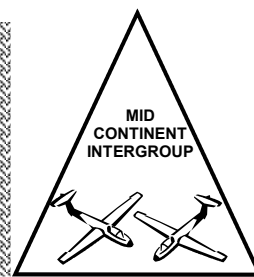


THE PILOT

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



Oct 2010

The Mighty Mouse Syndrome

I was having a conversation recently with a friend, and she was about to return to work after a week's vacation. Her job has been highly stressful and she's often on call 24/7. There's a part of her that is "addicted" to the Mighty Mouse Syndrome—"Here I come to save the day!"

We gave some consideration to the idea that we are raised in our culture to be problem-solvers. That's what we are good at, so that we actually look for problems to display our talents. And it follows, as surely as night follows day, that if we look for problems to solve, we attract more and more of them into our lives.

We discussed ways to practice breaking the Mighty Mouse operating mode. Note I said "practice"—this is not a habit that leaves us easily or quickly. In fact, it's a spiritual practice of changing one's thinking, and it happens thought by thought by thought.

Here are some of the ways we came up with to practice a new way of thinking and being:

1. Watch the words we are using. One that surfaced in our discussion was "crisis." Is it really a crisis? REALLY? Probably not. How about seeing it instead as an opportunity to practice new habits, delegate, or set boundaries.

2. Think deeply about what really **MUST** be done in the next few hours. We tend to think that everything has to be done **TODAY**, and we lose sight of the fact that tomorrow will most likely come with another set of hours to use.

3. Give up the compulsion to have all tasks done before walking away. In the bigger picture of life, we never arrive or get everything completely done. There's always more to do, be, have, experience. It won't kill us to have a few loose ends. Note that in nature, all is done without rushing. We are nature too, and we can operate that way.

4. When faced with pressure to "DO SOMETHING!" stop, breathe, and say, "Give me a moment." There is something inside us that knows every solution, and we are always free to say, "I don't have my guidance yet." There's absolutely nothing wrong with taking time to find the way of grace to handle any situation. Remember, if a task is difficult or frustrating, we're off-track.

5. Set up email reminders to take a "Higher Power Break". Even a few moments of eyes-closed, breathing, and relaxing can make a wearisome task much lighter.

6. Use an object, for example, a small stuffed animal, as a tactile reminder to slow down and be. With practice, simply taking this object in hand will stop the Mighty Mouse tendencies.

7. Express gratitude. There is always something to be grateful for. Note the popularity of the "Life Is Good" shirts.

8. Be your own best friend. If you saw a dear friend in an accelerating stress cycle, you'd make an effort to help them slow down and break the cycle. Do that for yourself.

We always have the choice to step out of the drama and flow with the peace of grace. Think of how glorious it would be to work with people who are working in a mindset of divine grace and love, rather than pressure and stress. As Gandhi suggested, be the change you want to see in the world.

~L.M., Wichita, KS

Lifeline Sept/Oct 2010—"Sticking to the Plan"

I do not recall whether someone read the tools on September 5, 1991, during my first OA meeting. I heard abstinence meant not eating between meals, which I had never heard before. Now we call it a plan of eating. Not eating between meals worked for me. I went from a top known weight of 281 pounds (127 kg) to 213 pounds (97 kg). I started without a sponsor and did not do any step work. On May 20, 1992, I got a sponsor and began working the Steps, calling my sponsor, writing on Step One and calling in my food. I only did this because I could not brag about how much weight I had lost that week. The pink cloud was gone, and the work began. On June 1, 1992, I surrendered as described by Dr. Peter Lindner in *Overeaters Anonymous, Second Edition* (Appendix B, pp. 234-241). He is not even in OA! I committed to my sponsor that I would let go of a certain food and drink for today and of all foods containing artificial sweeteners 10 days later. I had withdrawals for at least 30 days but did not pick up. I continued to eat sugar until October 1, 1993, and white flour until October 2000. I did not suffer from withdrawals on those items.

