

# The Butterflyer

The April 2016 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 STRUCTURE OF OA REGIONS

Overeaters Anonymous is a world-wide fellowship. Meetings can be initiated by a group anywhere. Each meeting functions best when affiliated with an Intergroup in order to get up to date OA information and to get help from the intergroup when needed.

The Intergroups band together and are overseen by a "region". The world is divided into ten regions; we reside in Region 5. Our Region includes Wisconsin, northern Illinois, Indiana, Ohio, Kentucky and part of Canada. That includes nearly 75 Intergroups representing many OA meetings.

Our Region's purpose is to aid those with the problems of compulsive eating through the 12 Steps & 12 Traditions of Overeaters Anonymous, guided by the 12 Concepts of OA Service, and to serve and represent the OA Intergroups and Groups from which we are formed.

Once a year Region 5 has a Convention, which is its primary fundraiser. The next Region 5 Convention will be held on September 16-18<sup>th</sup> in Detroit. Conventions are wonderful celebrations of recovery and include dynamic speakers, raffles, fellowship, and a terrific Saturday night banquet with entertainment. Come and join us in Detroit and experience a Region 5 Convention you will never forget.

Consider becoming involved in our Region 5 work of spreading the OA message. Visit the Region 5 website at [www.region5oa.org](http://www.region5oa.org)

### How does Region 5 serve you?

- Practice and safeguard the Steps, Traditions, & Concepts of Service of Overeaters Anonymous.
- Maintain direct communication and work with Groups, Intergroups, and other Regions.
- Provide a personal, immediate means of answering urgent questions from individuals, Groups, and Intergroups. Offer support/suggestions/experience with difficult situations.

[Continued on page 5](#)

## ASK MS. BUTTERFLYER



**Question:** What is the difference between Bylaws and Standing Rules?

**Answer:** Bylaws are the written rules to govern OA. They outline the structure of the board and the organization. The document lays out the rights of members and determines the procedures to exercise those rights.

Standing Rules are a board document. Unlike bylaws which can be changed only by membership, standing rules can be changed more easily.

Standing rules outline the procedures not included in the bylaws. They cannot conflict with the bylaws.

OA, Region, and Intergroups each have their own Bylaws and standing Rules.

**Do you have a question for Ms. Butterflyer?**

## UPCOMING TOPICS

### March

OA Structure—Regions

### April

OA Structure— World Service Organization (WSO)

### Editorial Statement

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### CHI-WIF Officers

Chair - CJ M 708-218-1904  
Vice Chair - Belle S 630-747-7669  
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***

**April 16, 2016**

**10-11:30AM**

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

**CAFETERIA OAK ROOMS**

By NJ

## IS THERE NO EXCEPTION?

(Alcoholics Anonymous p. 27)

I felt doomed by incessant thoughts of food, weight, and failure. Suicidal thoughts terrified me. I feared I would be locked up in Mercyville emotionally dead, if not physically dead from the barrage of messages.

After the devastating diagnosis of chronic alcoholism, Rowland Hazard asked Dr. Jung, "Is there no exception?" The doctor explained that a vital spiritual experience, a phenomenon of emotional displacements and rearrangements, occurred occasionally. He added that he had been unsuccessful in producing that emotional rearrangement in him or other alcoholics like him. However, this drowning man was freed of the merciless mental obsession by God's grace and power.

Sacred Awe and Amazing Grace are two familiar terms many of us use to describe the overwhelming awareness of God's presence intervening in the darkness of our lives. How blessed I am to have been relieved of the mental obsession by a God who wants all his people to live free of addiction.

### HANDY LINKS -



#### PUTTING ON A WORKSHOP

We have been asking for groups to volunteer to put on workshops. This does not have to be an overwhelming task. Here is a limited, defined way for you to do service without committing to a long-term service position.

Here is a link to workshop materials. It is practically done for your. Our intergroup will help you get the word out, finance the undertaking, and provide guidance. Reach out to our Vice Chair for assistance. Follow the link to easy-peasy workshops:

<https://oa.org/groupsservice-bodies/resources/workshop-formats/>

### THE LITERATURE CORNER



#### LIFELINE

Lifeline is an OA magazine which is published 10 months of the year. It contains short articles written by OA members that are inspiring and informative about their journey to recovery. This month's issue is 27 pages of colorful, beautifully edited material that can be carried in a purse or duffle bag. You may subscribe for 1 year for \$23., or you can subscribe to the electronic e-Lifeline for \$13 and view it online. You are invited to submit articles to Lifeline and the details are in the magazine. It arrives in a plain white envelope, so no one needs to know that you are receiving OA material. The inside back cover always has a copy of the Twelve Steps and the Twelve Traditions, and the outside back cover always prints the Serenity Prayer. It is really "a meeting on the go" and a valuable tool for working your OA Program. A subscription could be a wonderful gift to someone in the Program or even as a resource to a library in a school or church.



Watch this space next month for a new series.

