

The Butterflyer

The September 2019 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.

The Butterfly Flies Again Submitted by Belle S.

The resurgence of *The Butterflyer* is such a gift to me. The articles, flyers, and announcements have been sorely missed. Thanks, Corinna, for your commitment to the service of collecting and editing the material for the newsletter. I hope that the members of OA who have missed *The Butterflyer* realize that the information found in the newsletter comes from *us*—we must send in our updated meeting information, news of events, and articles to: msbutterflyer@yahoo.com.

The butterfly has been a symbol of transformation, progressive growth, and new life for many years. The idea that the Overeaters Anonymous program offers the HOPE of a new, more sane life, and a joy that accompanies recovery should encourage us to keep our newsletter vibrant. We must share the hope of dealing with life, while living with our disease. Let's express our gratitude for our recovery with phrases, smiles, and information that will offer the still-struggling compulsive overeater the HOPE of this program.

None of us would have continued to persevere in working the Steps, attending meetings, and reaching out to each other unless there was a real HOPE of life getting better. Our motivation to come to OA initially was to manage our weight, get healthier, and MOVE ON! I never expected to still be here more than 30 years later. But somehow my Higher Power kept me coming, so that I would hear the speakers, read the material, and work the Steps that convinced me that recovery was possible for ME! He also told me that weight loss was *not* the answer (I did that so many times!), but I needed to address what was eating *me*, not *what* I was eating. You cannot keep your recovery to yourself – sharing it is what keeps it alive. There are so many ways to share your progress in this program: talk to a newcomer, share positively at meetings, write an article, explain an OA slogan that has helped you, make a phone call, set up chairs, do *something* that offers HOPE to others in OA. There is no room for negativity in OA. We all came here with sad stories; so now, let us look forward, smile, pray, and work toward a better, more sane future in OA.

Upcoming Topics

Your suggestions are welcome! As we pick up the beautiful thread of our Butterflyer newsletter, please submit your ideas for topics or themes for upcoming months and for the new year.

Email: msbutterflyer@yahoo.com

Editorial Statement

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From the “Ask-It-Basket”

<https://oa.org/files/pdf/Ask-It-Basket-19.pdf>

Question: Is there a podcast list including all OA podcasts like LAIG OA?

Answer: I used a popular search engine, searched under “OA podcast,” and came up with three different sources of OA podcasts including those on oa.org, from the Los Angeles Intergroup and from the Baltimore Area Intergroup. I know for a fact that we have podcasts on our Region One website, and they did not show up on the search. So, your question leads me to another question: how do we tag our OA podcasts so they are more likely to show up on a search? I know that podcasts can be fabulous introductions to the OA Twelve-Step program. I spoke with one newcomer who listened to eighty hours of our podcasts before he ever came to a meeting so I know that they can be very helpful to newcomers and to long-timers. We will research how we can better label our podcasts so they come up on the searches.

[Click here for OA.org podcasts](#)

CHI-WIF Officers

Chair - Sandy F.
SandyFRegion5@gmail.com

Vice Chair - Kim
kdn4today@yahoo.com

Secretary - *Position open*

Treasurer - Laura W.
llwoodford@gmail.com

Editor - Corinna
msbutterflyer@yahoo.com

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

September 21, 2019
10-11:30 am

Advocate Good Samaritan Hospital
Downers Grove, IL 60515
Cafeteria—Oak Room

A Message from our Region 5 Secretary

Hello my friends,

I really hope you are planning on attending our Region 5 Convention on September 27th thru 29th, 2019 at the Hyatt Regency Milwaukee.

Unfortunately Pre-registration ended on August 17. However, all hope is not lost. You can still attend. Walk-in are always welcomed. You can register at the door. We will be accepting both cash and credit cards. Sadly, meals cannot be purchased. But there are some really good restaurants in the area, many within walking distance.

I hope you will join us for a fun recovery filled weekend in an awesome hotel in Milwaukee. This event is going to be very special with the theme Ride the A Train: Awareness, Acceptance, Action.

