big Book Reading List



JANUARY

- | | | |
|---------------------|---------------------------|-------------|
| 1. Doctor's Opinion | 11. Gratitude List | 22. 522 |
| 2. 289 | 12. 486 | 23. 470 |
| 3. 171 | 13. 151 | 24. 30-37 |
| 4. 382 | 14. 531 | 25. 37-43 |
| 5. 72-80 | 15. 476 | 26. 375 |
| 6. 80-88 | 16. 58-63 | 27. 494 |
| 7. 328 | 17. 63-71 | 28. 437 |
| 8. 246 | 18. 348 | 29. 553 |
| 9. 446 | 19. 501 | 30. 232-239 |
| 10. 388 | 20. XI-XXIV | 31. 239-245 |
| | 21. Make a plan of action | |

Step & Tradition of the Month

Step 1: We admitted we were powerless over food—that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.



Anna Nimity

Dear Anna,

Everyone else at OA meetings seems to be making more progress in recovery than I am. I feel I am too slow in learning the program. Can you help?

Pokey

Dear Pokey,

It is important not to compare your insides with other members' outsides. Even with the honest sharing at meetings, we only see a small glimpse of each other. Your path of recovery is your own, and the pace you move is just right for you. Even though you think your progress is slow, I'll bet others can see wonderful changes in you since you came to OA. Keep coming back!

Yours in Service, I'm

Anna

Featured Literature



If you are trying to include the tool of writing into your program this year here are a few great options to help you with this goal.

Both **For Today** and **Voices of Recovery** have **companion workbooks** to write on the reading for each day. \$14 each

The Twelve Step Workbook, Second Edition is composed of questions based on OA's keystone book – *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*. The references in this *Workbook*, including page number references, now refer directly to the OA *Twelve and Twelve, Second Edition*. PLUS: The full list of questions found in the Step Four chapter of the new OA *Twelve and Twelve* are presented here – all in a single, comprehensive *Workbook*. Many have found that writing on the Steps is more enlightening than working them “in your head.” Use *The Twelve Step Workbook, Second Edition* to guide your journey of self-discovery through the Steps. \$15

Updated with references to **the OA *Twelve and Twelve, Second Edition*, the *Twelve Step Workshop and Study Guide, Second Edition*** (also known as the green workbook) is our most in-depth resource for taking groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps worksheets, and selected readings from OA-approved literature. Use the *Workshop and Study Guide, Second Edition* to lead a group or your sponsee through the Twelve Steps—and to a life “beyond our wildest dreams.” \$15

[Upcoming Events \(for current information : https://oawichita.org/upcoming-events/\)](https://oawichita.org/upcoming-events/)

Wichita Sponsored

- Region 4 Spring Assembly
 - This event will be hosted in Wichita! **See below (under “Region 4”) for details!**

Region4

- R4 Community Conversations
 - Find out about what is going on with our Intergroups and Region 4!
 - 3rd Sunday of each month at 5pm via Zoom.
 - Meeting ID: 918 9633 5029 Passcode: 182172
- R4 Game Night (on Zoom!)
 - Back by popular demand! Fun and Prizes!
 - Winners also receive a Golden Ticket to attend the Intergroup Renewal coming in Spring 2022.
 - Saturday, January 29, 2022 7:00 – 8:30 PM Central
 - [Zoom Link](#)
Meeting ID: 824 5307 4192
Passcode: 019285
 - *Need tech help? Log in at 6:30 PM Central*
- Intergroup Renewal Kick Start
 - Saturday March 5, 2022
 - 8:45 AM – 3:00 PM
 - Location TBD
 - [Click here to see the flier](#)
 - **We need you!** – This an expanded Community Conversations & 12 Step Within. Come and hear, share, brainstorm with your fellow OAers how to regroup & re-energize. This is a great day of fellowship, strategy planning, and hands on activities. You will walk away with ideas and support on how to reach those within and outside the rooms, to spread the OA message. Bring yourself and a carload of program friends. **All are welcome!!**

- **Region 4 Spring Assembly (2022)**
 - April 1-2, 2022
 - Hosted by Mid-Continent Intergroup
 - Location:
 - Wyndham Garden Wichita Downtown
 - 221 E. Kellogg Street
 - Wichita, KS 67202
 - Room Group Rates: King or Double – \$91.84 per night (total w/ tax)
 - Block Name: Region 4. Reserve rooms by March 1st
- **Region 4 2022 Convention**
 - July 15-17, 2022
 - Omaha, NE
 - [Click here to see the brochure](#)
- See other R4 Events by checking out their [Newsletter](#) and the [R4 Events Page!](#)

Other OA Organizations

- A member from our Minneapolis group started a Virtual Meeting in 2021. Click [here](#) for details!

World Service

- **World Service Convention**
 - The next WSO Convention will be in 2025**
 - [WSO Convention Website](#)
 - Email conventioninfo@oa.org
- **2022 World Business Conference**
 - “We Can Do Together What We Could Never Do Alone”
 - April 25-30, 2022.
 - Albuquerque, NM
 - [Click here to register](#)

Announcements

12 Step Workbook Study

- The Saturday afternoon meeting (1:30-3:00pm) meeting will be starting their 12 Step Workbook study on January 29,2022 at 3:00pm. Location: St. Stephen's Episcopal Church, 7404 E Killarney Place, Wichita,KS

New Life for Lifeline!

- Members recently participated in a workshop brainstorming creative ways to bring Lifeline back in a new format in ways that will reach many!
- Watch this space for more details as they unfold.

New Treasurer!

- Thank you to Melissa O for her service!
- The [7th Tradition page](#) has been updated with the latest info on how to contribute if you are not able to do so in person.

Connect!

- We can now connect on Instagram! – When on Instagram, look up overeatersanonymous_official
- Here's a link to info about our [Virtual Meeting](#)

We Love Our Literature!

- Contact our literature chair if you need books and pamphlets:
 - Stephanie N. 316-393-0996.
- There are two new pamphlets available for purchase:
 - *In OA, Recovery is Possible: About Compulsive Eating and the OA Program of Recovery*
 - *A Lifetime of Abstinence: One Day at a Time*

Service Opportunity!



Why did the Chicken cross the road? She was stapled to her Service!

Interested in jump-starting your program with Service? Join our bustling Public Outreach Committee!

- Look at all of the amazing things that were accomplished in 2021!
 - Established committee
 - Designed & printed bookmarks & stickers
 - Purchased literature and supplies for health fairs
 - Distributed literature, bookmarks, & stickers to our membership to distribute &/or post in the community
 - Manned booth at Live Well with Diabetes Health Fair
 - Established contact with Guadalupe Clinic and KU Medical School
 - Procured literature in Spanish from Region 3 (at no cost to us!)
- Have a gander at our exciting plans for 2022!
 - Research events held at Guadalupe clinic to see if we can man a booth at their events (such as diabetes night and women's health night)
 - Reach out to Hispanic community
 - Attend health fairs (depending on availability, cost, & covid situation)
 - Procure a table cloth for our health fair booth "kit"
 - Design & order pens with our name and web address
 - Grow list of volunteers to help with PO events
 - Research social media (targeted advertising; online groups) to reach out to young people

Reach out to Ginny F, our Public Outreach chair, and she will let you know how you can contribute!

Remember that the Past Months' Meeting Minutes and Treasurer Reports are online. You need the special password to enter the secure area of the website. Contact an officer to get this password.