

The October 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.

# THE STRUCTURE OF OA

#### **HOW ARE CHANGES MADE IN OA**

Trying to implement a change is a process that many OA members perceive as instantaneous, ("Why don't THEY just.....") and others perceive as horrible, (Why can't we just leave it the way it is?). It really is neither – the answer, as most of us finally realize eventually, is neither of those extremes. There is a process to initiate change in OA.

A distinction must be made between a group issue (e.g. How can we get more sponsors at our meeting?) and a proposed change for the entire OA membership (e.g. Add the words "and compulsive eating behaviors" to the definition of abstinence). We have addressed group autonomy and group conscious in earlier issues of the Butterflyer. Here we will briefly explain the parliamentary process of following an idea through to a policy adopted by the entire OA Fellowship through the World Service Business Conference.

PLEASE KEEP IN MIND THAT THERE ARE PEOPLE IN PLACE TO HELP WITH THIS PROCESS. They are the Region 5 Chair (currently Denise O.), the Region Trustee (Linda J.) or the WSBC Bylaws Trustee Co-chair (Linda J. can provide the current office holder at the WSBC).

Your Intergroup, Chi-Wif, is a liaison between your group and the WSBC. Bring your proposal to the Intergroup. From there it will be modified, or clarified for presentation to one of the resource people mentioned in the previous paragraph. If the idea is meant to change a bylaw or a policy, that resource person will be aware of the correct form that must be must be completed. If your proposal instructs the WSO or a committee to take action, then it will be assessed by the resource person before you submit.

The proposed motion must then be presented to the Chair of the Board of Trustees. The electronic deadline date is December 10th for consideration for the WSBC coming up next spring.

If you need contact information for any of the resource people, ask your Intergroup Chair (IG) (currently C.J.). All of these service positions have specific term limits. Our IG elections are in May. Group representatives vote. If you are looking to help keep OA alive and thriving, please get involved in YOUR IG, Chi-Wif. The meetings are the 3rd Saturday of the month, at 10am in one of the Good Samaritan meeting rooms connected to the cafeteria on the second floor.

# UPCOMING TOPICS

November

How is Literature Produced or Changed

December

Twelfth Step Within

#### Editorial Statement

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# ASK MS. BUTTERFLYER

Question: One of our members is moving. At a Group Conscience the group voted to give her a gift card. I like this person very much but this is OA's money. Should we be doing this?

**Answer:** While we frequently make friends with group members, OA is not a social club. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Tradition 6 states "An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

I do not think money collected for OA should be used to present gifts to group members. These types of collections should occur outside of meeting times so other members do not feel pressured to contribute.

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
October 15, 2016
10-11:30AM

Good Samaritan Hospital Downers Grove, IL 60515 CAFETERIA OAK ROOMS

#### By NJ - The Big I Am

The words of a spiritual writer and teacher caught my attention last week. He described constructing monuments for attention and building "fortified cities around our egos." Images of the Big I Am came to mind: I expect, I want, I deserve. Passages from Alcoholics Anonymous exploded in my mind. Look at the bottom of page 5, last paragraph and onto page 6. "I" appears nine times. Go to page 62: selfishness, self-delusion, self-seeking, self-pity, and more.

My choice stories in the Big Book are "Doctor, Alcoholic, Addict" renamed "Acceptance is the Answer" and "Freedom from Bondage." They contain remedial jewels for self-absorption. On page 420, Dr. Paul tells us that serenity is inversely proportional to expectations. In other words, the higher my expectations, the lower my serenity. We all know the experience of focusing on the misplaced object that interrupts working on the task at hand. The more I think about it the more I search. As I frantically go from paper pile to file, from a drawer to another room, and back again, the more distraught I become. My mind has exaggerated the need for that confounded address, form, or whatever that is tucked in some safe place. My paper piles that used to be organized chaos have deteriorated to simply chaos! My expectations minus reality equal disillusionment that can easily lead to resentment. No wonder it is mentioned first in the nightly review on page 86.