Our convention will be held at:
Hyatt Regency Milwaukee
333 West Kilbourn Avenue
Milwaukee, WI 53203

If there are no rooms available then there are many other hotels in the city. Come for the weekend or come just for a day. But please do join us. You won't regret it. And if you decide to come bring several of your OA friends or maybe even some friends not in OA who could benefit from the Recovery in our rooms. Just think about this. Where can you go this September that will have over 200 people in recovery in one place. Think of the total years of Experience, Strength, and Hope you will experience. I promise you it will be extraordinary.

Another reason to attend will be the Convention Marketplace. Come for the recovery but enjoy the convention market place in "Grand Central Station."

Any group wanting a Marketplace table please contact Shirley L. 608-764-0975

For more information please email: convention@oamilwaukee.org

Thank You
~Joel I.
Region 5 Secretary



HANDY LINKS - CHI WIF WEBSITE



In order to find information about upcoming events and announcements, please be sure to visit our website:

<http://www.chiwifo.org/>

Also, if you have announcements or flyers to be posted there, send them to:

msbutterflyer@yahoo.com

For information and events in our region, visit the Region 5 website at:

www.region5oa.org

The Friendship Factor

Contributed by Corinna



Friendship permeates my OA experience. The friendship with my fellows, my sponsors, and my Higher Power keeps me focused on what is important and frees me to do the work to succeed in the program and in life.

The September 1st entry in *For Today* shows the unique quality of our OA friendships:

Where else can I find people with whom I have so much in common? Who else do I know whose purpose is the same as mine? Do any of my other friends and associates know the bottomless despair of compulsive overeating? (Overeaters Anonymous, 1982, p. 245)

OA friends give a special kind of love by their steady warmth and affection, their understanding, and their acceptance.

The gift of these friendships is priceless. I am deeply grateful.

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 simply how program has helped and 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, Lisle, IL 60532 Articles should be received by the third week of the month.

Corinna S, 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



Where does your money go?

Submitted by Gerri M.

Our Seventh Tradition states that OA is fully self-supporting, accepting contributions only from OA members. While no fees or dues will ever be required for membership, OA needs help to keep its rooms open, provide opportunities for fellowship, and spread its message to still-suffering compulsive overeaters.

~Excerpt from the pamphlet Seventh Tradition of OA, #802

The suggested donation has been raised to \$5. Do you know where that money goes? The following lists include some of the ways OA Seventh Tradition money is spent at various levels of service:

GROUP LEVEL

- Meeting room rent
- Literature
- Group Subscription to Lifeline
- Copies of A Step Ahead, Freedom from Bondage, the Butterflyer etc.
- Supplies/Equipment
- Support for Group Reps
- Meeting materials/printing
- Contributions to CHI-WIF, Region 5, and World Service Organization (WSO)

INTERGROUP LEVEL

- Meeting room rent
- Printing
- Recovery events
- Reps to R5 (travel/hotel/meals/registration/...)
- Delegates to WSBC (travel/hotel/meals/registration/...)
- Health Fair/Tradeshow (PIPO)
- Publicity
- Newsletter

INTERGROUP LEVEL, continued

- Insurance
- Office Supplies and Postage
- Contributions to R5 and WSO
- CHI-WIF Website

REGION LEVEL

- Post Office Box
- Assemblies
- Insurance
- Conventions
- Website
- Officer travel expenses for Service, Concepts, & Traditions (STC) workshops and Region Chair Committee (RCC), and WSBC
- Virtual meeting arrangements
- Equipment (computers/printers/recorder/projector/ sound system?/...)
- Office supplies/postage
- Contributions to WSO
- Accountant and Tax Preparation
- Hotel Liaison, Webmaster, Parliamentarian and other professionals

REGION LEVEL, continued

- Financial assistance to InterGroups (IG) for R5 Assemblies and World Service Business Conference (WSBC)
- Subcommittees: (Each One Reach One, IG to IG Outreach, PI/PO)

WORLD SERVICE LEVEL

- WSBC
- World Service Conventions
- Board Of Trustee (BOT) meetings
- Region Chair Committee (RCC)
- Trustee travel/lodging/meals (for BOT, RCC, STC workshops, etc.)
- Employees
- Publications
- Website
- Literature
- Insurance
- Building
- Printing
- Office supplies and postage
- Translations

Is it time to work your 12 Steps?

