

The Butterflyer

The December, 2016 Newsletter of **Overeaters Anonymous** for Chicago Western Intergroup Far-Out CHI-WIF. <http://www.chiwifo.org>
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.

CONGRATULATIONS!!!

On November 12, two of our Intergroup Officers were elected to positions in Region 5. Chi-Wif, our Intergroup, is the over-seer of our 30 local meetings. We are part of Region 5, which covers 5 states in the Midwest and part of Canada. Virtual meetings are non-geographic and are not included in the regional structure but are part of the world structure. Regions are composed of groups, intergroups, and service boards within specified geographic boundaries. The OA has divided its worldwide membership into 10 regions. See www.oa.org for more information.

CJ M. has been elected to serve as Chair of our Region 5 for the next 2 years. She has been in OA for 8 years, has had remarkable recovery on all 3 levels and continues to be a “service junkie” which is the joy of her life. We have been so lucky to have her as the Chair of our Intergroup for many years. Now she must resign from that position to become Region 5 Chair. She has represented Chi-Wif at the Region 5 Assemblies and World Service Business Conference countless times. We wish her the best of luck serving this huge area, and will miss her terribly at Chi-Wif.

Also Gerri M., known to many of us as the Editor of the Butterflyer, the keeper of meeting information AND the Treasurer of Chi-Wif, has been elected as Treasurer of Region 5, and will serve a 2 year term. She is unbelievably efficient, and selfless in her volunteering to fill needs that arise, as seen by her successful ability to multi-task. She has been in OA for many years and has experienced remarkable recovery. She also has represented Chi-Wif at the Region 5 Assemblies and World Service Business Conference many times.



Both of these OA members work full time, have families and give of themselves at every opportunity. We are so grateful for their past service in the Intergroup and hope and pray for their continued success at the Region 5 level. We are sad about them leaving Chi-Wif, but know that their work at the Region 5 and World Service Levels will benefit more OA members' recovery and will spread the message to a larger audience.

We love both of you and will miss you at Chi-Wif.

UPCOMING TOPICS

2017 Topics: HOW IT WORKS

Editorial Statement

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CHI-WIF Officers

Chair - CJ M 708-218-1904
Vice Chair - Vacant
Secretary - Amber M 312-929-6408
Treasurer - Gerri M 630-833-6942
Editor - Gerri M 630-833-6942

Does your meeting have an IG rep?

Come and join us!

Upcoming IG Meeting

December 17, 2016

10-11:30AM

Good Samaritan Hospital

HOLIDAY CHOICES

By NJ

For many of us the holidays are joy and dread. Travel, decorating, cards, and gift-giving may undermine the spirit of the Season. Perhaps your Aunt Sue is “twice mom” or Uncle Jack a clone of your former husband. *More family, more feelings, more food* is a warning for the weeks ahead.

“Now that we are working the steps, we have been given the power of choice about our eating.” (p. 22 OA 12 & 12) Let the program work for you. Pull out the OA tool box, especially the WE tools that incorporate other people. Utilize the power of that five-ounce phone, your sponsor, meetings, and service. Slogans are nuggets of recovery wisdom. My favorites are: K.I.S.S., Keep It Simple, Sweetie or Keep It Simple, Silly depending on the circumstances; ODAT, one day at a time; and First Things First.

Besides the collective wisdom of our fellowship, I have volumes of personal learning experiences. I have learned that self-care is not selfish. Bank-up meetings. Write. Plan! Plan! Plan! When I do my part, I relax and leave whatever happens next to God. My choice is to be happy, joyous, and free of spending my minutes, money, and calories frivolously in this season of love.

HANDY LINKS - Podcast from October, 2016



Listen to the topic “Service structure, not power structure” which includes discussion on the principles of both Tradition Nine, Structure, and Concept Nine, Ability.

Each month is a new topic. See the Announcements page for more information on how to join liave.

[Click Here](#) or go to:

https://oa.org/?powerpress_pinw=3974-podcast

BYLAW BYLINE

Parliamentary Authority



Articles 9-12: Parliamentary Authority

9 - Parliamentary Authority: Intergroup uses Robert's Rules of Order, unless inconsistent with bylaws or other Intergroup rules.

10 – Amendments to These Bylaws: Most of the Bylaws can be amended at any time by a two-thirds (2/3) vote at any Intergroup meeting, provided a copy of the proposed amendments has been submitted in writing at least twenty (20) days prior to the meeting.

11 – Major Policy Matters: Matters which affect the Intergroup and/or groups within its service area shall be referred to this Intergroup. Matters which relate to OA as a whole shall be referred to the World Service Board of Trustees.

12 – Dissolution: If the Intergroup is dissolved, assets will be given to Region V (after all obligations are paid). No funds will be given to members or others, except to pay reasonable compensation for services rendered.

