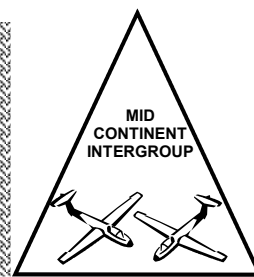


THE PILOT

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



Aug 2010

“God’s Time”

I am an impatient person. When I want something, I want it now. If I start something new, I want results right away, especially if it’s uncomfortable. If that doesn’t happen, I redouble my efforts. Anything less than instant success I consider failure. But I’m learning what God’s time means.

When I came into recovery from compulsive overeating, I was losing the daily battle with my bathroom scale. Every morning I weighed myself; every morning I cringed at the number revealed and vowed to eat less. Most days I ate more. I came to OA to lose weight as painlessly as possible and expected quick results. After all, I had succeeded before at losing weight (never mind that I always gained it back). This time I knew I would have lasting success.

As weeks went by and the expected miracle didn’t happen, I became discouraged. “Well, maybe I needed to use more tools,” I told myself. I bought some OA literature and started to read it daily. Nothing happened. I increased my meetings to three a week and started emailing my food to another OA member every day. I still struggled. I got more involved in service and started working the Steps with a cosponsor. My bingeing and weight gain continued. I was discouraged but trusted in the Twelve-Step process and somehow found the willingness to hang in there for another day, another meeting.

After one year I was ready to give up. I had tried to figure out abstinence, without success. OA wasn’t working for me. That night, at a meeting on the Third Step (the “giving-up” Step), I was struck abstinent. I have been gratefully abstaining ever since.

Of course, I expected instant weight loss after that. Are you surprised? I had long since given up daily weigh-ins, but could not make it through a month, so I settled on weekly weigh-ins. I felt so light after two days of abstinence I was sure I had lost significantly. I waited a week and gave myself a little pep talk before stepping on the scale, so I was okay when I saw the needle hadn’t budged. By the next week I was so happy not to be eating out of control that I could accept whatever the scale revealed.

Since then I have come to realize my body size is irrelevant. I value abstinence for its own sake. If I never lose another pound, I will still be grateful to abstinent. The next time I weighed myself after this awareness, I had started to lose weight. It has continued slowly but steadily ever since. It’s not the pace I would set if it were up to me, but it’s not up to me. I am losing the weight in God’s time, and that’s okay.

I now believe I needed that year of struggling to become humble enough to see that it’s God’s will, not mine, that counts. I am a strong-willed person. Sometimes I need to learn things the hard way to really learn them. If abstinence had come too easily, I would not value it the way I do today. If the weight had come off too quickly, I would have been tempted to yo-yo until I wrecked my health completely. God’s time is what it is for reasons I may never fully understand. It is much better than what I would devise.

I continue to get lessons in what God’s time means. Last week I asked someone after a meeting if becoming a sponsor in OA requires a length of abstinence. I thought I had heard or read something about a one-year abstinence requirement. The person I asked told me some people say a minimum of 60 days, others say six months.

On the way home I ruminated about whether I was ready to sponsor. I didn’t think I could do it and was glad I didn’t have enough abstinent time yet. I even pondered finding a more formalized sponsorship arrangement for myself so I would know what to do if anyone were to ask me.

The next night, after a meeting in a completely different fellowship, someone asked me to be her sponsor. I laughed and told the person to call me. My Higher Power has a terrific sense of humor, and I keep getting lessons on what “God’s time” means. — L.P., New York USA (*Lifeline, Aug 2009*)

Ninth Tool Approved by WSO: “Action Plan” - Here is one intergroup’s interpretation so far:

(http://oaregion4.org/stlouisoa/wp-content/uploads/Action_Plan_STL.pdf)

Proposed draft for St. Louis Bi-State Area Intergroup

OA’s Ninth Tool: Action Plan

Disclaimer: This literature has been locally produced by the St. Louis Bi-State Area Intergroup. The content reflects the experience, strength and hope of our local members. It is not OA Conference- or board-approved and does not represent OA as a whole.

A ninth tool, “action plan,” was adopted at the 2010 World Service Business Conference (WSBC). This literature is intended for use only until such time that the WSBC grants the Conference Seal of Approval to new literature describing this tool.