Submitted by Belle S.

Do you know how to work the 12 Steps? Have you been shown HOW to work the 12 Steps? At meetings we are told to "WORK THE STEPS!" We are told to read parts of the Big Book and then we wait for the magic to happen.

There are many proven, workable ways to learn HOW to work the Steps. The Back-to-Basics method is one of them, and is presented every Thursday evening at St. Alexander's Catholic Church at 7025 W. 126th Street in Palos Heights, Illinois 69463.

The meeting begins AT 7 pm and ends at 8:30 pm. We follow a 4-week schedule:

-the first week of the month we study Steps 1-2-3

-the 3rd week of the month we do Steps 6-7-8-9, and

-the 2nd week of the month we do Steps 4-5

-the last week of the month we do Steps 10-11-12

Please join us; bring your 4th Edition Big Book and writing materials. This is an open meeting, so bring a friend who may be curious, or better yet, bring your Sponsor!!

If you have any questions, please call Belle @ 630-747-7669.

[Click here](#)

Connection

Contributed by Nanc J.

I wanted the incessant mind chatter to stop. It was draining my physical and mental energy. I wanted behaviors with food to stop, like eating unwashed grapes and mushrooms off the front seat of my car. I looked okay on the outside, but felt like a failure because the same ten pounds was recurring at shorter and shorter intervals.

I asked God to “stop the world and let me get off.” Instead He led me to a contact number in our local paper for Overeaters Anonymous. I learned I had a disease; it was not my fault; and WE (with phone list in her hand) would help me. I received simple directions for freedom from my obsession with the scale in the AA *Twelve Steps and Twelve Traditions*.

My “do-it-yourself” attempts of previous years came to an abrupt end. I was free to ask for help and accept help. If I wanted my life to be different, I had to muster the courage to change what I could – let other people in on my secret struggles with food.

I started to journal and asked a stranger to be my sponsor. Picking up the phone to share with a single person was easier than sharing at a meeting. Thankfully, I utilized the Twelve Steps rather than delaying action with analysis, expectations, and modifications. Trust God? You bet I did! I didn’t know where I was going. I didn’t know what I was doing. I didn’t even know where I had been!

I picked up the right foot, then the left, but not without fears, tears, and paper and pen. *Just for Today* morphed into weeks, months, years, and decades with OA buddies to share life. Every day is a new day and a new me. Connection gave me the courage to change.



A Lesson from Tradition Nine

Contributed by Corinna

Tradition Nine says, “OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2018, p. 145). Is it a contradiction that the spiritual principle of Tradition Nine is *Structure*?

This picture allows us to see that by adhering to Tradition Nine to “never be organized,” we trust in the *structure* to offer us support and keep us safe.

Tradition Nine also teaches us that we need not fear imperfection. “Meetings that are far from perfect in our eyes can still offer us the miracle of recovery. Our groups make mistakes, but most manage to survive. In fact, we find we can learn from these mistakes and grow stronger...We can relax, trust God, and appreciate the wisdom of the Ninth Tradition” (p. 147).

I can extend this lesson to my experience and growth in the program. I do not have to be perfect to recover and experience the blessings of the promises. What a relief!

I am grateful for this opportunity to work on the *Butterflyer*, as it allows me to be more fully involved with our invaluable spiritual program and beloved fellowship.

Oh, Come On! Am I Really Insane??

Contributed by Lynn P.

