The Glue that Holds Us Together: Concepts

The Concepts of OA Service define and guide the practices of the service structures that conduct the business of OA. They direct ALL OA's trusted servants to well-considered actions for group participation, as well as decision making, voting and the expression of minority opinions. The Concepts are rooted in our experience that we are best served when we trust in a power greater than ourselves, and do not try to “run the show” ourselves.

Concept 1 – Unity: The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship. We have learned that the “group conscience is not the same as majority rule. This conscience is an expression of the group unity spoken of in the First Tradition, a common bond that grows among us as we each let of self-will. Following a group conscience decision, individual members are expected to comply with the collective conscience of the group, acknowledging that God is the ultimate authority as expressed through the group conscience.

Concept 2 – Conscience: The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole. OA holds an annual business meeting – the World Service Business Conference (WSBC). It is here that delegates, sent from each group, set policy and guide world services. The votes cast by these delegates form the group conscience of OA as a whole.

ASK MS BUTTERFLYER

Question: Help, I'm in relapse, what can I do?

Answer: Don’t stop going to meetings! Keep coming back. You are not alone. Tell people you are in relapse and need help.

Get a sponsor. I know, when I was in relapse, I didn't want to “waste” a sponsor's time.

Speaking, of course, for myself and hopefully other sponsors: Call me. You are not wasting my time. Every call, text, or meeting I have with an OA members helps me too. Consider it your form of doing service.

If you fear being rejected by a sponsor, just ask if you can call them. Don't use the “S”(ponsor) word. Call even if your bingeing.

Read program literature. Listen to Podcasts and CD's.

Allow yourself to feel and put your feelings down on paper. Talk about it with an OA member.

Accept yourself as you are right now. Pray for willingness to work the program. Trust that the program works.

Editorial Statement

Certain material contained in this newsletter is protected by copyright; please observe all copyright regulations. Items submitted for publication cannot be returned, may be edited, and may be reprinted by other anonymous groups without permission. The opinions expressed here are those of the writers and not necessarily of OA as a whole.

The steps and traditions are reprinted by permission of Overeaters Anonymous, Inc. from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, ©2011 by Overeaters Anonymous, Inc.; the concepts of service are reprinted by permission of Overeaters Anonymous, Inc. from Twelve Concepts of OA Service, ©1994 by Overeaters Anonymous, Inc.
Overeaters Anonymous will be celebrating a 59th anniversary soon. For 37 of those years, I have been coming to meetings and learning more about myself and the addictive relationship with food and weight. The number on the bathroom scale had ruled my life. I was eating when I did not want to eat and then starving. I didn't know I had a living problem and was retreating to the fridge or pantry for solace. The once long periods of remission dwindled and mind chatter absorbed every waking moment. The struggle for survival intensified and any shred of self-esteem dissolved. Then a contact number for OA appeared in our local newspaper.

The effect of my first meeting was illuminating. I was not alone. God was interested in my food and weight. I had a disease, and it wasn’t my fault. There was a way out of my dread and darkness; the Alcoholic Anonymous Twelve Steps and Twelve Traditions and Big Book were on the table along with a phone list.

I no longer had to chew my way through life or step on that bathroom scale every morning. I do not recall when the incessant mind chatter ceased, but I know praying for others and giving God my “thank you” list brought a halt when the disease voice was active. Now science has identified specific chemical responses in the brain that identify a compulsive eater. The American Society of Addiction Medicine recognizes addiction as a primary, chronic, and progressive disease of brain reward, motivation, memory and related circuitry. (www.asam.org)

However different we may be, we are no less lovable and valuable in the eyes of God. We are chosen and have purpose, to serve as a beacon of light for the suffering compulsive eater. I am here to return the favor offered to me over three decades ago – HOPE.

Handy Links - Chi WIF Website

Currently we have no one to be the newsletter editor. In order to find information about upcoming events and announcements, please be sure to visit our website.

http://www.chiwifoa.org/

Also, if you have announcements or flyers to be posted there, continue to send them to

msbutterflyer@yahoo.com

For information and events in our region, you should visit the redesigned Region 5 website at

www.region5oa.org

Twelfth-Step-Within—Voices of Recovery, April 20th, pg. 111.

“The compulsive overeater who still suffers’ isn’t always a newcomer to OA. He or she can also be an established member experiencing difficulties with the disease of compulsive eating or with other problems.” – The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 148, 1st ed.