#### IMPORTANT CONTACT INFO:

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)

Chi-Wif Website [www.chiwifoa.org](http://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 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:

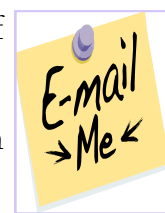
[MSBUTTERFLYER@YAHOO.COM](mailto:MSBUTTERFLYER@YAHOO.COM)

or send by regular mail to: CHI-WIF IG PO Box 4419

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](mailto:MSBUTTERFLYER@YAHOO.COM)



# ANNOUNCEMENTS

Sunday, April 3 6:00 pm—7:00 pm CST*	<b>TALK WITH THE TRUSTEE FIRST SUNDAY OF THE MONTH</b> Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email <a href="mailto:vst4oa@hotmail.com">vst4oa@hotmail.com</a>
Friday, April 15	<b>LIFELINE MAGAZINE DEADLINE</b> to submit your story about how OA helped you handle “struggles, stresses, and setbacks.” <a href="#">Click Here</a>
Sunday, April 10 2:00 pm—3:00pm CST*	<b>2ND SUNDAY SERVICE &amp; RECOVERY TELEPHONE WORKSHOP</b> (Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers) “There are no musts... But is it good for OA as whole?” Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email <a href="mailto:vst4oa@hotmail.com">vst4oa@hotmail.com</a>
Saturday, April 30	<b>LIFELINE MAGAZINE DEADLINE</b> to submit your ideas for topics to read in 2007 issues. Email <a href="mailto:info@oa.org">info@oa.org</a> with subject :Lifeline topics”
September 1—4	<b>WORLD SERVICE CONVENTION</b> Boston <a href="#">Click Here</a>
September 16—18	<b>REGION 5 CONVENTION</b> Detroit Bus Service Available <a href="#">Click Here</a> <a href="#">Click Here</a>

## \*VIRTUAL MEETING CONTRIBUTIONS ARE DOWN BY ABOUT 40%

Remember, these are meetings and we have to be self supporting. Contributions for Virtual meetings or for Virtual Services are made the same ways other donations are made to World Service. Remember to indicate Virtual Services. There is a link to donations on the last page of the [Butterflyer](#).

**Be sure to indicate Virtual Services in the Group Area of the form or on the memo line of your check**

**WANT TO SEE YOUR GROUP'S EVENT LISTED HERE? SEND YOUR FLYER OR INFORMATION TO  
[MSBUTTERFLYER@YAHOO.COM](mailto:MSBUTTERFLYER@YAHOO.COM)**

# OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE

[Click Here](#)



Chicago Western Intergroup Far-Out  
CHI-WIF

PROFESSIONAL COMMUNITY COURIER

OA News and Information for the Professional Community

[Click Here](#)

PROFESSIONAL COMMUNITY  
**COURIER**

REGION 5 WEBSITE (New and Improved)

[Click Here](#)



**REGION 5 OF OVEREATERS ANONYMOUS**

FREEDOM FROM BONDAGE—Region 5 December 2015 Newsletter

[Click Here](#)

Writings from March  
Assembly [Click Here](#)

**FREEDOM FROM BONDAGE**

OVEREATERS ANONYMOUS REGION 5



A STEP AHEAD NEWSLETTER—First Quarter 2016

[Click Here](#)

**A Step Ahead**

BUTTERFLYER—Past Issues

[Click Here](#)

The  Butterflyer

VISIT THE NEWLY RE-DESIGNED OA WEBSITE

[Click Here](#)



MEETINGS—Location, Days, & Times (To find all meetings in our Intergroup, use 09168 for the Intergroup number for CHIWIF)

[Click Here](#)



# **Overeaters Anonymous**

**Region 5 Convention – Detroit, MI**



## **Take the Freeway of Recovery**

**September 16-18, 2016**

**Sheraton Detroit Metro Airport Hotel**  
8000 Merriman Road • Romulus, Michigan

FOR MORE INFORMATION

Bus Service Available—Registration ends 6/1/16

[Click Here](#)

[Click Here](#)

## How does Region 5 serve you? (Continued from Page 1)

- Hold Region assemblies two - three times a year during which Intergroup representatives and Region Board members meet to administer and conduct Region business. At these assemblies, we also arrange sessions in which your Intergroup representatives share exciting and effective ways of strengthening abstinence, retaining members, and solving vital Intergroup issues.
- We provide funding assistance based on need to help Intergroups
- Send representatives to Region assemblies
- Send delegates to World Service Business Conference
- Participate in public information programs to spread the word about OA in their area
- We publish the "Freedom from Bondage" newsletter two -three times a year.
- We maintain the website [www.region5oa.org](http://www.region5oa.org) with event information, Intergroup links, Region business, forms, etc.
- We work with unaffiliated Groups to link them with an Intergroup wherever possible. We represent the unaffiliated Groups at World Service Business Conference.
- We maintain a list of Region 5 OA speakers available to Intergroups throughout the Region.