IMPORTANT CONTACT INFO: OA World Service Office (505) 891-2664

Region V Website www.region5oa.org
OA Website www.oa.org
Chi-Wif Website www.chiwifoa.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532
PO Box 199223 Indianapolis, Indiana 46219 317-809-9575



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

The *Butterflyer* 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



ANNOUNCEMENTS

Sunday, December 4 6 pm—7 pm CST	TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619#
Sunday, December 11 2:00 pm—3:00 pm CST	SERVICE AND MY RECOVERY Phone: 641-715-3818 Pin: 925619#
Saturday, December 17 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! We have many vacancies and need your help Click Here
Sunday, December 25 10:00 am—4:00 pm	HOLIDAY MARATHON Sponsored by Turning Point Intergroup. Meetings start every hour. Community First Medical Center (formerly Presence/Our Lady of the Resurrection) 5645 W. Addison St. Chicago, IL 60634 (on Addison St. just west of Central Ave.) Centennial Conference Room A (on 7th floor) Click Here
Saturday, January 7 1:00 pm—4:00pm	OA ACTION PLAN WORKSHOP FOR RECOVERY Presented by Darien, Tuesday 5:30 pm. Our Lady of Mount Carmel, 8404 Cass Avenue, Darien IL Contact: Mary R. (630) 310-2989 Click Here
Saturday, January 21 10:00 am—3:00 pm	CSSI WORKSHOP Faith United Methodist Church, 15101 S. 80th Ave., Orland Park, IL
Saturday, January 28 1:00 pm—4:00 pm	KEEP IT SIMPLE—USE THE TOOLS Presented by St. Charles, Tuesday 7:00 pm Presence Mercy Medical Center 1325 N. Highland, Aurora (McAuley Rm)

"Men, if you would like to connect with other men in OA, please add your name to our Google Group. The email address is OA4men@oa-brandywine.org. Please provide your name, email address and telephone number. We are also looking for men who would be willing to lead a meeting with the current abstinence requirement being 15 days. We will provide leaders with a format for the meeting. We are also looking for speakers with 90 days of current abstinence.

Currently, we have about 170 men in our Google Group and over 140 men on our Outreach list. Recently, we have registered our telephone meeting with WSO. We meet from 7-8 PM ET every Tuesday evening. The dial-in information is:

[1-712-775-7031](tel:1-712-775-7031) PIN - 242990669#

WANT TO SEE YOUR GROUP'S EVENT LISTED HERE? SEND YOUR FLYER OR INFORMATION TO MSBUTTERFLYER@YAHOO.COM

Tuesday, 7pm Riverside Meetings Need Support ❤️

OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE <http://www.chiwifo.org/>

[Click Here](#)



Chicago Western Intergroup Far-Out
CHI-WIF

PROFESSIONAL COMMUNITY COURIER https://www.oa.org/pdfs/courier_bw.pdf

OA News and Information for the Professional Community

[Click Here](#)

PROFESSIONAL COMMUNITY
COURIER

REGION 5 WEBSITE ([New and Improved](#)) <http://region5oa.org>

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 July 2016 Newsletter

[Click Here](#)

July 2016

FREEDOM FROM BONDAGE
OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2016/09/FreedomFromBondage2016.07.pdf>

A STEP AHEAD NEWSLETTER—4th Quarter 2016 <https://oa.org/fourth-quarter-step-ahead-now-online/>

[Click Here](#)

A Step Ahead

BUTTERFLYER—Past Issues <http://www.chiwifo.org/butterflyer-newsletter/>

[Click Here](#)

The  Butterflyer

VISIT THE NEWLY RE-DESIGNED OA WEBSITE <https://oa.org/>

[Click Here](#)



MEETINGS—Location, Days, & Times (To find all meetings in our Intergroup, use 09168 for the Intergroup number for CHIWIF) <https://oa.org/find-a-meeting/>

[Click Here](#)

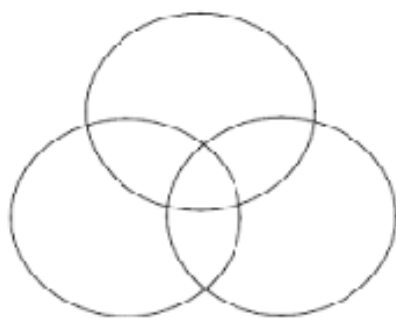
OA *ACTION PLAN* WORKSHOP for Recovery

Sat. January 7, 2017

1pm -4 pm

**Our Lady of Mount Carmel
8404 Cass Avenue, Darien IL**

Spiritual Emotional



and Physical



**Make a Plan for a Happy, Joyous, and
Free NEW YEARONE DAY AT A TIME**

Suggested Donation \$5.00

Sponsored by CHIWIF and the Tuesday 5:30 Darien Meeting

Information Call: Mary R. (630) 310-2989



A Recovery Boutique will be held at the retreat.

Bring your gently used clothes, handbags, & jewelry.

& return home with some treasures. Hangers appreciated.