I was a compulsive overeater still suffering within OA. I struggled for ten years, trying to find the perfect abstinence and the perfect plan of eating. The doors of OA remained open to me, abstinent or not, and for that I am profoundly grateful. The Twelve Step-Within Committee formed at the World Service Business Conference says that we all have a place in OA and that our group’s primary purpose is to carry the message. We carry the message not just to those who have not yet found OA, but to those of us in OA who are still suffering. Finally, the message reached me (or I reached for it), and I have abstained ever since.

This reading speaks to each of us! If you’re experiencing recovery you have a gift to share with those around you that are suffering. For those that aren’t experiencing recovery reach out to someone who is and ask them what they do to support their recovery.

Our OA Promise is a wonderful reminder of the need we have to walk this path hand in hand with others that understand our struggles and the need we each have for a power and strength greater than ourselves to guide us along the way.

In Loving Support - The Twelfth Step Within Committee

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

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

Articles should be received by the third week of the month.

Gerri M, Editor
Concepts—Continued

Concept 3 – Trust: The right of decision, based on trust, makes effective leadership possible. We learned to trust ourselves and to trust others as a result of our recovery from compulsive overeating. Here we give OA groups the right to bestow upon a trusted individual the authority to make decisions on behalf of the group when needed. The trust that permits delegates the freedom to exercise their own judgment is at the heart of Concept Three.

Concept 4 – Equality: The right of participation endures equality of opportunity for all in the decision-making process. Every OA member has a voice on all issues. This may be directly, or indirectly, depending on the by-laws or ground rules that define who may vote. This direct and delegated participation ensures the democratic foundation of OA.

Concept 5 – Consideration: Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered. In an OA meeting, any member may ask for an opportunity to present an issue for reconsideration. Members have the right to express their opinions personally or through their delegates – trusted servants – on any OA-related issue and at any level in OA. Full discussion leads to the best decisions. This Concept, which calls for consideration of others and courteous regard for a wide range of viewpoints, builds strength, unity and cooperation.

Concept 6 – Responsibility: The WSBC has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. The needs of the group as a whole may sometimes be best served by a smaller group with a well-defined purpose. To safeguard the Fellowship as a whole, a group of members – the Board of Trustees – is given the responsibility to oversee the administration of our corporate entity, thus ensuring that business flows smoothly and that issues are addressed in a timely manner. Delegates elect Trustees who are fellow members who meet specified criteria. These Trustees answer directly to the delegates and are responsible for carrying out the directives they receive from that service body.

Concept 7 – Balance: The Board of Trustees has legal rights and responsibilities accorded to them by OA By-laws, Subpart A; the rights and responsibilities of the WSBC are accorded to it by OA Bylaws, Subpart B. The Bylaws of OA, Inc. are its self-adopted rules for the regulation of its business affairs. The Bylaws are separated into 2 groups: Subpart A governs the organization of the World Service Office and describes the responsibilities of the 16 members of the Board of Trustees as directors of a non-profit corporation, and Subpart B, which is approved by the WSBC, and defines OA membership, the basic structure of OA service bodies and specific procedures relating to the functioning of the Fellowship.

HELP WANTED

This is the last issue of MSButterflyer. We have over 300 subscribers that depend on this newsletter. Depending on how you do it, it could take anywhere from 1 to 4 hours of your time each month. Any volunteers? I would be delighted to help you to get started.

If you have flyers for events, I can still post them on our www.chiwif.org website.
CONCEPTS—CONTINUED

Concept 8 – Delegation: The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office. The authority to oversee administrative issues, such as finances, pricing goods and managing human resources, is delegated to the Executive Committee, a subgroup of the Board of Trustees. The Executive Committee reports back to the entire Board of Trustees.

Concept 9 – Ability: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels. Although some service positions may require certain skills and abilities, willingness is the first step in OA service. If, however, the job requires specific skills in addition to willingness, these requirements need to be clearly stated prior to the selection of trusted servants. Intergroup bylaws and policies help groups define the abilities, past service and abstinence requirements an individual should have to be considered for a particular position.

Concept 10 – Clarity: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. Each trusted servant needs a carefully defined, written job description to understand explicitly what is expected of them. This avoids internal controversy in the same way that the Tenth Tradition protects us from outside controversy. Service is essential to recovery. There are many opportunities for service allowing members to perform a variety of job responsibilities over time.

