

The Butterflyer



The July, 2014 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. Suggested Donation: 50 cents

THE OA PROMISES

“We will lose interest in selfish things and gain interest in our fellows” (Big Book, pg. 84)

Before working the Steps, compulsive eaters often focus on how each life event affects our lives. Seldom do we look at a situation and think beyond ourselves.

Through working the steps, we move beyond the selfish obsession. Without the constant focus on ourselves, we can actually take the time to focus on others.

It is almost a chicken and egg scenario. If we are selfish, we cannot focus on others and if we don't focus on others, how do we relieve our selfish obsessions?

Look to your higher power for assistance. Through the compassion we develop for our fellows, we are relieved of our selfish obsessions. Moving outside ourselves relieves selfish obsessions. Working with others and providing service is essential for recovery.

Want the Promises to come true? Working the steps is the way to fulfill the Promises. When we move through the Steps, the Promises are often fulfilled.

UPCOMING TOPICS

August

Self-seeking will slip away.

September

Our whole attitude and outlook upon life will change.

Editorial Statement

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ASK MS. BUTTERFLYER



QUESTION:

How often should I distribute excess funds to other service bodies and WSO?

ANSWER:

Your group should decide this, keeping in mind their prudent reserve requirement. Many groups have chosen to send donations quarterly. Often, donations are split using a 60/30/10 formula, with 60% of contributions to Intergroup/ Service Board, 30% to WSO, and 10% to Region. As with frequency of contributions, this is a matter for your group conscience.

[Click Here](http://www.chiwifo.org/wp-content/uploads/2014_ContributionForm.pdf) for a form or go to: http://www.chiwifo.org/wp-content/uploads/2014_ContributionForm.pdf

Note: Receipts are only sent via email

DO YOU HAVE A QUESTION FOR MS. BUTTERFLYER?

CHI-WIF Officers

Chair - CJ M 708-218-1904
Vice Chair - Belle S 630-747-7669
Secretary - Gerri M 630-833-6942
Treasurer - Vickie L 630-618-8730
Editor - Gerri M 630-833-6942

Does your meeting have an IG rep? Come and join us!

Upcoming IG Meeting

July 19, 2014

10-11:30AM

**Good Samaritan Hospital
Downers Grove, IL 60515**

CAFETERIA OAK ROOMS

MAKE A DIFFERENCE

Mom or dad, teacher or office worker, lawyer or appliance repairman, we want to make a difference. I've learned in many years of service, that changing the world is not my assignment. What God wants me to do is change myself. In changing myself, He will work through me and with me to influence others and alter circumstances.

The Big Book makes it very clear that my thinking, attitudes, and behaviors are the problem. The Big Book also gives me a solution: clean house, trust God, and help others. I read the "When we retire at night...." paragraph on page 86 regularly. My Tenth Step includes the question, "Is there anything I'd like to do differently?" I find the prayer of St. Francis of Assisi on page 99 of Alcoholics Anonymous Twelve Steps and Twelve Traditions a challenge for me, especially when I would like comfort and understanding instead of offering it to another.

Living free of the food obsession, I can make a difference, one day at a time with God's grace.

HANDY LINKS VIRTUAL WORKSHOPS



Need to attend a workshop and don't have time or availability?

The OA website has virtual workshops for you. Attending workshops in person is not always possible so this gives you a good alternative.

[Click Here.](#)

<http://www.oa.org/oapodcasts/#workshops>

THE LITERATURE CORNER



A Plan of Eating: A Tool for Living – One Day at a Time

Learn how to use a personal plan of eating as a tool, evaluate your eating history, deal with binge foods and behaviors, and define a new way of eating. (Note: This pamphlet does not provide specific plans.)
#145/\$.50

Dignity of Choice

This pamphlet provides guidance to both new and longtime OA members in devising their own plans of eating. It covers topics such as:

- The difference between a plan of eating and abstinence
- Having a choice of plans
- Reviewing our eating patterns
- "Trigger" or "binge" foods
- Eating behaviors
- Structure and tolerance

The pamphlet also provides six sample plans of eating (reviewed and approved by a licensed dietitian) with which some OA members have had success. #140/\$.75

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.chiwifo.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532]
REGION 5 — PO Box 428, Medinah, IL 60157

