

# The Butterflyer

The April, 2017 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.

## PROGRAM BASICS GET A SPONSOR!

Why should I have a sponsor? This is a “we” program. It is not meant to be worked alone. Recovery is possible with a dependence on your Higher Power, and with the help of a member who is abstinent and is working with his/her own sponsor.

Who are sponsors? Sponsors are abstinent OA members who are living in accord with the Twelve Steps, follows a healthy food plan and who has a sponsor and is willing to share their recovery with other member.

How do I find a sponsor? Attend as many meeting as you can as a newcomer. Listen to the sharing and particularly when the meeting allows people who sponsor to introduce themselves. Ours is a program of attraction. You will choose someone who has the peace of mind and recovery you are seeking. Then you approach that person after the meeting and ask if he or she would be able to sponsor you. It's just that easy. Sharing their recovery gives sponsors the opportunity to renew and reaffirm their own program of recovery. Sponsors are privileged to help a newcomer. Exchange of contact information should follow and then a convenient arrangement will result. Many meetings have phone lists with sponsors indicated on the sheet. You may call anyone on a phone list and ask, “Is this a good time for you? May I ask you some questions about OA?” Then you can determine if that person is able to sponsor you.

You may also hear someone on a telephone or online meeting who is working a good program and may be available to sponsor you. Understand the sponsee-sponsor relationship is based on two compulsive eaters working together for the recovery of both. Anyone who feels sponsee are “lower” or “inferior” is not a suitable sponsor. Everyone is working to stay sane just one day at a time. Be sure you sense a kind and understanding attitude in the person you ask to be your sponsor.

## ASK MS BUTTERFLYER



**Question:** *I heard Overeaters Anonymous is going to be conducting a group survey that will be sent to our group secretary. How do we make sure that information is up to date?*

**Answer:** *The OA.org website makes this pretty easy. It is important your group keep this information up to date.*

1. **Here is a link:** <https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/>
2. **Choose the Edit a meeting option**
3. **Enter your group number (shown in the Butterflyer) or look up the location**
4. **Choose Edit a Meeting**
5. **Update the Contact and Secretary Information**

*If you need help, contact MSButterflyer at MSButterflyer@Yahoo.com*

*Submit your questions to MSButterflyer@yahoo.com*

## UPCOMING TOPICS

May - Program Basics  
ALL ARE WELCOME

June - Program Basics  
NO DUES OR FEES FOR MEMBERS

### Editorial Statement

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### CHI-WIF Officers

Chair - Dave C 630-778-0226  
Vice Chair - Vacant  
Secretary - Vacant  
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 15, 2017  
10-11:30AM*

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

## Abstinence is Liberating By NJ

If you do not already subscribe to Lifeline, I encourage you to either order the hard copy or online version. The articles are written by us, the WE you read in the Steps and sit next to at meetings.

An example is March 2017, Newcomers' Corner p. 25. The title is "Mudroom Madness." The writer tells us of her exorbitant spending on weight-loss programs, deceptive practices, and the incidents that brought her through OA doors.

In six months and a 25 pounds weight loss, her glucose reading returned to normal. Even better than that, she discovered being honest with herself gave her choices rather than restrictions. The writer chooses the support from members and her tools rather than chew her way through life.

We are powerless over food, but not helpless.

### HANDY LINKS - UNITED WE STAND



Principle of Tradition One and Concept One – Unity "Our common welfare should come first; personal recovery depends upon OA unity."

Tradition One – "The ultimate responsibility and authority of OA world services reside in the collective conscience of our whole Fellowship." – Concept One The principle of Tradition One and Concept One is Unity. The workshop speakers share their individual stories of recovery and how unity is important in both their service work and in their working with others. For additional study, review The Twelve Steps and Twelve Traditions of Overeaters Anonymous and The Twelve Concepts of OA Service

[Listen Now - United we stand](http://oa.org/files/mp3/Jan-10-Service-My-Recovery-Unity.mp3) | [Download](#)  
<http://oa.org/files/mp3/Jan-10-Service-My-Recovery-Unity.mp3>

#### 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 1087 Lombard, IL 60148-2375 (New Address)



### Twelfth-Step-Within - Successful Methods



Everyone needs a safe and caring environment to achieve progress in recovery. Newcomers and those in relapse are particularly vulnerable, and they need us to talk to them with the utmost sensitivity. When working with those who are still suffering, we must remember that relapse is not contagious; in fact, working with others will strengthen and reinforce our own recovery. Do not be disappointed or discouraged if the results you hope for do not materialize. Remember that nothing will hinder our message more than being judgmental toward those we are trying to serve. Above all, we must be loving and compassionate. The following are suggested ways for individuals and groups to support their members.