Resentment takes us to the next jewel on page 552. I heard a long time ago that "anger eats the container." Do I really want to treat myself that way? If for no other reason, I will be kind to myself and follow the directions to pray for those who have hurt me. In some circumstances, 3-4 days is sufficient and other times 2 years or longer. I have used this technique on a college professor, mother-in-law, teenager, spouse, and others. Sometimes I have an attitude change, sometimes the annoying or hurtful behavior ceases, and sometimes that person is no longer in my life.

Prayer changes things. Above all, prayer changes the pray-er. If the Big I Am is interfering in your search to be happy, joyous, and free, try prayer. Ask God to direct your thinking. A new beginning awaits.

#### **HANDY LINKS -**

Suit up, show up, be a part of, and share the load



- Principles of Tradition Eight Fellowship
- Concept Eight Delegation "Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers."
- Tradition Eight "The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office."-

In this podcast, the workshop speakers share their individual stories of recovery and how fellowship and delegation are important in their service work. For additional study, review <u>The Twelve Steps and Twelve Traditions of Overeaters</u>
<u>Anonymous</u> and The Twelve Concepts of OA Service.

Click Here https://oa.org/?powerpress pinw=3854-podcast

#### IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region V Website <u>www.region5oa.org</u>
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

# BYLAW BYLINE

#### **Intergroup Committees**



The Intergroup may form committees as needed (we currently have four: Bylaws, Butterflyer, PIPO – Public Information/ Professional Outreach, and 12<sup>th</sup> Step Within – to support relapsed and struggling OA members). Committees may create their own procedures, subject to the Twelve Traditions.

The Intergroup elects a committee chairperson from Intergroup Representatives (IR's), with a term that ends in June along with the elected Intergroup officers'. If a committee chairperson vacancy occurs outside of this timeframe, the Intergroup chairperson can appoint someone for the remainder of the term.

The committee chairperson reports on activities at the monthly intergroup meeting; a detailed written report is needed if any funds are requested.

Next Month: Intergroup Funding



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:

#### $\underline{MSBUTTERFLYER@YAHOO.COM}$

or send by regular mail to: CHI-WIF IG PO Box 4419
Articles should be received by the third week of the month.

The <u>Butterflyer</u> 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, October 2 6 pm—7 pm CST	TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619#	
Sunday, October 9 2 pm—3 pm CST	SERVICE AND MY RECOVERY Phone: 641-715-3818 Pin: 925619#	
Saturday, October 15 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! Click Here	<u>'e</u>
Saturday, October 15 1:00 pm—4:00 pm	DIFFERENCE BETWEEN ABSTINENCE AND A PLAN CEATING Presented by Elmhurst Saturday Morning Meeting Elmhurst Memorial Hospital, 155 E. Brush Hill Rd, Elmhurst Park in Green Lot—Oak Room in the lower level Contact: Laura W. 708/284-6247  Click Here	
Saturday, October 29 1:00 pm—4:00 pm	YOUR DISEASE: UNMASKED Presented by River Forest Saturday Morning Meeting Elmhurst Memorial Hospital, 155 E. Brush Hill Rd, Elmhurst Park in Green Lot—Oak Room in the lower level Contact: to Luann 630-660-0051  Click Here	
Saturday, October 29 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  Click Here	

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

Tuesday, 7pm Riverside

Meetings Need Support 🎔

IF YOUR GROUP IS LISTED HERE, YOU ARE NOT RECEIVING IMPORTANT OA INTERGROUP INFORMATION.

We need your secretary's name, address, phone, and email. Generally, we no longer mail information so you must have an email address or designate one to receive our emails.

Contact MSButterflyer@Yahoo.com

Meeting	<u>Day</u>	<u>Time</u>
Yorkville	Monday	7pm
DeKalb	Monday	10am
Bartlett	Friday	7pm

# OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE http://www.chiwifoa.org/

OVEREATERS ANONYMOUS.