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

Friday, July 4 10:00 am—4:00 pm	HOLIDAY MARATHON— TURNING POINT INTERGROUP Our Lady of Resurrection Medical Center 5645 W. Addison St., Chicago Centennial Conference Room A (7th Floor) Click Here
Friday, July 18—Sunday, July 20 Check in Friday, July 18th from 5-7 pm Eastern Time	SILENT RETREAT Lindenwood Retreat and Conference Center 9601 Union Road Donaldson, IN 46513 For information call Anna D. 773-758-9889 or delanoanna@gmail.com Click Here
Saturday, July 26 Registration 9:00 am—9:25 am 9:30 am—12:30 pm	OA SPONSORSHIP WORKSHOP Hosted by Tuesday 7:30pm Burbank meeting Faith United Methodist Church 151st & 80th Avenue Orland Park, IL 60462 Click Here
Sunday, July 27 1:00 pm—4:00 pm \$5.00 Suggested Donation to cover Printed Material	B2B SPONSORSHIP WORKSHOP Sponsored by Tuesday Darien B2B Meeting Lord of Life Church, 725 75th Street, Darien Contact: Belle 630-747-7669 Click Here

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

NEED A QUICK PICK ME UP? Follow daily twitter OA meditations . [Click Here](#)



FROM OUR READERS

Bonnie L, our former Region 5 chair, needs your thoughts and prayers. Her husband, Ron, recently passed away.

In my experience and as it is described in the Big Book, selfishness and self-centeredness is the root of my troubles. "ME, ME, ME" was my mantra before coming into the rooms of OA and working the steps. The mental turmoil I experienced on a daily basis was an all-consuming playlist of self-abusing thoughts. Why did I eat that? I can't believe she said that to me. How do I get out of this one? I must get back at him for what he did. Are my jeans tighter this morning? I am disgusting, no way will I leave the house today. What must she think of me? Unfortunately, there was no stop button on this playlist, only repeat.

Today, I am able to lose interest in selfish things and gain interest in my fellows. I have my moments, but as a result of working the steps, I am provided clear directions in working towards spiritual growth and freedom from the bondage of self. The actions I take today include outreach calls, service, meetings, sponsorship, time with my HP -- any and all activity that gets me out of my head. Thank you OA and the steps for giving me the tools to hit the stop button on that

WE WILL LOSE INTEREST IN SELFISH THINGS AND GAIN INTEREST IN OUR FELLOWS.

I did not even realize how selfish and self-centered I was before I came into OA. I attempted to manipulate my family mainly, but others also, into doing what I wanted them to do. I sought to control my husband and daughters by using all the tools in my arsenal – guilt, manipulation, fear of consequences, anger and (the totally ineffective) silent treatment.

When I started working on my steps with my sponsor, I started looking at myself honestly with a clear mind, because I was no longer in the food fog. I discovered many of my character defects. I came to fully realize that it is not always about me. In fact, it is never really about me. My purpose in life is to serve God and love others and love God and serve others.

I began to sponsor after I had 30 days of abstinence. I began to gain interest in my fellows. I worked with other compulsive overeaters. I sought to help others to gain abstinence and to work through the steps. I was so thankful when I reached each goal along the way of abstinence – 1 month, 3 months, 6 months and 9 months and then 1 year. God worked a miracle in me. Those milestones brought me great joy and I have kept all of my coins with me always – BUT it felt even more wonderful the first time a woman I sponsored reached those milestones.

Working with others has been a great blessing in my life. We can help another compulsive overeater when no one else can. We know what is necessary to recover and we can share that with the newcomer. In order to strengthen our own recovery, we NEED to work with others. The Big Book says on page 89 – *Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion. Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.*

I was very ill and a sponsor reached out to me and helped me to begin to work the steps and to recover from this seemingly hopeless disease. What a blessing in my life. We can insure that we will maintain our own recovery when we begin to work with others. "*Frequent contact with newcomers and with each other is the bright spot of our lives.*" Big Book page 89. I cannot imagine my life without OA. God has brought many wonderful people into my life that I would not have known any other way.

I pray that we will all gain interest in our fellows and work with others. We need to reach out to the newcomer and offer to be their sponsor. Give back to others what was first given to you – the gift of recovery.