Thank you, OA, for helping me examine my deadly disease—overeating, undereating, fasting, and being a showoff and competitive eater. Now I use all the tools plus four other personal tools: humor, listening, prayer and physical activity. I have been abstinent since September 6, 1991. My current weight is 177 pounds (80kg), within my goal range of 173–178 pounds (78–81 kg). It is a miracle this program works for a person like me, who was so stubborn and would listen to no one (including my doctor). I will never forget my last binge, which lasted four days while camping with my mom. I have another binge in me, but may not have another recovery. I must treat this as a life-and-death matter, or I may not be able to stay abstinent. The plan of eating that works for me is the same one I've had since September 6, 1991. I let go of foods I couldn't eat like a gentleman. No one told me when to let them go; it just happened while working the Steps.

~John, Olympia, Washington USA

Dr. Peter Lindner in *Overeaters Anonymous, Second Edition* (Appendix B, pp. 234-241)

A word frequently heard in OA groups is surrender. It can best be described as letting go. The individual gives up personal rigidities, relaxes and admits to being beaten by compulsive overeating. The source of this feeling is almost always despair, which is so prevalent in newcomers to the group. It is all part of a crisis experience with an overload of hopelessness. In the act of surrender, one does not just give up but accepts a power greater than oneself, reducing the ego and admitting the need for outside help.

The "ego reduction" can be very profitable to the personality makeup of this person. It is important to differentiate between submission and surrender. In submission, an individual accepts reality consciously, but not unconsciously. There is acceptance that one cannot, at the moment, conquer reality, but lurking in the unconscious is the feeling that "there will come a day when I will be able to handle my own problem on my own."

Submission implies no real acceptance of one's inadequacy; on the contrary, it demonstrates conclusively that the struggle is still going on. Submission is, at best, a superficial yielding, with the inner tensions still present. When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle. Relaxation ensues with a freedom from strain and conflict. This freedom is the aim of the OA groups, and complete surrender is manifested by the considerable degree of relaxation which is evident in the behavior of those who have achieved it.

Once compulsive overeaters surrender at the unconscious level, their compliance with the disciplines of the program does not lessen with time, leading to the inevitable regaining of weight. They continue to get messages from the unconscious that the need for outside help will remain for a prolonged, if not indefinite period. Their wholehearted cooperation is then forthcoming, and constructive action takes the place of skin-deep assurances that they will merely comply temporarily until the memory of their suffering and self-pity weakens and the need for compliance lessens.

Surrender, then, is an unconscious event. It is not willed by the individual. It can occur only when one becomes involved with one's unconscious mind in a set of circumstances which signal the undeniable need for an external greater power. The definition of surrender can be understood only when all its unconscious ramifications and true inner meaning are glimpsed. Observed by others, such an individual manifests an inner calm and "live and let live" attitude.

What is the difference between a diet and a food plan? The difference is huge! If I lose sight of that difference, my food plan and recovery crumble because the difference is God. God is a part of my food plan. I do not do it alone. I give my food plan to my God, and he gives me the gift of abstinence. It is simple, but not easy. To a math person, it looks like this: food + portions + exercise = diet; food + portions + exercise + God = food plan.

~C.Z., Milwaukie, Oregon USA (Lifeline Sept/Oct 2010)

Lifeline Sept/Oct 2010 “Last-Ditch Effort”

I am a writer by trade. Yet, when my sponsor suggests I write about something, I fuss, fume, stall, distract and put it off as long as possible. I grumble, I moan, I whine. I just don't want to do it. When I finally sit down and start writing about whatever is troubling me, I find clarity and insight that is missing when I talk it out. When I write, I learn more about myself and my relationships with others. I don't know why it's so hard and why I fight it so much.

Writing allows my Higher Power to speak to me in clear, unambiguous language, if I allow it. I just have to sit down and put pen to paper. One of the most powerful writing exercises I can do is called “Dialogue With HP.” No matter what else is going on with my life and program, I know Higher Power can give me clear answers if I sit down with pen and paper and start a dialogue. Here's how it works.

On the first line, I write my name followed by a colon and then the question or issue I have on my mind. On the next line I write “HP:” and start writing whatever comes into my head. When that's done, I write my name again and whatever I want to say back to HP. Then I write HP's name and so on until I am done.

The first time someone described it to me, it sounded stupid. I was the one who was writing, right? That was my hand on the pen. But I did it anyway (after fussing and grumbling), and I was astounded when I finished. Not only were the words on the paper in a different “voice” than mine, the handwriting was even different. It's clear I was not doing the writing.