Concept 11 – Humility: Trustee administration of the World Service Office should always be assisted by the best standing committees, executive staffs and consultants. OA deserves the most effective and efficient service workers. Our service work may require assistance from people outside OA who have professional skills and talents not available within our groups.

Concept 12 – Guidelines: The spiritual foundation for OA service ensures that:

(a) no OA committee or service body shall ever become the seat of perilous wealth or power;
(b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
(c) no OA member shall ever be placed in a position of unqualified authority;
(d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
(e) no service action shall ever be personally punitive or an incitement to public controversy; and
(f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

OA is a spiritual Fellowship based on the belief that a power greater than ourselves can restore us to sanity, not only regarding food issues, but in all areas of our lives. This spiritual foundation, which included the Twelve Steps, the Twelve Traditions and the Twelve Concepts, extends to many facets of our personal lives and all facets of our service experience.
### OA COMPUTER LINKS

<table>
<thead>
<tr>
<th>VISIT THE CHIWIF WEBSITE</th>
<th><a href="http://www.chiwifo.org/">http://www.chiwifo.org/</a></th>
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<th>A STEP AHEAD NEWSLETTER—4th Quarter 2018</th>
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<th>BUTTERFLYER—Past Issues</th>
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<th>OA Virtual News—4th Quarter Newsletter</th>
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<tr>
<th>MEETINGS—Location, Days, &amp; Times (To find all meetings in our Intergroup, use 09168 for the Intergroup number for CHIWIF)</th>
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<tr>
<td><a href="https://oa.org/find-a-meeting/">https://oa.org/find-a-meeting/</a></td>
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<tr>
<td>Date</td>
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<tr>
<td>Wednesday, December 12</td>
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<td>Saturday, December 15</td>
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<td>Tuesday, December 25</td>
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<td>Tuesday, January 1, 2019</td>
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<td>Friday, February 1, 2019 — Sunday February 3, 2019</td>
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<tr>
<td>Saturday, February 9, 2019</td>
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<td>March 1—3, 2019</td>
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<tr>
<td>July 20, 2019 9am—4pm</td>
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<td>August 9-11, 2019</td>
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Want to see your group's event listed on our website? Send your flyer or information to msbutterflyer@yahoo.com
Strengthen Your RECOVERY

Strengthen Your MEETING

Join the 12th-Step-Within Call-A-Thon!

**WHO:** All recovering members of OA

**WHAT:** A day dedicated to carrying the message of recovery through the Twelve Steps to other OA members who still suffer

**WHEN:** The 12th of each month

**WHY:** Working with others one-on-one is at the core of the program. In order to keep our recovery, we have to give it away.

**HOW:** On the 12th of this month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.
Under Construction:
Building recovery with the 12-Steps
A weekend workshop hosted by Turning Point Intergroup
for members of Overeaters Anonymous

--- Workshop includes ---
- Program sessions Friday 6 pm, Saturday & Sunday beginning 9 am. Concludes noon Sunday.
- 2 nights lodging (see registration detail below)
- 4 meals (Saturday breakfast 7:30–8:15, lunch, and dinner; Sunday breakfast 7:30–8:15)
- Refrigerator accommodations available

- Steps 1-3: Laying the Foundation
- Steps 4-6: Tools and Construction
- Steps 7-9: Building Rooms with others
- Steps 10-12: Connecting and Maintaining

Check-in begins at 4 pm
For more information, phone:
Karen G. at (312) 804-2065
—or—
Jen at (773) 386-4300

Dates: February 1 – 3, 2019
Location: St. Mary of the Lake Retreat Center
1000 East Maple Ave
Mundelein, IL 60060

Registration Form

Weekend Single Room with meals ($170)
Weekend Double Room with meals ($140 per person)

Friday evening ($30)
Saturday all day ($40)
Sunday morning ($30)

Total remitted: ____________

Your name: ____________________________
Your E-mail: __________________________
Your phone: __________________________

Name of roommate: ____________________
Need a roommate? ______

Make checks payable to: TurningPoint Intergroup

Send this completed registration form and check by January 13, 2019
to: Cheryl Miller
6910 N. Oakley
Chicago, IL 60645

Limited scholarships available. Call for information.
OA Spring 2019 Retreat
MARCH 1ST - 3RD
Rocketing into the Fourth Dimension and
Awakening to the Promises

Sponsored by Saturday Morning Burr Ridge Meeting of Overeaters Anonymous
Location: Portiuncula Center for Prayer (The Port)
9263 W. Saint Francis Road, Frankfort, IL 60423
The Port

Come join in this spiritual weekend retreat filled with fellowship including five speakers sharing their journey through the 12 Steps and the Promises of Recovery.