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	Vicki (630) 618-8730	(013-30514)
Sunday 7:00 PM - 8:00 PM	Glen Ellyn	St. Thomas United Methodist Church— 2S511 Rt. 53 just north of Butterfield Road	Format Varies <i>Open Mtg on the 4th Sun.</i>	Karol (630) 329-1921	(013-45132)
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)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies	Joan (815) 899-8960	(013-45133)
Monday - 7:00 PM-8:00 PM	Yorkville	Yorkville Congregational United Church of Christ—409 Center Parkway	Format Varies	Bonnie (815) 498-4431	(013-00777)
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	New Covenant Church — 75th Street & Washington Street	Format Varies <i>Open Mtg on the 3rd Mon.</i>	Susan M. (630) 852-3771	(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>	Peggy K. (630) 369-1753	(013-39620)
Tuesday 5:30 PM - 6:30 PM	Darien	Lord of Life Lutheran Church 725 75 th St.	OA 12 & 12	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	Forest Park	United Church of Christ Harvard & Elgin	Format Varies Open to All	Kathleen (773) 458-6137	(013-52223)
Tuesday 7:30 PM - 8:30 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies	Meghan Rivard (586)383-0880	(013-21464)
Wednesday 9:30 AM - 11:00 AM	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Linda V. (630)244-2416	(013-08909)
Wednesday 7:00 PM - 8:00 PM	Geneva	St. Mark's Church 320 Franklin—Room 7	Big Book Study	Kelly J. (630) 485-9705	(013-50083)
Thursday 10:00 - 11:00 AM	Wheaton	St. Paul Lutheran Church 515 S Wheaton Avenue at Evergreen Street	Format Varies	Kim S. at (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 Babysitting Cancelled.	Susan S. (630) 841-6517	(013-47257)
Thursday 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Cherie at (630) 442-9646 or	(013-35368)
Thursday ♥ 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego Needs Support	Format Varies	Barbara H. (630) 674-9341	(013-51364)
Thursday 6:45 PM - 7:15 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	Newcomers/Information Session Open to All	Evelyn at (630) 653-8608	
Thursday ♥ 7:30 PM - 8:30 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street Needs Support	Format Varies— <i>Open Mtg on the 5th Thursday.</i>	Susan S. (630) 841-6517	(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 Needs Support	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	Sindee (630) 968-6328	(013-00937)
Friday ♥ 7:00PM—8:00PM	Bartlett	Living Lord Lutheran Church 1044 Congress Drive Needs Support	Format Varies	Dwayne G (630) 433-0656	(013-53121)

When	City	Where	Type of Meeting	Contact	Group #
Saturday 8:00 AM - 9:00 AM	DeKalb/Sycamore	South end of Lagoon parking lot— Lincoln Hwy & Castle Drive. Meet in Castle Drive Parking Lot. April—October Nov. - March @ Federated Church 612 W. State in Sycamore IL.	Walk 'N Talk Indoors	Kim (815) 529-3749	(013-40820)
Saturday ☺ 8:00 AM - 9:00 AM	Burr Ridge	Burr Ridge United Church of Christ NW Corner of County Line & Plainfield Roads	Format varies Babysitting avail.	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	Becky at (847) 524-0356	(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)
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>	Joann B. (630) 515-8329	(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>	Maryann (630) 530-2484	(013-32222)



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



Percent Service Body Address

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 V Treasurer PO Box 428 Medinah, IL 60157

CHI-WIF CONTRIBUTION FORM
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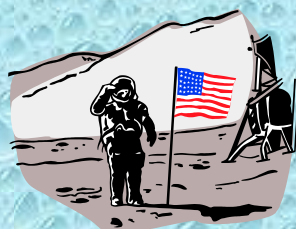
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REGION V CONTRIBUTION FORM
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*Include full meeting information with your payment

PLEASE HELP OUR REGION 5 TREASURY

Because our region conventions are the region's primary source of income, we are asking groups to make sure to donate to Region 5 regularly in the coming months. There is an 18 month gap between the 2013 and 2014 conventions and it is important for us to keep a steady cash flow into our Region so they can continue their day-to-day activities.



July 4, 1776-The U.S. Declares Independence

July 20, 1969-Armstrong walks on the moon

July 17, 1955-Disneyland opens