#### Individuals

1. Contact members you have stopped seeing at meetings.
2. Share your experience in using the program to come through relapse and return to recovery.
3. Offer to take someone who may be isolating to a meeting.

#### Groups

1. Invite speakers with experience in recovery from relapse to share.
2. Urge all abstinent members to reach out to others before, after and between meetings.
3. Hold a workshop or retreat about recovery from relapse

"Our real purpose is to fit ourselves to be of maximum service to God and the people about us." -Alcoholics Anonymous, 4th ed., p.77

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

Friday< March 24— Sunday March 26	<b>MILWAUKEE CONVENTION—THERE'S STILL TIME</b> SHERATON MILWAUKEE BROOKFIELD HOTEL 375 S. Moorland Road, Brookfield, Wisconsin <a href="#">Click Here</a>
Sunday, April 2 7 pm—8 pm CST	<b>TALK WITH THE TRUSTEE</b> Phone: 641-715-3818 Pin: 925619# Press *6 to mute and unmute Call in and ask your questions and share your insights or concerns!
Monday, April 10 7:00 am—11:00 pm	<b>PASSOVER BEGINS</b> Phone: 712-432-5200 Pin: 4285115# Releasing the Chains of Addiction
Saturday, April 15 10:00 am—11:30 am	<b>CHIWIF INTERGROUP MEETING</b> All are welcome! We have many vacancies and need your help  <b>NOMINATIONS FOR MAY ELECTIONS</b> <a href="#">Click Here</a>
Sunday, April 16 7:00 am—11:00 pm	<b>EASTER</b> Phone: 712-432-5200 Pin: 4285115# Easter in Recovery
Tuesday, April 18 7:00 am—11:00 pm	<b>PASSOVER ENDS</b> Phone: 712-432-5200 Pin: 4285115# Free to be Me

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

Tuesday, 7pm Riverside Meetings Need Support ♥  
 Friday, 7am Oak Park Meeting Needs Support ♥  
 Sunday, 7pm Oak Park Meeting Needs Support ♥

# OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE <http://www.chiwifo.org/>

[Click Here](#)



Chicago Western Intergroup Far-Out  
CHI-WIF

PROFESSIONAL COMMUNITY COURIER <https://oa.org/new-2017-courier-newsletter/>

[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 November 2016

[Click Here](#)

**FREEDOM FROM BONDAGE**

OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2016/12/FreedomFromBondage2016.11-1.pdf>

A STEP AHEAD NEWSLETTER—4th Quarter 2016 <https://oa.org/fourth-quarter-step-ahead-now-online/>

[Click Here](#)

## A Step Ahead

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

[Click Here](#)

## The Butterflyer

VISIT THE NEWLY RE-DESIGNED OA WEBSITE <https://oa.org/>

[Click Here](#)



OA Virtual News—January 2017 **NEW**



**OVEREATERS ANONYMOUS**  
Virtual Services Committee  
**OA VIRTUAL NEWS**

[Click Here](#)

<http://www.oavirtualservices.org/wp-content/uploads/2016/11/OA-VIRTUAL-NEWS-JANUARY-2017.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](#)



### ***Needed: Secretary Contact Info for Your Meeting***

OA will be conducting an **electronic member survey** later this year, and we are asking that **all meetings review their secretary information**, especially email addresses.

Updating your meeting information is easy. Go to [Find a Meeting](#) and click on [Edit an Existing Meeting](#). The survey will enable OA to continue providing information about the OA program and strengthen OA's mission to foster a message of **hope, strength, and recovery** from compulsive overeating.



