

BUTTERFLYER

VOL. 2021, ISSUE 1

JANUARY 2021



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The Fine Print Stuff

The Butterflyer Newsletter of **Overeaters Anonymous** for Chicago Western Intergroup Far Out CHIWIF. <http://www.chiwifo.org>

This literature has been locally produced by CHIWIF 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.

Each Meeting Can Have 2 Reps

Come and join us!

Upcoming IG Meeting

January 16, 2021

10-11:30AM

Zoom: 408-650-2735

Contact Laura W for password

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Welcome Back

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Welcome to the new layout for the Butterflyer. After a long absence, the Butterflyer has come out of its cocoon. We hope you enjoy the articles. At the top of each page is a Back link to bring you back to the contents page.

Please visit our website www.chiwifoa.org during the month for updates and workshops that did not make it into the monthly editions.

To subscribe, just send an email to msbutterflyer@yahoo.com and put Subscribe in the subject line.

To submit an article or comment, send an email to msbutterflyer@yahoo.com. Submissions must be received by the 25th of the month. We will hold your article for the next edition if you miss the cutoff.

If you have a meeting change please let us know. Send flyers about workshops you are having so we can get them onto the What's Happening page.

PIPO

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The PIPO Committee (Public Information/Professional Outreach) would like all CHIWIF meetings to check their local paper for free advertising. We would like to put in a free ad to inform the general public where to find OA meetings. Please send local Newspaper name and contact person to ssstern426@att.net. We are hoping this will help spread the word that OA is still out there for anyone who needs it!

Also, each meeting should have someone check the CHIWIF web site to assure that their information is correctly listed. www.chiwif.org.

Be sure to update your oa.org meeting listing with your Zoom information. Go to <https://oa.org/add-a-meeting/edit-a-meeting/>. Find your meeting and put the information in the meeting notes.

If you looking to find a meetings Zoom information, you can go to OA.org and find the meeting. Look under the More section to see meeting notes.

New Region 5 Treasurer Address

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Attention Group Treasurers!

At the last Region 5 Assembly, a new Treasurer was elected, Linda P. from Cleveland, Ohio. This means there is a new donation form and mailing address. These changes are effective immediately.

The Region 5 Treasurer's email address remains the same. It is treasurer@region5oa.org

The new mailing address is:
Region 5 Overeaters Anonymous
P. O. Box 221224
Shaker Heights, Ohio 44122

Here is a link to the form: <https://region5oa.org/wp-content/uploads/2020/08/Region-5-Contribution-Form2020.pdf>

To contribute online:
[Region 5 7th Tradition Campaign \(regfox.com\)](https://regfox.com)

General Service Trustee Appointed

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During WSBC 2020, a vacancy was declared on the Board of Trustees, specifically for a General Service Trustee. In accordance with OA Bylaws, the board has solicited applications and appointed a qualified OA member to serve in this position through WSBC 2021. Congratulations to CJ M. our former Region 5 Chair for being selected! Thank you for your service! Now, all OA board positions are filled.

ALWAYS REMEMBER

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I remember the yesterdays. “Help me in the kitchen, Lord. I can’t go there by myself.” That was more than half a lifetime ago, before I knew I had a disease and felt like a failure. Our stories will differ, but the pain is none anyone of us wants to relive. To quote Spanish philosopher George Santayana, “Those who cannot remember the past are condemned to repeat it.”

My first meeting was informative, enlightening, and motivating. It truly was a new beginning for the rest of my life. I plowed through the AA Twelve Steps, no thought of waiting. I used the tools every day, even though I could only get to the Tuesday night meeting for the first five months. I listened carefully to anyone speaking on relapse, because I wanted to learn from their experience (soft lesson) rather than suffer myself (hard lesson).

I have long volunteered to be Newcomer Greeter and have made it a habit to call new members and those who are struggling in our meetings. I have sponsored since the first time through the Steps at five months and speak when asked. Do I mess up? Thank you, God, for Step Ten, Sponsors, and Tradition Ten. Do I have food thoughts? Sometimes, but the hum of background music is no comparison to the siren song of the yesterdays.

Today I have a choice, and I choose freedom from food obsession: eat when hungry, sit at the table, moderate amounts of foods I enjoy preparing, and fill up on the people and experiences God brings into my life. I remember the yesterdays. I celebrate today.

N.J.

Transitioning to Virtual Meetings

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Social distancing may have changed our routines, but it has not diminished our commitment to the group’s primary purpose, “to carry its message to the compulsive overeater who still suffers” ([Tradition Five](#)).

