

# The Butterflyer

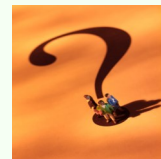
The October 2013 Newsletter of Overeaters Anonymous for the Chicago Western Intergroup Far-Out CHI-WIF  
This literature has been locally produced by CHI-WIF IG. The content reflects the experience, strength and hope of our local members. It is not OA Conference- or board-approved and does not represent OA as a whole. Suggested Donation: 50 cents

## SPIRITUAL PRINCIPLES —TEN CLARITY

Whenever we offer to do service at the group, Intergroup or Region levels, we need a clear description of what the qualifications and the job responsibilities are. OA has provided a wonderful pamphlet entitled [OA Handbook for Members, Groups and Service Bodies: Recovery Opportunities](#).



It is an essential piece of literature for every meeting. You can order it from World Service by using number 120. Or you can get one by emailing Belle at [belle6340@aol.com](mailto:belle6340@aol.com). The booklet is \$2.25 and you will be amazed how valuable it is for your meeting. It will avoid many unnecessary discussions and give everyone clarity about service positions at your meetings.



DEAR MS. BUTTERFLYER,

**Question:** Someone in our group is going to have a baby. I think we should use some of our donation money and buy her a gift for the baby. We make our regular donations to the intergroup, region, and OA as well as pay our rent. I don't see the harm. Am I wrong?

**Answer:** This is a really good question and one I have seen several groups struggle with. While we often become close friends with the members of our group, our sole business is to carry the twelve-step message to the compulsive overeater who still suffers. We are free to believe in and work for any cause we choose - outside OA. It is also a break from the 6th tradition.

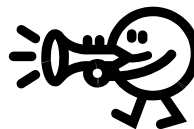
As for me, I can tell you we once had a member that tried to solicit members to purchase jewelry she had made. Even though she waited until after the meeting ended, I still felt pressured to buy. Please keep this in mind when soliciting your donations.

### Announcing a New Butterflyer Feature

There are vast amounts of approved OA literature. This section of the MSButterflyer will highlight some literature you may not be aware of. This month's highlight is:

[Dignity of Choice Sample Plans of Eating pamphlet – order #140](#)

[Click Here](#) for more information or see the next page



#### October Spiritual Principles

Step 10— Perseverance  
Tradition 10—Neutrality  
Concept 10—Clarity

#### October Spiritual Principles

Step 11 — Spiritual Awareness  
Tradition 11 — Anonymity  
Concept 11— Humility

#### CHI-WIF Officers

Chair - Belle S. 630-747-7669  
Vice Chair - Susan S 630-841-6517  
Secretary - Gerri M 630-833-6942  
Treasurer -CJ M 708-218-1904  
Editor - Gerri M 630-833-6942

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

**Upcoming IG Meeting  
October 19, 2013  
10-11:30AM**

Good Samaritan Hospital  
Downers Grove, IL 60515  
**CAFETERIA OAK ROOMS**

#### Editorial Statement

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# CLARITY

N.J.

Service is essential to carry the message of freedom from food obsession. Clearly defining job responsibility encourages members to become involved in various opportunities that previously caused apprehension or fear. Explicit direction and expectations also increase the likelihood of completion of specific tasks that build self-esteem. Unnecessary duplication of tasks is more likely avoided when specific duties are outlined and assigned. In the same manner, defining service authority eliminates conflicts related to specific duties.

You may not aspire to Region V or WSO service positions, but do consider helping your home group or local intergroup. Join a committee preparing for an open meeting, retreat, or workshop. Everyone wins with service, the giver and the receiver.