## AHORA DISPONIBLE EN ESPAÑOL

A member has translated *Courier* 2013 and 2014 into Spanish, in service. We've had them designed, and the newsletters are now posed on the OA Spanish-language website.

Here is the direct link:

<http://espanol.oa.org/medios-de-comunicacion-publicaprofesionales/para-refiriendose-profesionales/>

## IS YOUR GROUP LISTED HERE ??? We're Making Progress. Thank you.

Here is a list of meetings that have not responded to our request for updated information. We need the following information for your group. Please be sure to specify the location, day and time.

Secretary—Name, Address, Phone Number and Email address. (You must have an email address to receive notifications from the Intergroup). Your information is not published.

Meeting Contact—Name, Phone Number and Email address. (You must have an email address to receive notifications from the Intergroup) Your First Name and phone number is published in the Butterflyer as a group contact for people seeking information about your meeting.

Batavia	Sunday	5pm
LaGrange	Sunday	7pm
Yorkville	Monday	7pm
Wheaton	Monday	7pm
DeKalb	Monday	10am
Naperville	Tuesday	12pm
Darien	Tuesday	5:30pm
Darien	Tuesday	7pm
St. Charles	Tuesday	7:30pm
Montgomery	Wednesday	9:30am
Geneva	Wednesday	7pm
Wheaton	Thursday	10am
LaGrange	Friday	9am
Darien	Friday	5:30pm
Bartlett	Friday	7pm
Burr Ridge	Saturday	8am

When	City	Where	Type of Meeting	Contact	Group #
<b>Sunday</b> 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)
<b>Sunday</b> 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)
<b>Sunday</b> 7:00PM—8:00	Oak Park	Good Shepherd Lutheran Church 611 Randolph Street (New Listing)	OA 12&12 (Candlelight)	Sara S. (708) 204-8893	(013-40019)
<b>Monday</b> 10:00 AM - 11:30	DeKalb	Senior Center 409 S Grove	Format Varies	Joan (815) 899-8960	(013-45133)
<b>Monday</b> 7pm-8pm	Wheaton	St Paul Church 515 South Wheaton Ave	OA Literature	Kim (630) 858-6295	(013-50466)
<b>Monday</b> 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)
<b>Tuesday</b> Noon - 1:00 PM	Naperville	Compass Church, 1551 Hobson Road at College/Wehrli Room 3101	Varies— <i>Open Mtg on the 5th Tues.</i>	Marilyn (630) 416-3723	(013-39620)
<b>Tuesday</b> 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 <b>Back to Basics</b>	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)	Format Varies Open to All	Kathleen (773) 458-6137	(013-52223)
<b>Tuesday</b> 7:00 PM - 8:00 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies	Debbie (847) 695-2181	(013-21464)
<b>Wednesday</b> 9:30 AM - 11:00	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Jim M (708) 309-4661	(013-08909)
<b>Thursday</b> 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)
<b>Thursday</b> 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)
<b>Thursday</b> 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Diane K (630)816-	(013-35368)
<b>Thursday</b> 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego	Format Varies	Barbara H. (630) 674-9341	(013-51364)
<b>Thursday</b> 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 on the 5th Thursday.</i>	Sarah E. (708) 705-5801	(013-04530)
<b>Friday</b> 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)
<b>Friday</b> 9:00 AM - 10:30	LaGrange	First Congregational Church 100 South 6th Avenue at Cossitt	Format Varies	Jane K. at (708) 579-1785	(013-20655)
<b>Friday</b> 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)
<b>Friday</b> 7:00PM—8:00PM	Bartlett	Living Lord Lutheran Church 1044 Congress Drive	Format Varies	Dwayne G (630) 433-0656	(013-53121)

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)
<b>Saturday</b> 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)
<b>Saturday</b> 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>	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— <i>Open Mtg on the 5th Sat.</i>	Laura W (708) 284-6247	(013-32222)



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

Percent	Service Body	Address	CHI-WIF INTERGROUP NUMBER IS 013-09168
60%	Intergroup*	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532	CHI-WIF CONTRIBUTION FORM <a href="#">Click Here</a>
30%	World Service*	World Service Office PO Box 44020 Rio Rancho, NM 87174-4020	WORLD SERVICE CONTRIBUTION FORM <a href="#">Click Here</a> for mail in form <a href="#">Click Here</a> for on-line contribution
10%	Region*	Region 5 Treasurer PO Box 199223 Indianapolis, Indiana 46219	REGION 5 CONTRIBUTION FORM <a href="#">Click Here</a> for mail in form

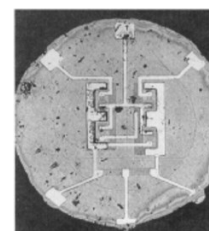
\*Include full meeting information with your payment



April 3, 1973—First Mobile Phone Call



April 14, 1956—Ampex Introduce the First Commercial Videotape Recorder



April 25, 1961—Robert Noyce is granted a patent for the chip