

# THE PILOT

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



## June 2011

### Stripping the Wallpaper

Many times, I've heard people refer to "peeling back layers of an onion" as they find new revelations about themselves on their 12-step journey of discovery and recovery in OA. But a new analogy came to me the other day as I was stripping wallpaper in my home. My journey of discovery in the 12-step program has been more like stripping wallpaper than peeling an onion.

Why?

- 1) With an onion, I know positively that the layers exist; but with wallpaper, I have no idea what lies below the visible surface.
- 2) I can cut through an onion and the layers are there for my eyes to see, and even count. Not so for wallpaper.

Recently, on HGTV, one designer gave the 4 steps of stripping wallpaper:

Score

Spray

Sit

Scrape

As I worked my way down the hallway, my mind pondered these words and here is the application I found as they apply to my action plan in this program of recovery.

**Score:**

With courage, I need to make little openings in my protective wall so that the light of the Spirit may come in and that I might also be open to the help of others.

**Spray:**

I must saturate my mind and heart with God's love, self love, positive self messages, and the positive words of other trusted people.

**Sit:**

I must wait and give time for my Higher Power, God, to help so that feelings, behaviors, and character defects can come into the light of day and the light of the Spirit.

**Scrape:**

I must participate in gentle and patient cleansing so that I find healing without making additional scars on my heart.

My wrongs and defects need to come into the light of day and amends need to be made. This is conviction, which is loving and healing. But scarring is not appropriate, for that is condemnation, which is not loving. Thanks to God and OA, I have the rest of my life to practice the 4-S approach as part of my action plan for recovery. I am blessed and grateful.

~ Gay L, Wichita

Your task is not to seek for love, but merely to seek  
and find all the barriers within yourself  
that you have built against it.

~Rumi

## The ABCs of Recovery

<b><u>A</u>ction:</b>	Movement. Read, study, go to meetings
<b><u>B</u>elieve:</b>	Believe a Higher Power can help you
<b><u>C</u>are:</b>	Care for others and yourself
<b><u>D</u>are:</b>	Dare to be free of compulsive eating!
<b><u>E</u>veryday:</b>	Every day is a new beginning
<b><u>F</u>reedom:</b>	Freedom from fear of failure
<b><u>G</u>ratitude:</b>	Gratitude for each gift given
<b><u>H</u>ope:</b>	Hope for continued peace and serenity
<b><u>I</u>ntuition:</b>	Intuitively know how to handle a situation I once could not handle
<b><u>J</u>oy:</b>	Joy of living
<b><u>K</u>eep:</b>	Keep coming back!
<b><u>L</u>earn:</b>	Learn and share
<b><u>M</u>aturity:</b>	Maturity in managing program
<b><u>N</u>o:</b>	No nonsense!
<b><u>O</u>pen:</b>	Open-mindedness
<b><u>P</u>repare:</b>	Prepare for today by having a plan
<b><u>Q</u>uiet:</b>	Have some quiet time for reflection
<b><u>R</u>ecovery:</b>	Stay in recovery, one day at a time
<b><u>S</u>tay:</b>	Stay focused
<b><u>T</u>rust:</b>	Trust yourself and others
<b><u>U</u>seful:</b>	Be useful
<b><u>V</u>igilant:</b>	Be vigilant!
<b><u>W</u>illingness:</b>	Willingness to work the 12-step program of recovery
<b><u>X</u>-Extra:</b>	Extra nice to others
<b><u>Y</u>ou:</b>	You give your friendship to others
<b><u>Z</u>:</b>	Just because it is the last letter, don't close the door!

~ Eva K, Wichita





If pleasing people were the key to  
happiness, you would be happy  
for doing that by now.

~Alan Cohen

### Ask Anna Nimity

Dear Anna,

Why do they talk about surrendering in  
Overeaters Anonymous? Isn't that giving up?  
Baffled

Dear *Baffled*,

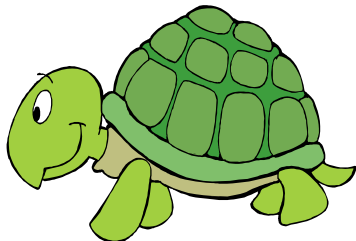
You are confusing surrender with  
submission.

Surrender means acceptance. Surrender  
means I'm willing to ask for help. Surrender  
means letting go of the vice grip I have on the  
steering wheel of my life (which always lands  
me in the ditch). Surrender means allowing my  
Higher Power to work through me.

Yours in service,  
*Anna*

### MYRTLE THE TURTLE:

Team Y-O-U:  
Be a Fan  
of Yourself!



### June Big Book Reading List

- |                  |                    |
|------------------|--------------------|
| 1. 136-145       | 16. 446            |
| 2. 145-150       | 17. 388            |
| 3. 268           | 18. 486            |
| 4. 182           | 19. 58-63          |
| 5. 295           | 20. 63-71          |
| 6. 375           | 21. 309            |
| 7. 522           | 22. 10             |
| 8. 348           | 23. 501            |
| 9. 104-113       | 24. 369            |
| 10. 113-121      | 25. 30-37          |
| 11. 494          | 26. 37-43          |
| 12. 151          | 27. 258            |
| 13. Dr's Opinion | 28. Gratitude List |
| 14. 470          | 29. 44-49          |
| 15. 281          | 30. 50-57          |

## ANNOUNCEMENTS

Next Intergroup Meeting 6:30 PM June 14, 2011

Intergroup Office, 7701 E Kellogg Dr Ste 635

All are welcome!

[www.oawichita.org](http://www.oawichita.org)

### Mid-Continent Intergroup Treasurer's Report April 2011

#### Checking:

Beginning Balance \$ 953.01

#### Donations (\$379.98)

Sharathon Reimb \$ 50.00

Monday 10AM \$ 40.00

Monday 5:30PM \$ 43.28

Wed BB \$ 24.75

Friday Noon \$ 10.00

Sat AM \$ 24.00

Mon 7:30PM \$ 187.95

#### Expenses (-\$312.42)

Phone -\$ 52.42

Rent -\$260.00

Net (Donations minus Expenses) \$ +67.56

Ending Balance \$1020.57

(Publicity Budget = \$300; \$106.27 remg)

#### Sharathon

Beginning Balance \$ 592.00

Income 2011 \$+381.50

Expenses 2011 \$ -64.70

Ending Balance \$ 908.80

### 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:	Laura L.	316-684-5904 (1st term, '10)
SECRETARY:	Mary M.	316-619-8140 (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