## HANDY LINKS HELP YOUR FAMILY UNDERSTAND YOUR DISEASE

Download the OA pamphlet, "To the Family of the Compulsive Eater." Use it to get support in all areas of your life. [http://www.oa.org/pdfs/to\\_the\\_family.pdf](http://www.oa.org/pdfs/to_the_family.pdf)

### IMPORTANT CONTACT INFO:

Chicago Area Ans. Service (708) 346-0000  
OA World Service Office (505) 891-2664

Region V Website [www.region5oa.org](http://www.region5oa.org)  
OA Website [www.oa.org](http://www.oa.org)  
OA Email [info@oa.org](mailto:info@oa.org)

### Area Intergroup Info:

CHI-WIF—PO Box 4419, Lisle, IL 60532  
CSSI—PO Box 6580, Chicago, IL 60680-6580  
REGION 5 — PO Box 428, Medinah, IL 60157



### Dignity of Choice Sample Plans of Eating

All of us came to OA to manage our weight and find a way to "control" our eating. Many of us expected to be weighed in, handed a diet and have the meeting be all about what we were to eat and what to avoid. SURPRISE!!! In 2004, OA addressed these issues with this 14 page pamphlet. It was revised in September of 2010 to keep it up to date.

It begins with some Frequently Asked Questions including "What is the difference between a plan of eating and abstinence?" It then gives suggestions to Review our Eating Patterns, by identifying our own binge foods and eating behaviors that we must refrain from in order to make progress. All of our efforts are based on honesty and are made more attainable with the help of a sponsor.

There is, on page 8, a very specific policy statement stressing that OA takes no position on nutrition and that OA does not endorse any particular plan of eating. The sample plan is just that – plans that some members have chosen with the help of their health care professionals. It is an important statement. Then the six sample plans are described. And following those plans is a section explaining "What is a serving?" with very helpful information and suggestions. It concludes with an explanation of powerlessness, reminding us that with adequate support and the Twelve-Step recovery program that we can often do things that used to seem totally impossible. The Twelve-Step program of Overeaters Anonymous, not any particular plan of eating, is the key to long-term recovery from compulsive eating.

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](mailto:MSBUTTERFLYER@YAHOO.COM)

or send by regular mail to:

CHI-WIF IG PO Box 4419 Lisle, IL 60532 Articles should be received by the third week of the month.

Gerri M, Editor

*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](mailto:MSBUTTERFLYER@YAHOO.COM)



## Attention Secretaries and Group Contacts:

OA and CHI-WIF are moving to the use of email for more efficient communications. We are sending out emails monthly to Secretaries with the CHI-WIF Minutes and other important information. If you do not have an email address or have not received the mailings last month, then please setup an email address and monitor it regularly. Be sure to send me your email address and update the OA.Org website.

**Group Secretaries:** Please monitor your email every month for the approved CHI-WIF minutes and other important announcements. **Group Contacts:** Please monitor your email at every quarter for update information. You should have received one this month.

Thank you. Gerri M. glm@s-a-c.com 630-833-6942

# ANNOUNCEMENTS

Saturdays in October 10:30am—Noon <b>CANCELLED</b>	BACK TO BASICS— <b>CANCELLED</b> Grace Lutheran Church 7300 Division Street, River Forest, IL School Library (Top of Stairs) Contact: Sara S. (708) 204-8893 <a href="mailto:sstern426@att.com">sstern426@att.com</a>
Saturday October 12 10:00 am—1:00 pm	<b>BIG BOOK WORKSHOP FOCUS ON BACK TO BASICS Steps 1-5</b> Elmhurst Hospital, Oak Conference Room 155 E. Brush Hill Road, Elmhurst, IL Contact Belle at 630-747-7669 <a href="#">See Flyer Here</a>
Saturday October 19 1:00 pm—4:00 pm	<b>BIG BOOK WORKSHOP FOCUS ON BACK TO BASICS Steps 6-12</b> Elmhurst Hospital, Oak Conference Room 155 E. Brush Hill Road, Elmhurst, IL Contact Belle at 630-747-7669
Saturday October 19 9:30 am—3:30 pm	<b>ABSTINENCE UNDER ALL CONDITIONS</b> Faith Lutheran Church 15101 S. 80th Avenue, Orland Park, IL 60462 Contact Mary Jo 708-499-0013 or Tina 773-724-0238 <a href="#">Click Here</a>
Saturday, November 16 1:00 pm—4:00 pm	<b>KEEP COMING BACK—COPING THROUGHOUT THE HOLIDAY SEASON</b> Elmhurst Memorial Hospital (Green Parking Lot) Oak Room on the lower level Contact: Shawna R. 708-528-1429 <a href="#">Click Here</a>
Thursday, November 28 9:00 am—4:00 pm	<b>THANKSGIVING DAY MARATHON</b> Turning Point Intergroup Our Lade of the Resurrection Medical Center 5645 W. Addison St. Chicago Centennial Conference Room A <a href="#">Click Here</a>