When I am uncomfortable in a social setting, I overeat. One afternoon, at a child's birthday party whose mom would limit sugar for her children, there was an unopened bag of peanut M&M's on the kitchen counter screaming for consumption for several hours. I finally tore the thing open and succeeded in inhaling half the bag. When the mom found it, she blamed her kids...I never told her it was me.

When my emotions get stirred up and stressed, while at a support group meeting, listening to a family's frustration and difficulty of living with a mentally ill loved one, I am thinking the entire time of where I am going to run to after the meeting for my binge food of the hour.

While listening to my 45-year old son, who at times gets emotionally overwhelmed with life's simple daily problems, I am planning on the next binge to bring me relief of parenting guilt and shame.

Out at a park or a restaurant, I get the mental twist churning from loneliness, being jealous of couples and families eating together and having fun.

Fears of various forms and shapes drive me to consume large amounts of food, hoping it will bring me back to peace and tranquility, making all my troubles disappear.

I overeat trying to wrap my self-centered mind around the fact that I have the 'malady' of food addiction, that many of my neighbors, friends and family do not have.

I stuff myself trying to block out the continuous physical pain.

I eat to chase away memories of past mistakes and broken dreams.

I compulsively overeat, thinking it will soothe my emotions, solve all of life's problems, and to escape reality.

Just how insane is it spending so much time and energy, worshiping an inanimate object like food, hoping it will magically make me sane!

How insane is that!!

I am so glad I found OA. I know I am powerless over food; my life had become unmanageable and that only my Higher Power can return me to sanity. It seems like I am giving Him quite a plateful, but as I work the steps, and work the program, thanks be to God, I am on the right path to "Happy, joyous, and free!"

IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region 5 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 1087, Lombard, IL 60148-2375



OA LINKS

VISIT THE CHI-WIF WEBSITE <http://www.chiwifoa.org/>

[Click Here](#)



Chicago Western Intergroup Far-Out
CHI-WIF

PROFESSIONAL COMMUNITY COURIER

<https://oa.org/files/pdf/Courier.pdf>

[Click Here](#)

PROFESSIONAL COMMUNITY
COURIER

REGION 5 WEBSITE <http://region5oa.org>

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 (Published throughout the Year)

[Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



<http://region5oa.org/wp-content/uploads/2019/04/FreedomFromBondageMarch2019BW.pdf>

A STEP AHEAD NEWSLETTER—4th Quarter 2018 <https://oa.org/files/pdf/asa-q3-2019.pdf>

[Click Here](#)

A Step Ahead

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

[Click Here](#)

The  Butterfly

VISIT THE OA WEBSITE <https://oa.org/>

[Click Here](#)



OA Virtual News— 4th Quarter Newsletter

[Click Here](#)



Virtual Services Committee

OA VIRTUAL NEWS

<https://oavirtualregion.org/wp-content/uploads/2019/06/2019VSNews3rdQuarter-Vol11.pdf>

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](#)

Mark your calendar

Thursday September 12, 2019	12 STEP WITHIN CALL-A THON Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. Make at least one outreach call on the 12th of the month. Click Here
Saturday, September 21 10:00 am —11:30 am	CHIWF INTERGROUP MEETING Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Room
Friday thru Sunday September 20 - 22, 2019	OA FALL 2019 RETREAT <i>RECOVERY TREASURY CHEST—What's in yours?</i> Portiuncula Center for Prayer (The Port) 9623 W St. Francis Road, Frankfort, IL 60423 Click here
Friday thru Sunday September 27 - 29, 2019	REGION 5 CONVENTION Hyatt Regency Milwaukee 333 West Kilbourn Avenue Milwaukee, WI 53203 Click here
Saturday, October 12 1:00 pm—4:00 pm	EACH ONE REACH ONE, EVERY DAY: CARRYING THE MESSAGE OF HOPE Presented by CHI-WIF Intergroup Edward Elmhurst Hospital 155 East Brush Hill, Elmhurst, IL Contact Holly (312) 590-0281 Click here