Taken from the new version of “The Tools of Recovery”

The Tools of Recovery

In working Overeaters Anonymous’ Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools—a plan of eating, sponsorship, meetings, the telephone, writing, literature, anonymity and service—on a regular basis, to help us achieve and maintain abstinence and recover from our disease.

In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is “Abstinence is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.” Many of us have found that we cannot abstain from compulsive eating unless we use some or all of OA’s eight tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

Action Plan

In Step One, “we admitted we were powerless over food—that our lives had become unmanageable.” Many of us have found that the symptom of compulsive eating was often triggered by the unmanageability of our lives. The spiritual work we do in OA helps us begin to deal with our lives proactively. As “Our Invitation to You” says, “We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.” This tool, action plan, provides guidance in defining the actions necessary to address our unmanageable lives to best support our recovery.

Just as with a plan of eating, there are no specific requirements for an action plan. Many of us find it helpful to work out our specific action plans with a sponsor. Action plans will vary from person to person as they address the specific actions we, as individuals, need to take to move forward in our recovery from eating compulsively and practicing compulsive food behaviors.

Examples of the many and varied items that may be on an individual action plan include (but are not limited to):

- ◆ Clearing enough space on the kitchen counter or in the refrigerator to prepare abstinent meals and store abstinent food
- ◆ Planning a grocery list and shopping for abstinent food
- ◆ Visiting a health professional to address a medical, dental, or mental health issue
- ◆ Starting, continuing, or limiting exercise (as appropriate and under medical supervision if necessary)
- ◆ Facing and handling financial issues such as paying the bills; working toward becoming personally self-supporting
- ◆ Committing to the specific program actions such as the use of other tools, working the steps, planning one’s food, etc.
- ◆ Exploring other 12-step programs if indicated
- ◆ Developing a meditative practice that can bring needed stillness to an overly busy life

OA is a program of action. This tool helps us to define the actions and activities that are essential to our own progress in our 12-step program of recovery.

Unworthiness is simply a case
of mistaken identity.

~Alan Cohen

Ask Anna Nimity

Dear Anna,

I have many friends and I am a fun-loving person, but I am finding that my friends are too focused on eating out as their fun of choice. How can I encourage them to do other things for fun?

Fun-loving

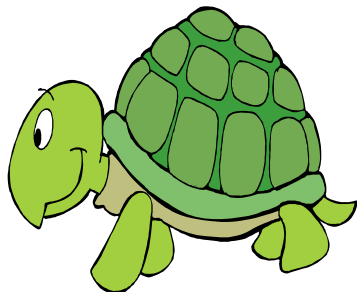
Dear *Fun-loving*,

Give them several non-eating options like a movie or a concert or visiting an art museum. Emphasize that you want to be with them for who they are, not where you eat. Challenge your friends to see who can come up with the most fun thing to do that does not involve food.

Yours in humble service,
Anna

MYRTLE THE TURTLE:

If you feel distant
from your HP....
who moved?



August Big Book Reading List

- | | |
|-------------|-------------|
| 1. 398 | 16. 364-368 |
| 2. 219 | 17. 258 |
| 3. 17 | 18. 171 |
| 4. 369 | 19. 535 |
| 5. 501 | 20. 289 |
| 6. 246 | 21. 407 |
| 7. 193 | 22. 494 |
| 8. 446 | 23. 338 |
| 9. 151 | 24. 432 |
| 10. 232-239 | 25. 122-129 |
| 11. 239-245 | 26. 129-136 |
| 12. 522 | 27. 544 |
| 13. 83-84 | 28. 208 |
| 14. 531 | 29. 553 |
| 15. 359-364 | 30. 58-63 |
| | 31. 63-71 |

ANNOUNCEMENTS

Next Intergroup Meeting, Aug 10, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

Mid-Continent Intergroup Treasurer's Report June 2010

Checking:

Beginning Balance	\$359.58
Donations (\$226.55)	
Monday 7:30PM	\$117.00
Saturday 930AM	\$ 48.00
Monday 10AM	\$ 35.95
Big Book	\$ 2.00
Friday Noon	\$ 14.25
Monday 530PM	\$ 9.35
Expenses (-\$364.02)	
Rent	-\$260.00
AT&T (5/19-6/18)	-\$ 51.85
AT&T (6/19-7/18)	-\$ 52.17
Net (Donations minus Expenses)	-\$ 137.47
Ending Balance	\$222.11

Prudent Reserve:

\$2812.82



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