## **RECOVERY TO ROCK OUR WORLD**

### **The WSO Convention**

Over 800 OA members from all over the world attended the WSO Convention in Cleveland from August 29 – September 1<sup>st</sup> of this year. It was an amazing experience. It was held in a brand new Convention Center which was a mile long. The members came from as far away as Russia, New Zealand, Isreal, Finland and Poland. Of course many of us came from all over the United States, Canada and Mexico.

The program choices were overwhelming. There were four speakers to choose from for each time segment. The presenters were long time abstinent OA members and even included many of the WSO Board of Trustees. The speakers from the Chicago area were awesome. Their enthusiasm for the Program and their ability to describe the gifts of the Program were wonderful.

There was a Boutique, an OA Bookstore, special focus meetings, and many service opportunities for volunteers to participate as greeters and registrants. It is a rewarding experience to immerse oneself in the joy and hope of the OA program by attending a Convention. You will have a convention opportunity at the end of October next year when the Region 5 Convention will be held in Columbus, Ohio. THEN in 2015 the Region 5 Convention will be held in the Chicago area and will be hosted by the Intergroups here – CSSI, Chi-Wif, TPI, and SNI. Check with your Intergroup as to how you can help with the planning, program and details of this exciting upcoming event.

## **FYI: SERVICE IS A TOOL**

Chi-Wif is in dire need of your support. Please consider offering your time and talent to your Intergroup to keep it vibrant and thriving. *The commitment is an hour and a half ONCE A MONTH.* We meet every third Saturday of the month at Good Samaritan Hospital from 10am until 11:30. Each OA can have two reps at the Intergroup. Tell your meeting that you would like to volunteer to represent them at the Intergroup, and they will elect you for a one year term.

It is a business meeting which we enjoy and where we extend an open invitation to all to join us for lunch at a local restaurant afterwards. We address the needs of our meetings, finances, and the spreading of the OA message throughout our area. We provide flyers for upcoming events for our meetings, seed money for new meetings, and help for groups wanting to sponsor events. From our IG we elect reps for our Region 5 Assembly and the delegates that we send to the World Service Business Conference.

We are in need of input and ideas. Please consider strengthening your Program by servicing at the Intergroup level. It is fun, and helps us realize the WE ARE OA, and now our Intergroup needs us as much as we need it. Our next meeting is Saturday, October 19<sup>th</sup>. There is plenty of time to get elected and join us at that meeting. If you would like to come and visit our meeting as a guest, *all OA members are welcome* to come see if it is for you.



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) 492-0004	(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	Rush Copley Healthcare Center 1100 West Veterans 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 <sup>th</sup> 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 <sup>th</sup> St.	Open to All <b>Back to Basics</b>	Belle S. (630) 734-1945	(013-51048)
Tuesday 7:00 PM - 8:00 PM	Forest Park	St. Peters 500 Hannah Avenue	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	Diane (847) 488-0593	(013-21464)
Wednesday 9:30 AM - 11:00 AM	Montgomery <b>Aurora</b>	St. Olaf's Lutheran Church 1233 Douglas Road Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Betty F. (630) 897 3609	(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 <b>Needs Support</b>	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	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	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	Sindee (630) 968-6328	(013-00937)
Friday NEW 10/11/13 7:00PM—8:00PM	Bartlett	Living Lord Lutheran Church 1044 Congress Drive	Format Varies	Dwayne G (630) 433-0656	

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 <b>Babysitting avail.</b>	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 <b>10:15 AM - 11:30 AM</b> (Note the new time)	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 COUPON**

Group Number \_\_\_\_\_ Amount of Contribution \_\_\_\_\_

City \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

*If you would like a receipt emailed to you, please specify email address below. Otherwise a receipt will be sent to the address enclosed with the contribution.*

Email receipt to: \_\_\_\_\_

\*Include full meeting information with your check

**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.

