

The November, 2016 Newsletter of **Overeaters Anonymous** for Chicago Western Intergroup Far-Out CHI-WIF. http://www.chiwifoa.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.



Ideas about topics for OA Literature often originate from OA members who brainstorm with other members. The first suggestion is to check the OA-Approved Literature List, and see if there is any existing literature on the topic being discussed. There is a link to that list below. If there is no existing literature that covers that particular topic, then contact the Chi-Wif Intergroup for direction. The officers of the Intergroup can suggest the next step, which will include connecting with our Region 5 Trustee, Linda J. for further information. She can supply the form necessary (or direct the members to the OA link which contains the form), for submission to the Literature Committee Chair of World Service Business Conference.

There is a distinction between OA-Conference Approved Literature and OA-Board Approved Literature. Conference Approved Literature has successfully been presented by the Literature Committee to the WSBC, and it has been determined that it has broad applications to the Fellowship as a whole. There are books, pamphlets, and wallet cards, as well as some AA literature, on that list of Conference Approved literature.

Literature which is Board Approved has been deemed acceptable for OA by the Board of Trustees, and include materials such as Manuals for Service, Traditions and Concepts, The Fourth Step Inventory Guide, and the To The Teen Questionnaire.

Please refer to the OA Guidelines OA-Approved Literature List to clarify the officially approved literature for use at OA meetings. If you have any questions, your IG officers are available to answer any concerns you may have.

<u>Click Here</u> for a link to the OA Guidelines OA-Approved Literature List or go to

https://oa.org/files/pdf/oa_approved_literature_list.pdf



<u>December</u> Twelfth Step Within

2017 Topics: HOW IT WORKS

Editorial Statement

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ASK MS. BUTTERFLYER



Question: Is there an **abstinence requirement for sharing?**

Answer: OA has no ninetyday requirement to have a voice at a meeting. In our Bylaws and Tradition Three, a group cannot require anything for membership beyond a desire to stop eating compulsively. This gives members a voice. If you feel a group does not honor this Tradition, perhaps you should speak with your intergroup or region officers. Trustees are available to speak with groups or to provide "Service, Traditions, and Concepts" workshops to talk about these questions.

Do you have a question for Ms. Butterflyer? Send it to MSButerflyer@yahoo.com

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 November 19, 2016 10-11:30AM Good Samaritan Hospital Downers Grove, IL 60515 CAFETERIA OAK ROOMS

By NJ - NEUTRALITY

I hear "carrying the message" to the still suffering compulsive overeater in all my tradition study. Do I have a favorite tradition? Perhaps, it would be Tradition Ten with the underlying principle of neutrality.

My first acquaintance with neutrality was in Alcoholics Anonymous Step Ten. I am blessed to be living in a "position of neutrality – safe and protected" for many years. God has granted me protection from myself, a daily reprieve from food obsession contingent on "fit spiritual condition." Living in God's will is an adventure, often challenging and never boring. Resting on past achievements is not allowed. We are in a unique position to offer recovery to newcomers and those around the tables who are struggling with all the varied symptoms of food obsession.

In another area of my life, a physical therapist told me to keep my foot neutral to decrease nerve pain. Avoiding flexion and extension seems counter intuitive for muscle flexibility, but avoiding pain in my back and leg adds to my quality of life. God was working through this health professional to keep me safe in a "position of neutrality."

Once thought of as less important, Steps Six and Seven became major with the passage of time and awareness of my defects like inappropriate responsibility. Staying in my own yard, even up on the porch and away from the fence, is my visual when being drawn into other people's business. Inside or outside the classroom of Overeaters Anonymous, I can listen, but refrain from offering an opinion or advice, even when asked.

This is particularly difficult within the family where the line between compassion/helping and individual responsibility/enabling gets blurred. Tradition Ten assures me I have personal freedom of thought, however, a "position of neutrality" on outside issues preserves family unity and avoids public controversy. I carry the message when I live each day well, using the Traditions as a roadmap.

