

The Butterflyer

The August 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 OA CONVENTIONS

OA Conventions are recovery parties! Conventions are sponsored by all three of the OA Service bodies. There are **World Service Office** Conventions, **Region** Conventions and Conventions held by several **Intergroups** working together. We are so fortunate to live in an area in which all three service levels are active and thriving.

In September there will be a World Service Convention from the 1st to the 4th in Boston. Later in the same month there will be the Region 5 Convention from the 16th to the 18th in Detroit. Many of us attended the Convention held in September of 2015, in Schaumburg. That Convention was sponsored by five Intergroups from this area and was attended by OA members from all over the country. It was a blast and the participation was astounding.

The agenda for OA Conventions include recovered speakers, workshops, a boutique, literature sales, raffle baskets, a banquet-dinner dance, and amazing fellowship. An OA Convention is a joyous celebration of recovery and of our OA program. The hope, inspiration and exuberance of those attending and participating provide fuel for our OA "fire" and can be such fun. The people who become friends at Conventions are often reunited at other OA events, and as well as keep in touch for years.

Our recovery network can span the globe, if you attend a convention. If you have never attended a convention, don't let the opportunity pass you by this month. (like the one being held in Boston on September 1-4), Region Conventions (like the Region 5 Convention being held on September 16-18), and the Intergroup Conventions.

UPCOMING TOPICS

September

OA Structure— WSBC (Who Goes, What is done there, Committees)

October

How are Changes Made in OA

Editorial Statement

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ASK MS. BUTTERFLYER



Question: I have listened to all the podcasts on the OA.Org website. Does ChiWif have any kind of lending library?

Answer: Our intergroup has purchased the recordings from many conventions and business conferences. We are able to lend you a CD (yes, we even still have some on cassette tape).

Just come by for one of our meetings and check out the "library" and what we do at our meetings.

Do you have a question for Ms. Butterflyer? Send it to MSButterflyer@yahoo.com

CHI-WIF Officers

Chair - CJ M 708-218-1904

Vice Chair - Vacant

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

August 20, 2016

10-11:30AM

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

CAFETERIA OAK ROOMS

By NJ FORGIVENESS

Where does it begin? With me. A decision. Regardless of whether I seek forgiveness or to give the gift of forgiveness, it begins with me. There is no peace without forgiveness. My peace.

The original self-centeredness, my pride, has all the answers or thinks I should have, are a roadblock to humility. In humility, I am aware of smallness to God and all of creation. Focusing on others keeps me right-sized, while focusing on self keeps me the center of the universe.

My ability to listen with an open heart and closed lips gives me direction in my spiritual journey. Can I put myself in the other person's circumstances: What is his/her story? How did I participate in this situation?

For starters, I'm a mom, mother-in-law, sponsor, friend, and neighbor. I do not lack opportunities to mess-up. What did I do before the Twelve Steps? Compulsive food behavior. But today, I have tools. I write a narrative, inventory, or unsent letter and let it marinate. I choose my words and rehearse, remembering simplicity is core. I am sorry. I was wrong. Can you forgive me?

Restitution is easier than matters of the heart. I recently read that there are no shoulds in matters of the heart. It creates a greater need for God. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." Alcoholics Anonymous p. 77

HANDY LINKS -

NEW!!! Seventh Tradition Table Card



Use this downloadable tabletop tent card to encourage members to make a Seventh Tradition contribution. Every donation makes a difference. OA uses contributions to extend a helping hand and heart to still-suffering compulsive eaters around the world—both inside and outside the OA meeting rooms!

To download the Seventh Tradition Table Card:

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

BYLAW BYLINE

World Service Office Delegates and Regional Representatives



Our Intergroup is a part of Region 5, which rolls up to the World Service Office (WSO). This article of our bylaws dictates how we decide who will represent us to these larger groupings, and what their duties are as our representatives.

For the WSO, we elect delegates and alternates. For Region 5, we elect Regional Representatives (RRs). Although not required, these are often the same persons as this allows greater continuity of service. Each November we elect these representatives at our regular intergroup meeting.

Qualifications for both offices are dictated by the bylaws of those groups (not more bylaws!), which basically state that the RR representative should have a year of abstinence, two years of intergroup experience, and adherence to the twelve steps, traditions, and concepts. WSO representatives must have service at the Region level.

The duties are simple: attend meetings (1 WSO business conference, 2 Region V assemblies), provide a written report of actions in those meetings, and generally keep the intergroup informed.

Delegates and RRs may be removed from their role after missing 3 consecutive intergroup meetings, by majority vote of intergroup representatives, or by resigning at any time.

