

The Butterflyer

The December 2013 Newsletter of Overeaters Anonymous for the Chicago Western Intergroup Far-Out CHI-WIF
This literature has been locally produced by CHI-WIF IG. 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. Suggested Donation: 50 cents

SPIRITUAL PRINCIPLES — TWELVE

The Twelfth Concept included 6 Principles which can be applied to all areas of our lives, not just our food issues. Here is a brief summary of each one.

- **Selflessness** Term limits and rotation of service as well as not accepting outside donations should insure a distribution of responsibility.\
- **Realism** Prudent financial management includes bank accounts, a reasonable reserve and audits. Our purpose is to provide services not get rich.
- **Representation** No one is “in charge” of OA; God is our ultimate authority.
- **Dialogue** Matters are settled by discussion and vote, and every opinion should be heard in the process of deciding.
- **Compassion** Kindness and tact should be employed when members holding service positions make a mistake or do something not appropriate.
- **Respect** All policies, procedures and bylaws are determined through discussion and vote of the body, never by an individual.

To conclude 2013, we should be aware that the Spiritual Principles of the Twelve Concepts of Service provide spiritual guidance for working together in service in OA. The Principles of the Twelve Steps provide spiritual guidance for personal recovery. And the Principles of the Twelve Traditions provide spiritual guidance for group unity. OA recommends that we read these important concepts and become familiar with them in our meetings and when dealing with OA members.

UPCOMING TOPICS

January

We will be amazed before we are half way through.

February

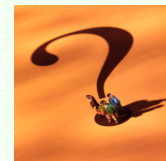
We are going to know a new freedom and a new happiness.

Editorial Statement

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DEAR MS. BUTTERFLYER,

Question: What is the topic for next year's Butterflyer?



Answer: The Promises in 12 parts (Big Book, pgs. 83-84)

1. We will be amazed before we are half way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things & gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

CHI-WIF Officers

Chair - Belle S. 630-747-7669

Vice Chair - Vacant

Secretary - Gerri M 630-833-6942

Treasurer - CJ M 708-218-1904

Editor - Gerri M 630-833-6942

Does your meeting need an IG rep?

Come and join us!

Upcoming IG Meeting

December 20, 2013

10-11:30AM

Good Samaritan Hospital

Downers Grove, IL 60515

CAFETERIA OAK ROOMS

CONCEPT OF GUIDELINES

N.J.

Can you imagine an organization guided by selflessness, realism, representation, dialogue, compassion, and respect? Overeaters Anonymous endeavors to do just that through a spiritual foundation that includes the Twelve Steps, Twelve Traditions, and the Twelve Concepts.

I became acquainted with the Twelve Steps for personal recovery. Later the Twelve Traditions provided spiritual guidance for group unity. Still later, the Twelve Concepts provided spiritual guidance for participation in service bodies.

OA service bodies are formed to aid groups in their service work. Selflessness calls for regular rotation of positions and limits on contributions to avoid power struggles and accumulation of wealth. Because there are no mandatory dues or fees from membership, OA needs sufficient operation funds and prudent reserve. Realism in budgeting is based on past experience and current and projected income.

In a world that clamors for power and authority, OA members agree that a loving God may express Himself through group conscience. As individuals, we allow God to speak through us for the representation of many. As in all decision-making, attentive listening to all voices through discussion and debate better serves the many. Substantial unanimity usually indicates group conscience has prevailed in voting for a proposal, policy, or bylaw.

As a Fellowship, we make every attempt to act with compassion when a member acts inappropriately in an elected or appointed position. Consulting with others to ensure support and encouragement for the individual rather than punitive action is in the best interest of all members. However, requesting or insisting on resignation may be the next right action for the long term.

Respect for one another is imperative in service boards and committees. No single member may determine what others must do. Various thoughts and opinions bring fruitful suggestions and group discussion to the table for informed decisions and voting.

With personal recovery utilizing the Twelve Steps, Twelve Traditions, and Twelve Concepts, we are responsible to give freely what we have found in Overeaters Anonymous. In our homes, work places, communities, and beyond, we can make a difference in the "business as usual" atmosphere in which our world operates.

IMPORTANT CONTACT INFO:

Chicago Area Ans. Service (708) 346-0000
OA World Service Office (505) 891-2664

Region V Website www.region5oa.org
OA Website www.oa.org
OA Email info@oa.org



Area Intergroup Info:

CHI-WIF—PO Box 4419, Lisle, IL 60532
CSSI—PO Box 6580, Chicago, IL 60680-6580
REGION 5 — PO Box 428, Medinah, IL 60157

OA KICK-OFF TO THE HOLIDAY SEASON

Saturday, Nov. 16th the Burr Ridge Saturday morning meeting and Chi-Wif sponsored a wonderful workshop which gave a lot of encouragement and help to those facing the holiday season with some trepidation. The speakers were inspiring and gave us such hope for the tough situations we may face in the next month or so.

