

The Butterflyer

The November 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 —ELEVEN HUMILITY

Since humility is the Spiritual Principal of Concept of Service #11, it must refer to the Trustee administration of the World Service Office. The Trustees operate with committees, staffs and consultants. All of people participating in the “work” of keeping Overeaters Anonymous functioning have to realize their strengths, weakness and be aware of the need to seek outside OA help if necessary.

When we talk of Humility in the Steps, we mean being aware of our true selves, and being teachable. Asking for help from a sponsor when we begin working the Steps is our first “reality check” in terms of humility. Later in Step 4, we find another opportunity to be humble. And in Steps 6&7 we are reminded that humility means we are seeking God’s help – asking Him to change us because our “changer” has been damaged by our disease of compulsive eating.

We are as humble as we are grateful. When we realize every good thing we have or have become has been a gift from our Higher Power and not achieved due to our efforts, we have taken another step in the journey of humility.

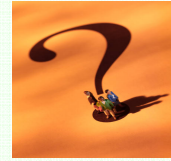
Hopefully, the administrators of OA which are the Trustees, have reinforced their humility with the daily surrender of working the Steps and applying this principal in all of OA’s affairs.

November Spiritual Principles

Step 11— Spiritual Awareness
Tradition 11—Anonymity
Concept 11—Humility

December Spiritual Principles

Step 12 — Service
Tradition 12 — Spirituality
Concept 12— SRRDCR



DEAR MS. BUTTERFLYER,

Question: I have experienced recovery but really don’t want to be a speaker. I am very uncomfortable speaking in front of people. How can I share my recovery in another way?

Answer: Consider the OA Cares Program. The OA C.A.R.E.S correspondence program was created to establish a network of support for incarcerated compulsive eaters. By describing how OA has affected your life, your personal letter delivers OA’s Twelve-Step program of recovery directly to those in need. Thank you for volunteering to share the very essence of our program—one compulsive eater reaching out to another. For more information:

<http://www.oa.org/pdfs/oacaresguidelines2010.pdf>

CHI-WIF Officers

Chair - Belle S. 630-747-7669
Vice Chair - Susan S 630-841-6517
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
November 16 , 2013
10-11:30AM**

Good Samaritan Hospital
Downers Grove, IL 60515
CAFETERIA OAK ROOMS

Editorial Statement

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HUMILITY

N.J.

Food addiction introduced me to humility with a depth of understanding I had not realized in previous life situations. I could not handle life on my own. I needed the help of other people. In the same way, service work may require assistance from non-members who have particular skill-sets. Standing committees are formed according to Overeaters Anonymous Bylaws, and task-specific committees are formed as needed by the Board of Trustees chairperson. Members of these committees may either volunteer or be appointed.

The executive staff of WSO is hired for knowledge and skills in areas such as finance, accounting, and management. Short-term focused tasks may require a consultant and the addition of a trained professional at periodic intervals. Efficiency demands using the best available resources found both inside and outside the membership. With humility expressed through sound business practice, Overeaters Anonymous will continue to carry its message to the still suffering compulsive eater.



HANDY LINKS OA INVENTORY RESULTS <http://www.oa.org/pdfs>

This 60+ page full-length report contains:
An honest look at the state of our Fellowship
Detailed responses containing the Fellowship's opinions, thoughts, concerns, and needs
Charts and graphs to help analyze the responses and trends

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

THE LITERATURE CORNER



THE YOUNG PEOPLE'S PACKET

Order literature#735

The contents of this relatively new packet includes a very heartfelt letter from The Youth in OA Committee with the only sentence in bold black letters being "You are not alone." There is a group of 6 short articles, probably from Lifeline written by teens and young adults that will really open your eyes to the misery and suffering they experience in the throes of anorexia, bulimia, and overeating. There are 2 card inserts which are checklists asking for the reader to identify their behaviors with food to personalize their realizations. The 2 pamphlets also included are To The Teen, and A Plan of Eating. All of the materials are the new, revised and reformatted versions and are very attractive. The packet is encased in a white envelope and can be ordered from oa.org at the Bookstore.

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.

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

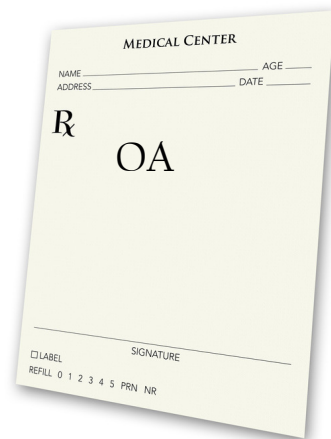
ANNOUNCEMENTS

<p>Saturday, November 16 1:00 pm—4:00 pm</p>	<p>KEEP COMING BACK—COPING THROUGHOUT THE HOLIDAY SEASON Elmhurst Memorial Hospital (Green Parking Lot) Oak Room on the lower level Contact: Shawna R. 708-528-1429 Click Here</p>
<p>Thursday, November 28 9:00 am—4:00 pm</p>	<p>THANKSGIVING DAY MARATHON Turning Point Intergroup Our Lade of the Resurrection Medical Center 5645 W. Addison St. Chicago Centennial Conference Room A Click Here</p>

ADVOCATE HOSPITAL'S OBESITY SYMPOSIUM

On Friday, October 25th members of Chi-Wif and a former Region Trustee, represented OA at the event hosted by Advocate Hospital. It was entitled, "The Second Annual Obesity Management Symposium-Translating the Fight of Obesity with Clinical Care".

Six months ago a member of OA contacted the Professional Outreach Committee Chair and related her experiences at the First Annual Symposium and suggested that possibly OA could be present this year to stimulate awareness of our Program and distribute literature. The World Service Office was contacted and facilitated our presence at this conference by generously providing the booth fee of \$1000, the huge professional display, and a few Professional Folders. The Intergroup purchased more literature at a reduced rate thanks to our current Region 5 Trustee, and with the help of IG members, every piece of literature was stickered with OA website and email information. It was a collaborative effort and proved very successful.



The IG members rotated times at the booth so that 2 people were present all day – from 7am until 4pm. The participants included 190 health care professionals, doctors, nurses, dieticians, exercise experts, both land and aquatic, and therapists. The speakers addressed the factual information about obesity (e.g. there are 122 million obese people in the US), and descriptions of the complications (liver disease, diabetes, metabolic syndrome, etc). There were presentations by a legislator, doctors and other health care professionals in the care and treatment of obesity. The alternatives of bariatric surgery and lap band surgery were described.

During registration, breaks and lunch many of the participants came to our booth and spoke to us. We distributed a lot of the literature and cards. We were amazed how many said that they had never heard of OA. Some said that it would be a great support system to put in place for the clients they saw, whether therapists, dieticians, nurses or doctors. We all wore large "Before OA" buttons showing a picture of ourselves as we looked before we found OA and recovery. The buttons were very effective and amazed most of the people who stopped to talk to us. The IG provided the buttons.

The experience was extremely interesting and rewarding. Many of us expressed the thought to the individuals who "peopled" the booth, that if all of our efforts helped save one person from the pits of compulsive eating, whether anorexic, bulimic, or overeater, it was worth all that we did to be included in the Obesity Symposium.

My thanks to the World Service Office and all who worked at the IG making decisions, and preparing the literature and buttons, and helped with the display and the logistics, and also the IG members and the former Region 5 Trustee who took the time to be there, talk to people and spread the message to the health care professionals who were interested in Overeaters Anonymous. That is our purpose after all.

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	Montgomery Aurora	St. Olaf's Lutheran Church 1233 Douglas Road 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	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 <i>(Note the new time)</i>	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

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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: _____

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