### **CHI-WIF SPEAKERS ARE AVAILABLE**

Is your meeting looking for a speaker? The Chi-Wif Intergroup has speakers available to come to your meeting. Please email [MsButterflyer@yahoo.com](mailto:MsButterflyer@yahoo.com). Provide your group information including day, time, location, desired date, and your group's abstinence requirement.

### **2017 REGION 5 CONVENTION REGISTRATION OPEN**



Conventions are open to anyone. There is no requirement of abstinence. They are designed to immerse you in OA recovery, see old friends, make new ones, and have fun. Consider taking the bus to enjoy yourself even more. Scholarships for registration are available.

[Click Here](#) to register on-line

<http://www.region5oa.org/events/2017-region-5-convention/>

[Click Here](#) for bus information

<http://www.region5oa.org/wp-content/uploads/2017/03/2017BusFlyer.pdf>





Overeaters Anonymous Group  
THIS GROUP IS OPEN TO ALL

***Tuesday Nights 7-8:30PM in Darien***

# **Back to Basics**

**Bring a Big Book, writing materials and your willingness for an efficient, productive study of the Twelve Steps.**

Place: Lord of Life Lutheran Church - Front Door  
Address: 725 75<sup>th</sup> Street, Darien, IL 60516

Date: Tuesdays, from 7pm-8:30pm (Steps 1, 2, & 3 the first week, 4&5 the second, 6,7,8,&9 the third, 10,11,&12 the fourth).

**COME AND COMPLETE ALL 12 STEPS IN A MONTH!**

**We are located on 75th Street west of Highway 83 (Kingery) and east of Cass Avenue in Darien.**

***From the east:* On 75<sup>th</sup> Street at Route 83 go west past the church. There is no way to cross over to other side of street legally until you can make a U turn at the second light at the McDonald's. Then you can come back to the church parking lot.**

***From the west:* From 75th Street turn right into the parking lot before you pass the Church.**

For further information, contact

Belle (630-747-7669)

Every Tuesday night from 7 to 8:30pm there is an OA Step Study meeting, called Back to Basics. It is based on the method that AA uses in their Beginners' Meetings. It is a four week Twelve Step study – the first week of the month we cover Steps 1-2-3, the second week of the month we cover Steps 4-5, the third week we cover Steps 6-7-8-9, and the fourth week of the month we cover Steps 10,11,12. There are sharing partners (or sponsors) available for help for the month who will use Back to Basics method.

The address is 725 75<sup>th</sup> Street in Darien at the Lord of Life Lutheran Church. We start promptly at 7pm. Just bring your Big Book and some writing materials. Starting the first week of the month is beneficial although you may come anytime. It is an open meeting, so if you aren't an OA member, and are curious, please come. If you have any questions, please call Belle at 630-747-7669.

♥ = needs support

## Chi-WIF Meeting List (013-09168) Last Updated 03/2017

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 PM	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 AM	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	Katie H. (630) 864-7419	(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 AM	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Diane K. (630) 816.2288	(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	Jim M. (708) 309-4661	(013-35368)
<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 AM	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> 5:45 PM—6:45 PM	Naperville	Unity In Naperville 1600 Shore Rd Unit C	Big Book & Step 11 Prayer and Meditation Focus	Sharon (630)404-5882	(013 - 54526)

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 208 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 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) 1st Room from Parking lot	Format Varies— <i>Open Mtg on the 5th Sat.</i>	Laura W (708) 284-6247	(013-32222)
<b>Saturday</b> 11:00 AM - 12:00 PM <b>NEW MEETING</b>	Dekalb	Alamo Club 312 E. Taylor St	Literature Study	Scot (407) 913-1902	(013-54618)



## 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

30% World Service\* World Service Office  
PO Box 44020  
Rio Rancho, NM 87174-4020

10% Region\* Region 5 Treasurer  
**PO Box 1087**  
**Lombard, IL 60148-2375**

CHI-WIF CONTRIBUTION FORM  
[Click Here](#) \*We no longer mail receipts

WORLD SERVICE CONTRIBUTION FORM  
[Click Here](#) for mail in form  
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM  
[Click Here](#) for mail in form (**New form**)

\*Include full meeting information with your payment



April 1, 2008  
BBC Flying Penguin Hoax



April 19, 1775  
Patriots' Day



April 27  
Tell a Story Day