If you are interested in using the tools of writing and service by contributing an article on the monthly topic, an anecdote, a poem or just simply how program has helped & is helping to improve your quality of life, please email me at:

MSBUTTERFLYER@YAHOO.COM

or send by regular mail to:

CHI-WIF IG PO Box 4419 Lisle, IL 60532 Articles should be received by the third week of the month.

Gerri M, Editor

The Butterfly is only available via email. If you are interested in receiving this free monthly newsletter electronically or if you did not receive your electronic subscription please send an email with the word "SUBSCRIBE" in the subject box to:
MSBUTTERFLYER@YAHOO.COM



Attention Secretaries and Group Contacts:

OA and CHI-WIF are moving to the use of email for more efficient communications. We are sending out emails monthly to Secretaries with the CHI-WIF Minutes and other important information. If you do not have an email address or have not received the mailings last month, then please setup an email address and monitor it regularly. Be sure to send me your email address and update the OA.Org website.

Group Secretaries: Please monitor your email every month for the approved CHI-WIF minutes and other important announcements. **Group Contacts:** Please monitor your email at every quarter for update information. You should have received one this month.

We have no email addresses for Holly B—Downers Grove; Joan J—Sycamore; Debbie W—Elgin; Kim S—Batavia. These meetings are not getting their mailings

Thank you. Gerri M. glm@s-a-c.com 630-833-6942

THE LITERATURE CORNER

Quick Look at A Commitment to Abstinence



Pamphlet #140 was revised in November of 2011 and is small enough to read in one sitting since it is only 4 pages long. It begins with the updated definition of abstinence and a clarification of the term commitment. There are suggestions on how to help us to keep this commitment as well as actions that help promote personal abstinence. It concludes with an encouraging paragraph that says “Please don’t let any uncomfortable feelings or negative impressions you may have scare you away. Most of us have felt that same way in the beginning.” The Twelve Step program works and will teach you a whole new way of living ONE DAY AT A TIME.

HANDY LINKS OA INTERNET RADIO



Here is a handy reminder to help you get through the holidays. Here’s a handy link:

[Sound Bites, Keeping Your Eating Sane During the Holiday Season](http://www.region5oa.org/index.php/2013-02-16-00-33-07/internet-radio/389-november-14-2012)

<http://www.region5oa.org/index.php/2013-02-16-00-33-07/internet-radio/389-november-14-2012>

ANNOUNCEMENTS

Wednesday, December 25
10:00 am—4:00 pm

WINTER HOLIDAY MARATHON
Turning Point Intergroup
Our Lade of the Resurrection Medical Center
5645 W. Addison St. Chicago
Centennial Conference Room A

[Click Here](#)

When	City	Where	Type of Meeting	Contact	Group #
Sunday 5:00 PM - 6:00 PM	Batavia	Fox Valley Unity Church— 230 Webster Street at Van Buren St	Literature Meeting	Vicki (630) 492-0004	(013-30514)
Sunday 7:00 PM - 8:00 PM	Glen Ellyn	St. Thomas United Methodist Church— 2S511 Rt. 53 just north of Butterfield Road	Format Varies <i>Open Mtg on the 4th Sun.</i>	Karol (630) 329-1921	(013-45132)
Sunday 7:00 PM - 8:00 PM	LaGrange	First Congregational Church— 100 South 6th Avenue at Cossitt	Big Book Study	Sheila S. (630) 747-1001	(013-50044)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies	Joan (815) 899-8960	(013-45133)
Monday - 7:00 PM-8:00 PM	Yorkville	Rush Copley Healthcare Center 1100 West Veterans Parkway	Format Varies	Bonnie (815) 498-4431	(013-00777)
Monday 7pm-8pm	Wheaton	St Paul Church 515 South Wheaton Ave	OA Literature	Kim (630) 858-6295	(013-50466)
Monday 7:30 PM - 8:30 PM	Naperville	New Covenant Church — 75th Street & Washington Street	Format Varies <i>Open Mtg on the 3rd Mon.</i>	Susan M. (630) 852-3771	(013-04500)
Tuesday Noon - 1:00 PM	Naperville	Compass Church, 1551 Hobson Road at College/Wehrli Room 3101	Varies— <i>Open Mtg on the 5th Tues.</i>	Peggy K. (630) 369-1753	(013-39620)
Tuesday 5:30 PM - 6:30 PM	Darien	Lord of Life Lutheran Church 725 75 th St.	OA 12 & 12	Sindee (630) 968-6328	(013-35752)
Tuesday 7:00 PM - 8:30 PM	Darien	Lord of Life Lutheran Church 725 75 th St.	Open to All Back to Basics	Belle S. (630) 734-1945	(013-51048)
Tuesday 7:00 PM - 8:00 PM	Forest Park	St. Peters 500 Hannah Avenue	Format Varies Open to All	Kathleen (773) 458-6137	(013-52223)
Tuesday 7:30 PM - 8:30 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies	Diane (847) 488-0593	(013-21464)
Wednesday 9:30 AM - 11:00 AM	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Betty F. (630) 897 3609	(013-08909)
Wednesday 7:00 PM - 8:00 PM	Geneva	St. Mark's Church 320 Franklin—Room 7	Big Book Study	Kelly J. (630) 485-9705	(013-50083)
Thursday 10:00 - 11:00 AM	Wheaton	St. Paul Lutheran Church 515 S Wheaton Avenue at Evergreen Street	Format Varies	Kim S. at (630) 858-6295	(013-00804)
Thursday ♥ Noon - 1:00 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	OA 12 & 12 Babysitting Cancelled.	Susan S. (630) 841-6517	(013-47257)
Thursday 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Cherie at (630) 442-9646 or	(013-35368)
Thursday ♥ 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego Needs Support	Format Varies	Barbara H. (630) 674-9341	(013-51364)
Thursday 6:45 PM - 7:15 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	Newcomers/Information Session Open to All	Evelyn at (630) 653-8608	
Thursday 7:30 PM - 8:30 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	Format Varies— <i>Open Mtg on the 5th Thursday.</i>	Susan S. (630) 841-6517	(013-04530)
Friday 7:00AM - 8:00AM	Oak Park	Good Shepherd Lutheran Church—Back Door 611 Randolph (3 blocks E of Oak Park Ave)	Format Varies	Mary Lou (708) 343-8360	(013-46432)
Friday 9:00 AM - 10:30 AM	LaGrange	First Congregational Church 100 South 6th Avenue at Cossitt	Format Varies	Jane K. at (708) 579-1785	(013-20655)
Friday 5:30 PM-6:30 PM	Darien	Lord of Life Lutheran Church 725 75 th St.	Big Book	Sindee (630) 968-6328	(013-00937)
Friday ♥ 7:00PM—8:00PM	Bartlett	Living Lord Lutheran Church 1044 Congress Drive Needs Support	Format Varies	Dwayne G (630) 433-0656	(013-53121)