Name:__________________________
Address:________________________
City, State, Zip:__________________
Phone:__________________________
Email:__________________________
___Check here if you wish to have your name, phone and email address included on the contact list.

**SEND CHECK AND THIS REGISTRATION FORM TO OUR TREASURER**
Loretta M
9 Elizabeth Lane
Downers Grove, IL 60516

Questions? Call: Laura 708-567-9642 or Email: Loretta4lormac@gmail.com

**MEALS PROVIDED**
Breakfast, lunch, dinner on Saturday and breakfast on Sunday.
Refrigerator and microwave available for use.
Save the date

ALL ILLINOIS DAY

Regions 4 and 5
are coming together to offer

The First Annual All Illinois Day

**When:** July 20, 2019
**Where:** Decatur, IL
**Time:** 9am–4pm

Interested in Helping?

Contact Gerri M at oagerrim@yahoo.com
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<tr>
<th>When</th>
<th>City</th>
<th>Where</th>
<th>Type of Meeting</th>
<th>Contact</th>
<th>Group #</th>
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<tr>
<td>Sunday</td>
<td>Batavia</td>
<td>Fox Valley Unity Church—230 Webster Street at Van Buren St</td>
<td>Literature Meeting (Closed)</td>
<td>Marla (630) 202-4545</td>
<td>(013-30514)</td>
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<tr>
<td>Sunday</td>
<td>LaGrange</td>
<td>First Congregational Church—100 South 6th Avenue at Cossitt</td>
<td>Big Book Study (Closed)</td>
<td>Sheila S. (630) 747-1001</td>
<td>(013-50044)</td>
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<tr>
<td>Sunday</td>
<td>Oak Park</td>
<td><strong>Pilgrim Congregational Church UCC 460 Lake Street (New Location)</strong></td>
<td>OA 12&amp;12 (Closed)</td>
<td>Sara S. (708) 204-8893</td>
<td>(013-40019)</td>
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<tr>
<td>Monday</td>
<td>DeKalb</td>
<td>Senior Center 409 S Grove</td>
<td>Format Varies (Closed)</td>
<td>Joan (815) 899-8960</td>
<td>(013-45133)</td>
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<td>Monday</td>
<td>Naperville</td>
<td>Yellow Box Church 1635 Emerson Ln Moved Back to Yellow Box Church 6/18</td>
<td>Format Varies (Closed)</td>
<td>David S. (630) 492-7708</td>
<td>(013-04500)</td>
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<tr>
<td>Tuesday</td>
<td>Naperville</td>
<td>Compass Church, 1551 Hobson Road at College/Wehrli Room S101</td>
<td>Varies (Closed) —</td>
<td>Marilyn (630) 416-3723</td>
<td>(013-39620)</td>
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<tr>
<td>Tuesday</td>
<td>Darien</td>
<td>Lord of Life Lutheran Church 725 75th St.</td>
<td>Step Study (Closed)</td>
<td>Sindee (630) 968-6328</td>
<td>(013-35752)</td>
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<tr>
<td>Tuesday</td>
<td>Riverside</td>
<td>Sts Peter &amp; Paul Lutheran Evangelical Church 250 Woodside Rd. (Enter of 31st—Upstairs)</td>
<td>Format Varies (Closed)</td>
<td>Lori D. (708) 431-5491</td>
<td>(013-52223)</td>
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<td>Tuesday</td>
<td>St. Charles</td>
<td>Hosanna Lutheran Church Red Gate Rd &amp; Randall Rd</td>
<td>Format Varies (Closed)</td>
<td>Debbie (847) 695-2181</td>
<td>(013-21464)</td>
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<td>Wednesday</td>
<td>Aurora</td>
<td>Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street</td>
<td>Format Varies (Closed)</td>
<td>Diane K. (630) 816-2288</td>
<td>(013-08909)</td>
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<td>Wednesday</td>
<td>Bolingbrook NEW</td>
<td>Adventist Bolingbrook Hospital 500 Remington Blvd.</td>
<td>Big Book Study</td>
<td>Linda (630) 248-1146</td>
<td>(013-56235)</td>
