



March 2022

Lead Article

Little I, Big I

My Sponsor and I often spoke of the little I, and the big I. And we interpreted it at least 2 different ways.

The first was the eye. My eyesight, as a compulsive eater, saw food either too much of it, or not enough of it. Black or white, And either way, of course, led me to compulsive eating. So I was willing to have my eyesight with food adjusted. I am willing to let HP adjust my sight and by practicing an eating plan, it's no longer too much or not enough. After all it's been working for me, at a healthy weight, for many, many years—thank you HP and Fellowship.

The other I, of course, is my ego. Left to its own, I run the world or I'm buried under it. Black or white. With working the 12 Step program, one step at a time, HP allows me to be centered, not all or nothing. Of course, it's contingent on my spiritual condition. In other words, I must be willing to turn my will and my life over to HP, Am I willing to do that? Even when I'm reluctant to do this, I can be willing to be willing, and HP takes care of that too, wow! What a concept! Thank you Fellow Travelers on this Recovery journey.

Mary G (9:30 Monday, 5:30 Wednesday)

Featured Literature

****WSO News Bulletin – monthly world e-newsletter**

This e-newsletter is full of worldly updates to events, changes on the WSO (oa.org) website, celebratory OA dates, and the awareness into other OA publications. Intrigued? Check out the latest issue - February: [WSO News Bulletin](#)

Would you like your own copy? Sign up and get it sent directly to your email box. You're your request to info@oa.org and begin getting this worldly monthly update.

****Audiobook! Overeaters Anonymous, Third Edition now available**

OA's beloved Brown Book is now an audiobook! Using readings by OA members for the book's CD set, our first audiobook includes the entire text of Overeaters Anonymous, Third Edition—from the forewords to the appendices. During daily activities or when you need a recovery boost, listen to more than forty stories by OA members sharing their experience, strength, and hope, including our founder's share: "Keep Coming Back: Rozanne's Story."

OA receives a royalty share for audiobook purchases made through these third-party vendors (links open to external websites):

Audible: <https://adbl.co/34hlF25>

Amazon: <https://amzn.to/3ooLR1e>

iTunes: coming soon

More OA audiobooks? Yes! OA has already started our next one: The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition.

Big Book Reading List

MAR	22. 122-129	9. 338
	23. 129-136	10. 407
1. 151	24. 348	11. 193
2. 359-364	25. 522	12. 375
3. 364-368	26. 476	13. 246
4. 246	27. 437	14. 398
5. 512	28. 268	15. Gratitude List
6. Dr's Opinion	29. 458	16. 30-37
7. 544	30. 104-113	17. 37-43
8. 171	31. 113-121	18. 301
9. 446		19. 258
10. 219		20. 328
11. 501	APR	21. 553
12. 382		22. 486
13. 44-49		23. 289
14. 49-57	1. 136-145	24. 58-63
15. 295	2. 145-150	25. 63-71
16. 17	3. 531	26. 208
17. 535	4. 470	27. 72-80
18. XI-XXIV	5. 369	28. 80-88
19. 388	6. 281	29. 104-113
20. 561-574	7. 309	30. 113-121
21. 182	8. 494	

Step & Tradition of the Month

Step 3: Made a decision to turn our will and our lives over to the care of God as *we understood Him*.

Tradition 3: The only requirement for OA membership is a desire to stop eating compulsively.

Anna Nimity

Dear Anna,

How can I do more to support OA? I am excited to give back what I have been so generously given!

Grateful

Dear Grateful,

Thank you for your offer to serve! Now that you mention it, there are openings at the Mid-Continent Intergroup for the following positions:

- ♥ Vice Chair
- ♥ Secretary
- ♥ Literature Chair
- ♥ World Service Business Delegate
- ♥ Pilot Editor

These positions are for two-year terms. Intergroup meets monthly on the second Tuesday of the month at 6:00 pm. There is usually no meeting in December.

Please contact any Lee Ann Y (316-734-5401) if you have questions or would like to volunteer for any of the positions listed. You need to attend the August Intergroup meeting to be officially elected. Thank you for strengthening your own recovery and OA as a whole!

Yours in humble service,

Anna



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
- 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

Members recently participated in a workshop brainstorming creative ways to bring Lifeline back in a new format in ways that will reach many.

Lifeline will relaunch as website on March 20, 2022!

Let’s share the miracles of our individual recoveries through this Twelve Step program! Let’s make the new *Lifeline* blog a great resource for the Fellowship and for those who are just discovering OA online. Thank you for your service!

Go to <https://oa.org/lifeline/> to find out how you can contribute!



MYRTLE THE
TURTLE:
What others think
of you is none of
your business!