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.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

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

Saturday, August 6 9:00 am—12:00 pm EST Picnic Lunch and Beach to Follow	FREEDOM FROM BONDAGE MINI CONFERENCE Episcopal Epiphany Church, 410 Erie Street; South Haven, MI Click Here
Tuesday, August 9	Article deadline for <u>Freedom from Bondage</u> Concepts of Service 6-11 Send your article to r5newslettersubmission@gmail.org Read Concepts of Service: https://oa.org/groupsservice-bodies/guidelines/twelve-concepts/
Sunday, August 7 6 pm—7 pm CST	TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619#
Sunday, August 14 2 pm—3 pm CST	SERVICE AND MY RECOVERY Phone: 641-715-3818 Pin: 925619#
Saturday, August 20 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! Click Here
September 1—4	WORLD SERVICE CONVENTION Boston Click Here
September 16—18	REGION 5 CONVENTION Detroit Click Here

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

Thursday, 7pm Oswego Meeting needs Support ❤

IF YOUR GROUP IS LISTED HERE, YOU
ARE NOT RECEIVING IMPORTANT OA
INTERGROUP INFORMATION.

We need your secretary's name, address, phone,
and email. Generally, we no longer mail
information so you must have an email address or
designate one to receive our emails.

Contact MSButterflyer@Yahoo.com

<u>Meeting</u>	<u>Day</u>	<u>Time</u>
Yorkville	Monday	7pm
DeKalb	Monday	10am
Bartlett	Friday	7pm

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 March 2016 Newsletter

[Click Here](#)

Writings from November
Assembly [Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



A STEP AHEAD NEWSLETTER—Third 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 CHI-WIF)

[Click Here](#)

Is your OA group thinking about putting on a Workshop?

HOW TO SPONSOR AN EVENT!

1. Discuss the idea at your meeting. Choose a theme/title. Always keep in mind the Twelve Steps and Twelve Traditions when considering topics, speakers and activities for your event.
2. Decide on the possible month, day of the week, hours, and place for the event. Decide if it should be a recovery workshop, marathon, or social event. **You are free to plan your event at any reasonably priced, centrally located venue.**

Note: *If you are planning to have the workshop at Elmhurst Hospital, you will contact Dawn A. at 331-221-6338, and she will help you with the availability and details. Our usual room is the Oak Room and the set up is called Classroom style, w/ tables and chairs (for 70?) w/ tables around the room and also in the hall for registration. The acceptable donation here is \$50 for the room and a dollar for every person over 50 participants.*

3. Have your Intergroup Rep. attend the next IG meeting with the details that were discussed at your meeting.
4. Here is where you will find out if there are conflicting events, such conventions or other workshops from our IG or neighboring IGs. You will be also be given the IG Guidelines for Speakers, and the list of OA Approved Literature which can be quoted or referenced at the event. No non-approved materials can be mentioned, shown, or referred to at an OA event.
5. Next your group will develop a flyer for publication which will contain Overeaters Anonymous, as well as the group's name added to "Sponsored by Chi-Wif and the _____ group". Details should be concisely explained on the flyer. Admission should include "Suggested donation of _____ - no one will be turned away." All Chi-Wif sponsored events are open to any interested individuals. The contact persons listed should be by first name only, remembering our Anonymity.
6. When the flyer is in its rough draft stage, please bring it or email it to an IG officer for proofreading. When it's ready to distribution, you can bring copies to the IG and send it electronically to the Butterflyer Editor for publication as well as bring to as many OA meetings as you can.
7. Sponsoring an OA event is a stimulating way to spread the message, and an exciting tool in all the participants' recovery. Be sure to start brainstorming ideas early enough to secure the IG involvement and to allow for time for publication of the flyer. These considerations will help insure good attendance.

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	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	Sheila S. (630) 747-1001	(013-50044)
Sunday 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)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies	Joan (815) 899-8960	(013-45133)
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	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)
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>	Marilyn (630) 416-3723	(013-39620)
Tuesday 5:30 PM - 6:30 PM	Darien	Lord of Life Lutheran Church 725 75 th St.	Step Study	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	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)
Tuesday 7:00 PM - 8:00 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies	Debbie (847) 695-2181	(013-21464)
Wednesday 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)
Thursday 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)
Thursday 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)
Thursday 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)
Thursday 7:00 PM - 8:00 PM	Oswego ♥	Wheatland Salem Church 1217 Wolf Road, Oswego	Format Varies	Barbara H. (630) 674-9341	(013-51364)
Thursday 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)
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 th St.	Big Book Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
Friday 5:45 PM—6:45 PM	Naperville	Unity In Naperville 1600 Shore Rd Unit C	Big Book reading—special focus on Steps 10, 11, 12	Sharon (630)404-5882	(013 -54526)
Friday 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 #
Saturday 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)
Saturday 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)
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>	Amber M (312)-929-6408	(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>	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 Click Here *We no longer mail receipts
30%	World Service*	World Service Office PO Box 44020 Rio Rancho, NM 87174-4020	WORLD SERVICE CONTRIBUTION FORM Click Here for mail in form Click Here for on-line contribution
10%	Region*	Region 5 Treasurer PO Box 199223 Indianapolis, Indiana 46219	REGION 5 CONTRIBUTION FORM Click Here for mail in form

*Include full meeting information with your payment



August 5, 1865
Lincoln signs 1st Federal Income Tax Law



August 15, 1969
Woodstock



August 31, 1786
Shays' Rebellion Began