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<td>Thursday</td>
<td>Downers Grove</td>
<td>St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street</td>
<td>OA 12 &amp; 12 (Closed)</td>
<td>Toni (630) 769-1314</td>
<td>(013-47257)</td>
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<td>Thursday</td>
<td>Aurora</td>
<td>Mercy Center Hospital, McDermott Room 325 N Highland, Aurora</td>
<td>Format Varies (Closed)</td>
<td>Jim M. (708) 309-4661</td>
<td>(013-35368)</td>
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<tr>
<td>Thursday</td>
<td>Palos Heights</td>
<td>St. Alexander's Church (Moved from Darien) 7025 W. 126th Street, Mobile Unit #1</td>
<td>Back to Basics (Open to All)</td>
<td>Belle S. (630) 747-7669</td>
<td>(013-51048)</td>
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<tr>
<td>Friday</td>
<td>LaGrange</td>
<td>First Congregational Church 100 South 6th Avenue at Cossitt</td>
<td>Format Varies (Closed)</td>
<td>Jane K. (708) 579-1785</td>
<td>(013-20655)</td>
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<tr>
<td>Friday</td>
<td>Darien</td>
<td>Lord of Life Lutheran Church 725 75th St.</td>
<td>Big Book (Closed) Speaker 4th Fri of the Month</td>
<td>Sindee (630) 968-6328</td>
<td>(013-00937)</td>
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When | City | Where | Type of Meeting | Contact | Group #
--- | --- | --- | --- | --- | ---
Saturday 8:00 AM - 9:00 AM | Burr Ridge | Burr Ridge United Church of Christ NW Corner of County Line & Plainfield Roads | Format varies (Closed) | Chris K. (708) 579-0636 | (013-38938)
Saturday 8:30 AM - 9:30 AM | Roselle | Trinity Lutheran Church 405 W Rush Street, Conference Room 119 | Big Book, Steps (Open) | Liz B. (636) 346-3829 | (013-36157)
Saturday 9:00 AM - 10:00 AM | Winfield | St. John the Baptist Church 60233 Church Street Building in Back of Church | Format Varies (Closed) Open Mtg. 5th Sat. | 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 (Closed) | Twanna (773) 540-5797 | (013-33325)
Saturday 10:00 AM – 11:00 AM | Darien | Lord of Life Lutheran Church 725-75th Street CLOSED? | Format Varies (Closed) — Open Mtg. 5th Sat. | UNKNOWN | (013-24782)
Saturday 10:15 AM - 11:30 AM | Elmhurst | Epiphany Evangelical Lutheran Church 314 W Vallette St (Spring & Vallette) 1st Room from Parking lot | Format Varies (Closed — Open Mtg on the 5th Sat. | Laura W (708) 284-6247 | (013-32222)
Saturday 11:00 AM - 12:00 PM | Dekalb | Alamo Club 312 E. Taylor St | Literature Study (Closed) | Alice S. (815) 762-5932 | (013-54618)

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

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<tr>
<th>Percent</th>
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<td>60%</td>
<td>Intergroup*</td>
<td>CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532</td>
<td>CHI-WIF CONTRIBUTION FORM [Click Here] *We no longer mail receipts</td>
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<tr>
<td>30%</td>
<td>World Service*</td>
<td>World Service Office PO Box 44727 (new PO Box) Rao Rancho, NM 87174-4727</td>
<td>WORLD SERVICE CONTRIBUTION FORM [Click Here] for mail in form [Click Here] for on-line contribution</td>
</tr>
<tr>
<td>10%</td>
<td>Region*</td>
<td>Region 5 Treasurer PO Box 1087 Lombard, IL 60148-2375</td>
<td>REGION 5 CONTRIBUTION FORM [Click Here] (New 2018 form — no longer mail receipts. Send a self addressed stamped envelope or email address.)</td>
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*Include full meeting information with your payment

December 1, 1885 Dr. Pepper Served for the First Time
December 9, 1965 Charlie Brown Christmas Premiers on TV
December 19, 1732 Poor Richard’s Almanac