



Special note: Sharathon and Region 4 Spring Assembly will be hosted side-by-side this year in Wichita!

February 2022

Progress not Perfection

I am currently coming out of a three month relapse, although I know my slow descent into the insanity of the food happened long before then. I could just recognize and feel the devastating effects of my disease during that time. The depression, the binging, the emotional roller coaster, the demoralization of my eating, the shame... it had all returned and it overwhelmed me. It almost felt worse because I knew what abstinence felt like and the peace that came with it and I just couldn't get back there. I will honestly say that even today I feel as though I'm on shaky ground, but my faith is growing day by day. I also have to say that it wasn't the food that overwhelmed me. It was the things going on inside me. That has ALWAYS been the case. I had allowed food to once again be my solution rather than surrendering to my Higher Power.

This is that time of year when some are setting resolutions and goals for the year ahead. I used to be that person wishing away my problems with food, stating that this would be the year I lost the weight. I'd start over on a new diet and force myself into half-hearted discipline, losing the battle over and over to a disease I had no power to control. I'm thankful to now know that my self-will was never going to be enough. I wasn't a failure. I just needed a power outside of myself.

I look back at the last few months and they were HARD. My disease can be relentless, but God is bigger than all of it and throughout that time I continued to learn and grow. It isn't a waste if I persevere and come out the other side stronger. There were voices in my head that told me to give up. My mind told me that I would just have to start over the same as I had in all those diets I tried. I would just continue to fail. What was the use? The obsession with food won on many days, but that time also revealed parts of me that still needed healing. The voice was wrong. I wasn't starting over. I am not the same person I was when I walked through the door of OA the first time or the person that used diets to control my eating. I have tools and a fellowship of loving individuals who share my disease. I have a sponsor who encourages me and helps me see the truth. This is not a program of starting over or setting new resolutions. It's a program of day by day action to recover and stay recovered. It's a program of perseverance. And by working the steps, being

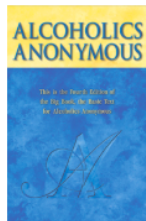
honest and praying for the willingness, I have found footing again. The obsession is lifting and I am facing the big emotions that overwhelmed me.

It says in the Big Book of AA on pg 59: “Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.” I don’t believe that to be a one time thing. It’s a daily choice. Am I going to surrender to my Higher Power or the food? I am thankful to say today that the voice of sanity and truth speaks a little louder in my mind than the dishonesty. It turns me toward God and the help I also receive through this program. I’m still working on the “complete abandon” part, but I am also grateful that this is a program of progress, not perfection. Each day is new and that is a gift.

This year I’m taking this time to reflect on the blessings in my life. Reminding myself how God is and has worked in my life and in others around me. I am going to celebrate the victories no matter how small and know that great promises are ahead if I continue to work for them today.

- Mary Beth (1:30 Saturday)

[Big Book Reading List](#)



| | | |
|---------------|---------------------|-----------------|
| FEB | 11. 11. 281 | 22. 22. 328 |
| 1. 1. 246 | 12. 12. 458 | 23. 23. 476 |
| 2. 2. 359-364 | 13. 13. 151 | 24. 24. 268 |
| 3. 3. 364-368 | 14. 14. 289 | 25. 25. 44-49 |
| 4. 4. 193 | 15. 15. 522 | 26. 26. 50-57 |
| 5. 5. 232-239 | 16. 16. 553 | 27. 27. 348 |
| 6. 6. 239-245 | 17. 17. 338 | 28. 28. 561-574 |
| 7. 7. 171 | 18. 18. 531 | 29. 29. 501 |
| 8. 8. 446 | 19. 19. 407 | 30. |
| 9. 9. 535 | 20. 20. Random open | |
| 10. 10. 432 | 21. 21. 494 | |

Step & Tradition of the Month

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.



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. 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 Service, I'm

Anna

Featured Literature



This month we will feature The book *Taste of Lifeline*.

If you are missing our monthly *Lifeline* magazine or simply looking for a quick burst of recovery insight and hope this is a perfect book for you!

Taste of Lifeline, is a collection of stories from the pages of *Lifeline* magazine and features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Included are stories for newcomers; stories about recovery from relapse; stories about long-term recovery; stories from international members; “Welcome Home!,” OA’s beloved story of outreach to compulsive eaters around the world; and many more.

Also: *Taste of Lifeline* has journal questions to complement each chapter which make for wonderful writing prompts to add the tool of writing into your day or week.

The cost of this book is \$14.00

Upcoming Events

Wichita Sponsored

- **Sharathon 2022** (click here for [registration form](#))
 - *“Together We Get Better”*
 - **Special for this year:**
 - **Region 4 Spring Assembly will be hosted in Wichita this year, side-by-side with Sharathon!**
 - **This will enhance Sharathon in the following ways:**
 - **Region reps will be in attendance at Sharathon events**
 - **Region 4 will provide Sharathon speakers**
 - **See below (under “Region 4”) for more details about Spring Assembly itself!**
 - **Sharathon Dinner**
 - **Friday, April 2, 2022**
 - **5:00PM–7:00PM**
 - **Location:**
 - **Spears Restaurant**
 - **4323 W. Maple St**
 - **Wichita, KS 67209**
 - **RSVP by Mar 24th**
 - **Sharathon Main Event**
 - **Saturday, April 2, 2022**
 - **9:00AM–3:30PM (Registration begins at 8:30AM)**
 - **Location:**
 - **Wyndham Garden Wichita Downtown**
 - **221 E. Kellogg Street**
 - **Wichita, KS 67202**

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

- **On the Road with M&M** (click here for [flyer](#))

- *“Re-Energize Your Recovery”*
 - Saturday March 5, 2022
 - 8:45AM–3:00PM
 - Location:
 - Church of the Redeemer
 - Coffelt Hall
 - 7110 N. State Rte 9
 - Kansas City, MO
 - Description:
 - **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!!**
 - Work with your fellows to reinvigorate, refresh and recharge your OA community
 - Group work, discussion, strategy planning
 - Come prepared to work hard and have fun!
 - Scholarships available for gas and hotel
 - Participating Intergroups:
 - Greater Kansas City
 - Mid-Continent
 - Sunflower
 - St. Louis Bi-State
 - Greater Ozarks

- **Region 4 Spring Assembly 2022**

- April 1-2, 2022

- **Hosted by Mid-Continent Intergroup (OA Wichita!)**

- **Spring Assembly this year will be hosted in Wichita, side-by-side with the Wichita Sharathon!**

- **Members are encouraged to participate in both events**

- **See more details about Sharathon under “Wichita”, above**

- [Click here for more information](#)

- 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 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

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.