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

Overeaters Anonymous

Back-to-Basics Meeting

Every Thursday, 7:00 - 8:30 pm

St. Alexander's Catholic Church
7025 W. 126th Street, Mobile Unit #1
Palos Heights, Illinois 60463

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For information, contact Belle:

Email: belle6340@aol.com
Phone: (630) 747-7669

Directions: From Harlem, turn east onto 126th Street.
Follow the bending road to the stop sign. Turn left.
Park anywhere. Take the sidewalk south of the church to
the mobile units. Follow B2B signs to Mobile Unit #1.

Strengthen Your RECOVERY

Strengthen Your MEETING



Join the
12th-Step-Within
Call-A-Thon!

WHO: All recovering members of OA

WHAT: A day dedicated to carrying the message of recovery through the Twelve Steps to other OA members who still suffer

WHEN: The 12th of each month

WHY: Working with others one-on-one is at the core of the program. In order to keep our recovery, we have to give it away.

HOW: On the 12th of this month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.

Overeaters Anonymous Fall 2019 Retreat

September 20-22, 2019



Recovery Treasure Chest What's in yours?

Where: Portiuncula Center for Prayer (The Port)
9623 W St. Francis Rd., Frankfort, Illinois 60423

Cost: Single \$184** Double \$160**
3-Day Commuter \$114* Saturday only \$65*
(**includes room and meals, *includes meals)

Registration: 5/15/19-9/10/19

Contact and Payment: Alice Harkness

☎ 309-678-8978 ✉ mochanelle@aol.com

Join us for a weekend of encouragement, strength, and hope at the Fall 2019 Retreat.

- ABCs of recovery
- Folk dancing
- Speakers
- Meditation
- Fellowship
- Crafts
- Poetry
- Clothing exchange
- And more.

~~AFFILIATED WITH~~
~~SPONSORED BY~~ CSSI INTERGROUP

Return this portion with payment.

Mail payments to: Alice Harkness 6700 North White Fir Drive, Edwards, IL 61528

Name:			
Address:			
Phone:		Email:	
Single <input type="checkbox"/> Double <input type="checkbox"/>		Roommate:	
Commuter <input type="checkbox"/> Saturday Only <input type="checkbox"/>		Amount Enclosed:	
Add me to the contact list <input type="checkbox"/> Available to help <input type="checkbox"/> Will donate to clothing exchange <input type="checkbox"/>			

Confirmation will be sent via email.

2019 Region 5 Convention

Ride the **A** TRAIN



MARKET PLACE

“Grand Central Station”

Literature
by MAI

**Convention
Raffles
50/50**

IG Tables
\$25

Lifeline



CD Sets

**Baskets,
Boxes, or Cases**

Donated by Meetings and/or Intergroups

Contact Fundraising Chair:

Shirley L. | 608-436-0665 (text) | 608-754-0975 (voice mail)



Each One Reach One, Every Day: Carrying the Message of Hope

Presented by CHI-WIF Intergroup

- *Join us for a workshop of speakers and table discussions*
- *Share and experience ways to carry the message to newcomers and returnees*

Saturday, October 12th from 1-4pm

Edward-Elmhurst Hospital

(Lower Level – Oak Room)

155 East Brush Hill


Elmhurst, IL

Park in the Green parking lot

Suggested Donation: \$5.00


Contact Person: Holly hollyb42@gmail.com 312-590-0281

Chi-WIF Meeting List (013-09168) Last Updated September 1, 2019
(Closed—Means Only Open to People with Food Obsessions—No Visitors)