Face-to-face groups that are transitioning to virtual formats can now find support in OA’s [Meeting Transition Guidance](#) letter on [oa.org](#). The letter offers suggestions to engage the group conscience, and it points to existing OA resources that can help you plan and conduct recovery-focused virtual meetings, including:

- [Guidelines for a Group Conscience Meeting](#)
- [Suggested Telephone Meeting Format](#)
- [Edit a Meeting](#) on [oa.org](#)
- [Guidelines for Anonymity in the Digital World](#)
- [Guidelines for Addressing Disruptive Behavior](#)
- February 2019 [Trademark Letter](#) and [Copy Requests page](#)
- [oa.org/contribute](#)

Newcomer's First Twelve Days

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Imagine if every newcomer was guaranteed a sponsor through their first twelve days! Together we can now give every newcomer their best shot at recovery if we follow the suggestions in our newest guide, [Temporary Sponsors: Newcomers' First Twelve Days](#). Temporary Sponsors recently received Conference Seal of Approval at WSBC 2020 and is now available as a translatable web page on [oa.org](#) and in English as a [downloadable PDF](#). Let's get the word out and make sponsoring all newcomers a regular part of our meetings!

Share Your Story as a Young Person in OA

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The OA Young Persons' Committee is seeking stories of recovery from members ages 18–30, including members who are older but found recovery as a young person in OA. Submit your contact information via this [online questionnaire](#), and a member of the Young Persons' Committee will contact you about the possibility of sharing your experience, strength, and hope as a podcast. Give service to young people in OA with your story!

Handy Links

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CHIWIF Website	What is happening in Intergroup. Look here for postings that came in after the Butterflyer was published	www.chiwifoa.org
Butterflyer	See past editions of the Butterflyer	Butterflyer Newsletter - CHI WIF OA
Ad Hoc Meetings and Workshops	This multi-worksheet spreadsheet has a wealth of information on local meetings, workshops and worldwide events. Only available in a spreadsheet format.	Comprehensive Listing found on the Meetings page
Region 5 Website	Information on Region activities, Make on-line donations, Assembly and Convention information	https://region5oa.org/
Region 5 Blog Newsletter	Freedom from Bondage. See what your fellow OA members have to say. Updated regularly.	www.region5oa.org/freedom-from-bondage-newsletter/
Virtual Region Website	Find out what is happening around the world. Find virtual meetings and workshops no matter what time it is.	https://oavirtualregion.org
World Service Website	There is so much information on this website that goes unused. Find Podcasts, Literature, Meetings, Workshops Guides and Skits.	https://oa.org
Professional Community Courier	See what OA World Service wants your doctor to know. Why not share the article with your doctor?	courier2020.pdf (oa.org)
A Step Ahead	OA World Service Newsletter—4th Quarter	A Step Ahead - Overeaters Anonymous (oa.org)

What's Happening

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January	Together We Get Better	Zoom: 976-429-200	
8pm CST	Every night		
1/1/21 8am—2pm CST	New Year's Day Marathon	Zoom: 404 464 2180 PW 533 936 or phone: 3126266799	New Leads every hour
1/1/21 9, 10, & 11 am CST	New Year's Marathon	Zoom: 895 7558 8753 PW: 136240 or Phone: 312-626-6799	One Link to all meetings. Format varies
1/2/21 8:00 am—2:30 pm CST	Reflection & Renewal	www.OANewHampshire.org /2021-Retreat	\$20
Opens 7:30 am			
1/4/21 7pm CST	Young Person's Phone Meeting	Meeting #: 55573 Phone: 605-313-5111 Pin # 713988# Contact name: Patricia Phone 213-479-1966 PST Online meeting ID: ypoafoothill	
Every Monday			
1/5/21 6pm CST	Virtual OA How Meeting	Zoom :410-039-1212 Passcode:1212 or Phone: 312-626-6799	Recordings . Attendee Guide and Meeting Flyer can be found on mnhowlive.org
Every Tuesday			
1/6/21—2/10/21	Back to Basics on Zoom		Contact Belle6340@aol.com
6:30 pm—8:00pm CST	Every Wednesday for 6 weeks		
1/9/21 10am—noon CST	Newcomer Workshop: The Disease of Compulsive Eating and the Promise of Abstinence	https://us02web.zoom.us/j/86137561269 Meeting ID: 861 3756 1269 Phone 31-626-6799	
1/16/21 - 1-17/21	OA Birthday Party	www.oadbp.org	Workshops, including a weekend long Big Book study.
1/10/21 2-3:30 CST	Virtual Region Workshop—2nd Sunday of the Month	oavirtualregion.org 891 6554 0024 PW: 120912	
2/27/21 1-3pm CST	OA Milwaukee Unity Day Zoom Event	Zoom Meeting ID: 268 743 4384 Passcode: mai1212	
02/20 –02/21	Virtual Region Convention		Save the date Contact: convention@oavirtualregion.org