HANDY LINKS -BYLAW BYLINE Guidelines for Anonymity in Intergroup Funding the Digital World Intergroup is mostly funded by contributions from our member Digital communication is an important way OA groups (meetings), although we can raise additional funds members share fellowship and carry the message. Use through occasional activities (e.g., selling something at conferences or Intergroup Sponsored Workshops) or take the new Guidelines for Anonymity in the Digital World to direct donations from OA members up to \$1,000. honor our Traditions and protect your own and others' anonymity when posting about your experience, We do not accept funds from outside parties nor provide funds strength, and hope online. Click here to download, and to non-OA entities in accordance with OA traditions. share the link in virtual and face-to-face meetings. Intergroup funds are used for current necessities, and retention of a prudent reserve. Excess funds are donated to Region V https://oa.org/files/pdf/Anonymity-Guidelines-V2and the World Service Office on a quarterly basis. proof.pdf Next Month: Parliamentary Authority and Bylaw Amendments 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 The Butterflyer is only available via email. If you are interan article on the monthly topic, an anecdote, a poem or just simply how proested in receiving this free monthly newsletter electroni-

gram has helped & is helping to improve your quality of life, please email me

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

cally 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



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ANNOUNCEMENTS

Saturday, October 29 1:00 pm—4:00 pm	YOUR DISEASE: UNMASKEDPresented by River Forest Saturday Morning MeetingElmhurst Memorial Hospital, 155 E. Brush Hill Rd, ElmhurstPark in Green Lot—Oak Room in the lower levelContact: to Luann 630-660-0051Click Here	0
Monday, October 31 7 am—11:pm	HOLIDAY PHONE MARATHON Halloween—Taking the Mask Off of Our addiction Phone: 712-432-5200 Pin: 4285115#	
Saturday,November 5 1:00 pm—4:00 pm	COPING THROUGHOUT THE HOLIDAY SEASON Presented by Burr Ridge Saturday Morning Meeting Elmhurst Memorial Hospital, 155 E. Brush Hill Rd, Elmhurst Park in Green Lot—Oak Room in the lower level Contact: Shawna R 708/528-1429 or CJ M. 708/218-1904 <u>Click Here</u>	<u>e</u>
Sunday, November 6 6 pm—7 pm CST	TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619#	
Friday, November 11 7 am—11 pm	HOLIDAY PHONE MARATHON Veteran's Day—Service as Part of Recovery Phone: 712-432-5200 Pin: 4285115#	
Sunday, November 13 2 pm—3 pm CST	SERVICE AND MY RECOVERY Anonymity Inside and Out	
Saturday, November 19 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! Click Here	<u>e</u>
Saturday, November 19 All Day	IDEA DAY International Day to Experience Abstinence Celebrated the 3rd Saturday in November, encourages OA members worldwide to be or reaffirm their abstinence from compulsive overeating.	egin
Saturday, November 19 7 am—11 pm	HOLIDAY PHONE MARATHON IDEA Day—Coming Out of the Shadows of Illness Phone: 712-432-5200 Pin: 4285115#	
Thursday, November 24 7 am—11 pm	HOLIDAY PHONE MARATHON Thanksgiving—Being Thankful for Abstinence Phone: 712-432-5200 Pin: 4285115#	

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 WEBS	ITE http://www.chiwifoa.org/	<u>Click Here</u>
	Chicago Western Intergroup Far-Out CHI-WIF	
PROFESSIONAL COMMUN OA News and Information for th	<u>NITY COURIER</u> https://www.oa.org/pdfs/courier_bw.pdf ne Professional Community	<u>Click Here</u>
PROFESSIONAL COMM COURI		
<u>REGION 5 WEBSITE (New</u>	and Improved) http://region5oa.org	<u>Click Here</u>
REGION	5 OF OVEREATERS ANONYMOUS	
FREEDOM FROM BONDA	<u>GE</u> —Region 5 July 2016 Newsletter	<u>Click Here</u>
July 2016	FREEDOM FROM BONDAGE OVEREATERS ANONYMOUS REGION 5	
http://www.region5oa.org/w	p-content/uploads/2016/09/FreedomFromBondage2016.07.pd	df
<u>A STEP AHEAD NEWSLET</u>	TER—4th Quarter 2016 https://oa.org/fourth-quarter-step-ahead-now- AStepAhead	-online/ <u>Click Here</u>
<u>BUTTERFLYER</u> —Past Issue	es http://www.chiwifoa.org/butterflyer-newsletter/	<u>Click Here</u>
	The Bullerflye	
VISIT THE NEWLY RE-D	ESIGNED OA WEBSITE https://oa.org/	<u>Click Here</u>
OVERE ANONY	ATERS MOUS®	
MEETINGS—Location, Day number for CHIWIF) http	rs, & Times (To find all meetings in our Intergroup, use 09168 os://oa.org/find-a-meeting/	8 for the Intergroup <u>Click Here</u>