Chicago Western Intergroup Far-Out CHI-WIF Click Here

PROFESSIONAL COMMUNITY COURIER https://www.oa.org/pdfs/courier\_bw.pdf

Click Here

OA News and Information for the Professional Community

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



OVEREXTERS ANONYMOUS REGIO

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



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

Click Here



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/



## **OVEREATERS ANONYMOUS**

# Difference between Abstinence and a Plan of Eating Workshop ☑

PRESENTED BY SATURDAY ELMHURST MEETING
IN COOPERATION WITH CHI-WIF INTERGROUP

DATE: Saturday, October 15, 2016

TIME: 1:00 PM— 4:00 PM

WHERE: Edward-Elmhurst Hospital

155 E. Brush Hill Road. Elmhurst, IL 60126

Oak Room-Lower Level-Park in the Green Lot

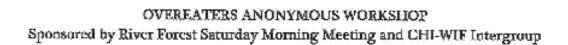
AMOUNT: Suggested donation \$5 - no one turned away

CONTACT: Laura W. 708/284-6247

Bee O. berna746@gmail.com Cathy rusnak41@comcast.net

## WORKSHOP OBJECTIVES

- 6 Understand the difference between Abstinence and A Plan of Eating
- Have a clear vision of your abstinence
- Understand what a Plan of Eating is, and is not
- Know about relevant OA resources



# 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!

Costumes welcome

Saturday, October 29, 2016 1-4 p.m.

Elmhurst Center for Health Oak Room

155 E. 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

Overeaters Anonymous Workshop

# Keep Coming Back – Coping Throughout the



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Holiday Season

Saturday, November 5, 2016 1-4 p.m.

> Elmhurst Memorial Hospital Oak Room – lower level Park in the green parking lot.

Suggested Donation: \$5.00

Members share their experience, strength and hope. Please join us for the Sharing and the Fellowship

> For more information call: Shawna R. - 708-528-1429 CJ M. - 708-218-1904

Sponsored by: CHI-WIF and the Saturday 8 a.m. Burr Ridge meeting

# • needs support Chi-WIF Meeting List (013-09168) Last Updated 09/2016

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 <sup>th</sup> St.	Step Study	Sindee (630) 968-6328	(013-35752)
<b>Tuesday</b> 7:00 PM - 8:30 PM	Darien	Lord of Life Lutheran Church 725 75 <sup>th</sup> St.	Open to All Back to Basics	Belle S. (630) 747-7669	(013-51048)
<b>Tuesday</b> 7:00 PM - 8:00 PM	Riverside 🎔	Sts Peter & Paul Lutheran Evangelical Church 250 Woodside Rd. (Enter off 31st—Upstairs)		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 <sup>th</sup> 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)
<b>Friday</b> 7:00PM—8:00PM	Bartlett	Living Lord Lutheran Church 1044 Congress Drive	Format Varies	Dwayne G (630) 433-0656	(013-53121)

# ♥ = needs support Chi-WIF Meeting List (013-09168) Last Updated 09/2016

When	City	Where	Type of Meeting	Contact	Group#
<b>Saturday</b> 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)
<b>Saturday</b> 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 131 27W350 High Lake Road	Format Varies	Dan V. (630) 244-2415	(013-39585)
<b>Saturday</b> 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— Open Mtg on the 5th Sat.	Amber M (312)-929-6408	(013-24782)
<b>Saturday</b> 10:15 AM - 11:30 AM	Elmhurst	Epiphany Evangelical Lutheran Church 314 W Vallette St (Spring & Vallette) In the library	Format Varies— Open Mtg on the 5th Sat.	Laura W (708) 284-6247	(013-32222)



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

Percent	Service Body	Address	CHIWIF INTERGROUP NUMBER IS 013-09168		
60%	Intergroup*	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532	CHI-WIF CONTRIBUTION FORM Click Here *We no longer mail receipts		
30%	World Service*	World Service Office PO Box 44020 Rio Rancho, NM 87174-4020	WORLD SERVICE CONTRIBUTION FORM Click Here for mail in form Click Here for on-line contribution		
10%	Region*	Region 5 Treasurer PO Box 199223 Indianapolis, Indiana 46219	REGION 5 CONTRIBUTION FORM <u>Click Here</u> for mail in form		
*Include full meeting information with your payment					







October 1, 2016 Child Health Day October II, 1984 1st Woman to Walk in Space October 26, 1825 Erie Canal Opens