Early Bird Rate before 02/01/17

- ☐ Double Room @ 150.00
- ☐ Single Room @ \$170.00
- ☐ Commuter (no room) @ \$95.00

Rate after 02/01/17

- ☐ Double Room @ 160.00
- ☐ Single Room @ \$180.00
- ☐ Commuter (no room) @ \$100.00

Commuters must register; no walk-ins accepted.
SINGLE ROOMS are limited.

OA Spring 2017 Retreat Building a Strong Program with a Pocket Full of Tools

Sponsored by Saturday Morning Bur Ridge Meeting of Overeaters Anonymous

LOCATION: Portiuncula Center for Prayer (The Port)
9263 W. Saint Francis Road, Frankfort, IL 60423

NAME: _____

ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____

EMAIL: _____

- ☐ I would like my name, phone number and email address on the retreat phone list
- ☐ I am available to sponsor
- ☐ I am a newcomer to OA (less than 1 year)
- ☐ This is my first retreat

February 7th is the final deadline for registrations.

I requested a **double room** and would like to share my room with:

Name: _____

or please match me up with a roommate.

Make checks payable to: Monika S.

Mail check and registration form to:

Monika S. 173 Concord Lane Carol Stream, IL 60188

Questions: Call Monika S. @ 630 221-9876 mirkes@att.net
or Laura H. @708 567-9542 lhodge@sd113a.org

Friday registration opens at 6:30pm. Retreat concludes by noon on Sunday.

MEALS PROVIDED: Breakfast, lunch, dinner on Saturday; Sunday breakfast. Refrigerator and microwave available for use.

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 10/2016**

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	Marla (630) 202-4545	(013-30514)
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)
Sunday 7:00PM—8:00 PM	Oak Park	Good Shepherd Lutheran Church 611 Randolph Street (New Listing)	OA 12&12 (Candlelight)	Sara S. (708) 204-8893	(013-40019)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies	Joan (815) 899-8960	(013-45133)
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	The Community Church (Yellow Box) 1635 Emerson Lane	Format Varies <i>Open Mtg on the 3rd Mon.</i>	Julie O. (630) 234-1655	(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>	Marilyn (630) 416-3723	(013-39620)
Tuesday 5:30 PM - 6:30 PM	Darien	Lord of Life Lutheran Church 725 75 th St.	Step Study	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) 747-7669	(013-51048)
Tuesday 7:00 PM - 8:00 PM	Riverside ♥	Sts Peter & Paul Lutheran Evangelical Church 250 Woodside Rd. (Enter off 31st—Upstairs)	Format Varies Open to All	Katie H. (630) 864-7419	(013-52223)
Tuesday 7:00 PM - 8:00 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies	Debbie (847) 695-2181	(013-21464)
Wednesday 9:30 AM - 11:00 AM	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Diane K. (630) 816.2288	(013-08909)
Thursday 10:00 - 11:00 AM	Wheaton	St. Paul Lutheran Church 515 S Wheaton Avenue at Evergreen Street	Format Varies	Kim S. (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	Connie M (630) 960-4955	(013-47257)
Thursday 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Jim M. (708) 309-4661	(013-35368)
Thursday 7:30 PM - 8:30 PM	Downers Grove	St. Luke's United Presbyterian Church 910 Highland Avenue at 39th Street	Format Varies— <i>Open Mtg on the 5th Thursday.</i>	Sarah E. (708) 705-5801	(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 Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
Friday 5:45 PM—6:45 PM	Naperville	Unity In Naperville 1600 Shore Rd Unit C	Big Book reading—special focus on Steps 10, 11, 12	Sharon (630)404-5882	(013 -54526)
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	Burr Ridge	Burr Ridge United Church of Christ NW Corner of County Line & Plainfield Roads	Format varies	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	Liz B. (636) 346-3829	(013-36157)
Saturday 9:00 AM - 10:00 AM	Winfield	Central DuPage Hospital Behavioral Health Services, Room 208 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>	Amber M (312)-929-6408	(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>	Laura W (708) 284-6247	(013-32222)



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

Percent Service Body Address

CHI-WIF INTERGROUP NUMBER IS 013-09168

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 5 Treasurer
PO Box 1087
Lombard, IL 60148-2375

CHI-WIF CONTRIBUTION FORM
[Click Here](#) *We no longer mail receipts

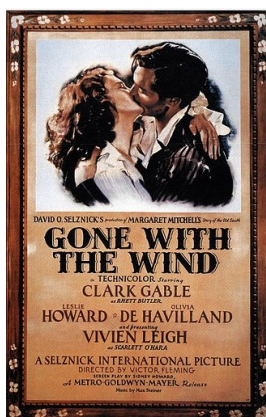
WORLD SERVICE CONTRIBUTION FORM
[Click Here](#) for mail in form
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM
[Click Here](#) for mail in form (New form coming soon)

*Include full meeting information with your payment



December 3, 1818
Illinois becomes the 21st state



December 15, 1939
Premier of *Gone with the Wind*



December 23, 1823
"A Visit from St. Nicholas" published