OVEREATERS ANONYMOUS WORKSHOP Sponsored by River Forest Saturday Morning Meeting and CHI-WIF Intergroup

Your Disease:

Unmasked!

A Hallowe'en Workshop

Change can be scary--but we are not alone

Overeating is not a thriller

Don't trick yourself with treats!

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Costumes welcome

Saturday, October 29, 2016

1-4 p.m.

Elmhurst Center for Health Oak Room 155 F. Brush Hill Road, Elmhurst, IL 60126 (Near Roosevelt and York Roads) Green Parking Lot Donation: \$5.00 (no one turned away)

For more information, contact: Kathleen C. 708 408-5702

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O.A. ACTION PLAN WORKSHOP

SATURDAY JANUARY 7,2017

1-4 p.m

OUR LADY OF MOUNT CARMEL

8404 CASS AVENUE

DARIEN, IL 60561

SPONSORED BY CHIWIF AND THE

TUESDAY 5:30 DARIEN MEETING

SUGGESTED DONATION \$5.00

(No one will be turned away.)

WE CAN HAVE A

HAPPY, JOYOUS, AND FREE

NEW YEAR . . .

ONE DAY AT A TIME!

FOR MORE INFORMATION CALL:

MARY R. 630-310-2989



OA Spring 2017 Retreat Building a Strong Program with a

Pocket Full of Tools

Sponsured by Salurday Morning Burn Ringe Meeting of Overesters Anonymous

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

	NAME:
	ADDRESS:
	CITY/ST/ZIP:
	PHONE:
	EMAIL:
'	
ated.	I would like my name, phone number and email address on the retreat phone list
17	I am available to sponsor
	I am a newcomer to OA (less than 1 year)
95.00	This is my first retreat
5.00	Petruary 71 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.
100.00	Make checks payable to: Monika S.
	Mail check and registration form to:
cepted.	Monika S. 173 Concord Lane Carol Stream, IL 60188
	Questions: Call Monika 5. @ 630 221-9876 minkes@att.net
	or Laura H. @708 567-9642 <u>lhodge@sd113a.org</u>

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— Open Mtg on the 5th Tues.	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</i> on the 5th Thursday.	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)

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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	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</i> <i>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</i> <i>5th Sat.</i>	Laura W (708) 284-6247	(013-32222)



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

Address Service Body Percent CHI-WIF Treasurer 60% Intergroup* PO Box 4419 Lisle, IL 60532 World Service Office World 30% Service* PO Box 44020 Rio Rancho, NM 87174-4020 10% Region* Region 5 Treasurer PO Box 199223 Indianapolis, Indiana 46219

*Include full meeting information with your payment

CHIWIF INTERGROUP NUMBER IS 013-09168

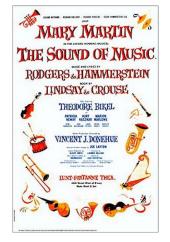
CHI-WIF CONTRIBUTION FORM Click Here *We no longer mail receipts

WORLD SERVICE CONTRIBUTION FORM <u>Click Here</u> for mail in form <u>Click Here</u> for on-line contribution REGION 5 CONTRIBUTION FORM

<u>Click Here</u> for mail in form



November 4, 1924 Nellie Ross-1st Woman US Governor



November 16, 1959 Sound of Music opens on Broadway



November 29, 1890 1st Army-Navy Football Game