When	City	Where	Type of Meeting	Contact	Group #
Saturday 8:00 AM - 9:00 AM	DeKalb/Sycamore	South end of Lagoon parking lot— Lincoln Hwy & Castle Drive. Meet in Castle Drive Parking Lot. April—October Nov.- March @ Federated Church 612 W. State in Sycamore IL.	Walk 'N Talk Indoors	Kim (815) 529-3749	(013-40820)
Saturday ☺ 8:00 AM - 9:00 AM	Burr Ridge	Burr Ridge United Church of Christ NW Corner of County Line & Plainfield Roads	Format varies Babysitting avail.	Terri N. (630) 688-7841	(013-38938)
Saturday 8:30 AM - 9:30 AM	Roselle	Trinity Lutheran Church 405 W Rush Street, Conference Room 119	Big Book, Steps	Becky at (847) 524-0356	(013-36157)
Saturday 9:00 AM - 10:00 AM	Winfield	Central DuPage Hospital Behavioral Health Services, Room 131 27W350 High Lake Road	Format Varies	Dan V. (630) 244-2415	(013-39585)
Saturday 9:00 AM - 10:00 AM	River Forest	Grace Lutheran Church 7401 West Division (Learning Center)	OA 12 & 12	Kathleen (708) 408-5702	(013-35325)
Saturday ♥ 10:00 AM - 11:00 AM	Darien	Lord of Life Lutheran Church 725 75th Street	Format Varies— <i>Open Mtg on the 5th Sat.</i>	Joann B. (630) 515-8329	(013-24782)
Saturday 10:15 AM - 11:30 AM	Elmhurst	Epiphany Evangelical Lutheran Church 314 W Vallette St (Spring & Vallette) In the library	Format Varies— <i>Open Mtg on the 5th Sat.</i>	Maryann (630) 530-2484	(013-32222)



**7th Tradition
Support OA the 60/30/10 Way!**



Percent	Service Body	Address
60%	Intergroup	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532
30%	World Service*	World Service Office PO Box 44020 Rio Rancho, NM 87174-4020
10%	Region*	Region V Treasurer PO Box 428, Medinah, IL 60157

*Include full meeting information with your check

PLEASE HELP OUR REGION 5 TREASURY

Because our region conventions are the region's primary source of income, we are asking groups to make sure to donate to Region 5 regularly in the coming months. There is an 18 month gap between the 2013 and 2014 conventions and it is important for us to keep a steady cash flow into our Region so they can continue their day-to-day activities.

CHI-WIF CONTRIBUTION COUPON

Group Number _____ Amount of Contribution _____

City _____ Day _____ Time _____

If you would like a receipt emailed to you, please specify email address below. Otherwise a receipt will be sent to the address enclosed with the contribution.

Email receipt to: _____