 = needs support

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 (Closed)	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 (Closed)	Sheila S. (630) 747-1001	(013-50044)
Sunday 7:00PM—8:00 PM	Oak Park 	Pilgrim Congregational Church UCC 460 Lake Street	OA 12&12 (Closed) 4h week—Meditation Mtg	Sara S. (708) 204-8893	(013-40019)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies (Closed)	Joan (815) 899-8960	(013-45133)
Monday 7:30 PM - 8:30 PM	Naperville	Yellow Box Church 1635 Emerson Lane	Format Varies (Closed) <i>Open Mtg on the 3rd Mon.</i>	David S. (630) 492-7708	(013-04500)
Tuesday Noon - 1:00 PM	Naperville	Compass Church, 1551 Hobson Road at College/Wehrli Room S101	Varies (Closed) — <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 Street	Step Study (Closed)	Sindee (630) 968-6328	(013-35752)
Tuesday 7:00 PM - 8:00 PM	Riverside 	Saints Peter & Paul Lutheran Evangelical Church 250 Woodside Road (Enter off 31st—Upstairs)	Format Varies (Closed)	Lori D. (708) 431-5491	(013-52223)
Tuesday 7:00 PM - 8:00 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies (Closed)	Sandy L. (708) 203-6451 Nancy J. (630) 440-1945	(013-21464)
Wednesday 9:30 AM - 11:00 AM	Aurora	Our Lady of Good Counsel St. Francis Center 620 S. Fifth Street	Format Varies (Open)	Diane K. (630) 816-2288	(013-08909)
Thursday Noon - 1:00 PM	Downers Grove	St. Luke's Presbyterian Church 5235 S. Fairview Avenue (at 4th & Fairview)	OA 12 & 12 (Closed)	Maggie O. (402) 968-5186	(013-47257)
Thursday 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies (Closed)	Jim M. (708) 309-4661	(013-35368)
Thursday 7:00 PM - 8:00 PM	Palos Heights	St. Alexander's Church 7025 W. 126th Street, Mobile Unit #1	Back to Basics (Open to All)	Belle S. (630)747-7669	(013-51048)
Friday 9:00 AM - 10:30 AM	LaGrange	First Congregational Church 100 South 6th Avenue at Cossitt	Format Varies (Closed)	Jane K. (708) 579-1785	(013-20655)

Chi-WIF Meeting List (013-09168) Last Updated September 1, 2019
(Closed—Means Only Open to People with Food Obsessions—No Visitors)

 = needs support

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 and Plainfield Roads	Format varies (Closed)	Chris K. (708) 579-0656	(013- 38938)
Saturday 8:30 AM - 9:30 AM	Roselle	Trinity Lutheran Church 405 W Rush Street Conference Room 119	Big Book, Steps (Open)	Liz B. (636) 346-3829	(013- 36157)
Saturday 9:00 AM - 10:00 AM	Winfield	St. John the Baptist Church 0S233 Church Street Meeting held in room above the double-door garage (Need code to get in—Contact Dan)	Format Varies (Closed) Open Mtg. 5th Sat.	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 (Closed)	Twanna (773) 540-5797	(013- 35325)
Saturday 10:15 AM - 11:30 AM	Elmhurst	Epiphany Evangelical Lutheran Church 314 W Vallette Street (Spring & Vallette) 1st Room from Parking lot	Format Varies (Closed — <i>Open Mtg on the 5th Sat.</i>	Laura W. (708) 284-6247	(013- 32222)
Saturday 11:00 AM-12:00 PM	Dekalb	Alamo Club 312 E. Taylor Street	Literature Study (Closed)	Alice S. (815) 762-5932	(013- 54618)

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

<i>Percent</i>	<i>Service Body</i>	<i>Address</i>	<i>CHI-WIF INTERGROUP NUMBER IS 013-09168</i>
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 44727 Rio Rancho, NM 87174-4727	WORLD SERVICE CONTRIBUTION FORM Click Here for mail-in form Click Here for on-line contribution
10%	Region*	Region 5 Treasurer PO Box 1087 Lombard, IL 60148-2375	REGION 5 CONTRIBUTION FORM Click Here (No longer mail receipts— Send a self-addressed stamped envelope or email address.)

*Include full meeting information with your payment