Now I use this tool when something is bothering me or when I need direction and clarity. Of course, because writing is my last-ditch effort to deal with something, I wait until it's critical. I don't recommend that method to others. If I were willing to write daily, my recovery would be faster, easier and simpler. I pray for the willingness.

I hope you can also find a way to use this tool to speed your recovery and keep you in that daily, conscious contact with your Higher Power.

~Edited and reprinted from the Intergroup Scoop newsletter, Oregon Intergroup, December 1998

Literature Selection: VOR, Aug 28

“What all of us have in common is that our bodies and minds seem to send us signals about food which are quite different from those a normal eater receives.”

~OA 12 and 12, p. 2

Acceptance of being different from other people can be difficult, but it is also a relief. Before OA, I assumed that everyone experienced the same thoughts and feelings about food that I did, and that normal eaters were better people than I because they could resist excess food. This passage teaches me that they don't receive the same signals about food in the first place, so there is nothing for them to resist!

It is also a relief to learn that the sense of deprivation I sometimes experience when refraining from excess food is only an illusion. The faulty signals I receive about food—that it will make me feel better or fulfill my needs—are just that, faulty signals. There is no real deprivation in abstaining from excess foods or foods that will harm me. True deprivation is how I lived before OA—in bondage to food and fat.

ANNOUNCEMENTS

Next Intergroup Meeting, Oct 12, 2010
Intergroup Office, 7701 E Kellogg Dr Ste 635
All are welcome!

www.oawichita.org

Mid-Continent Intergroup Treasurer's Report Aug 2010

Checking:

| | |
|--------------------------------|-----------|
| Beginning Balance | \$492.13 |
| Donations (\$412.28) | |
| Book Study | \$ 38.00 |
| Monday 7:30PM | \$ 219.55 |
| Saturday 9:30AM | \$ 14.35 |
| Monday 10AM | \$ 20.00 |
| Big Book | \$ 30.00 |
| Friday Noon | \$ 17.38 |
| Saturday 1:30PM | \$ 24.00 |
| Unknown (Aug 30 dep) | \$ 49.00 |
| Expenses (-\$312.43) | |
| Rent | -\$260.00 |
| AT&T (5/19-6/18) | -\$ 52.43 |
| Net (Donations minus Expenses) | \$ 99.85 |
| Ending Balance | \$591.98 |



Ask for peace first, and you will
clearly see your next step.
~Alan Cohen

ASK Anna Nimity

Dear Anna,

I have been in the food so long that I cannot stand myself. How can I ever begin to feel love towards myself?

Beating Myself

Dear *Beating Myself*,

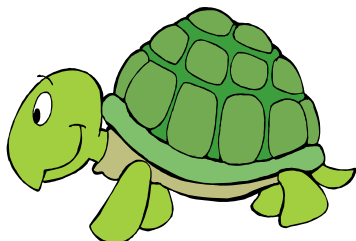
Go to meetings and enjoy the love of your fellow OA members. We promise to love you as you learn to love yourself. Do at least one thing each day that feels loving towards yourself, such as reading OA literature, taking a walk, talking to your Higher Power, or sitting quietly in meditation. Remember that your Higher Power loves you just as you are. Most importantly, keep coming back!

Yours in humble service,

Anna

MYRTLE THE TURTLE:

Fear restrains;
Love sustains!



October Big Book Reading List

| | | |
|--------------------|-------------|-------------|
| 1. 369 | 11. 407 | 22. 246 |
| 2. 246 | 12. 561-574 | 23. 522 |
| 3. Dr's Opinion | 13. 328 | 24. 17 |
| 4. 208 | 14. 268 | 25. 44-49 |
| 5. 136-145 | 15. 171 | 26. 50-57 |
| 6. 145-150 | 16. 544 | 27. 535 |
| 7. 338 | 17. 301 | 28. 470 |
| 8. 494 | 18. 553 | 29. 104-113 |
| 9. 295 | 19. 437 | 30. 113-121 |
| 10. 348 | 20. 501 | 31. 398 |
| | 21. 458 | |

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