

# The Butterflyer

The August, 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

### The Twelve Steps

“Our way of life, based on these twelve steps and twelve traditions, has brought us physical, emotional and spiritual healing, that we don’t hesitate to call miraculous. What works for us will work for you, too.” –The Twelve Steps and Twelve Traditions of Overeaters Anonymous

The Twelve Steps are the heart of the OA recovery program. They offer a new way of life that enables the compulsive eater to live without the need for excess food. Their greatest importance lies in the fact that they work! They enable compulsive eaters and millions of other Twelve-Steppers to lead happy, productive lives. They represent the foundation upon which OA is built. OA Rings “What you put in is proportional to what you get out” – Bob

[Listen to Bob’s Story Podcast](#)

The ideas expressed in the Twelve Steps, which originated in Alcoholics Anonymous, reflect practical experience and application of spiritual insights recorded by thinkers throughout the ages. Their greatest importance lies in the fact that they work! They enable compulsive eaters to lead happy, productive lives, and they represent the foundation upon which OA is built.

In the podcast [How and Why does a 12-Step Program Work for Compulsive Eating](#), they talk with members about the difference OA’s 12-step program has made for them in their journey to recovery from compulsive eating, and they also talk to Dr. Marty L about how he has seen the OA program work for his clients.

## ASK MS BUTTERFLYER



**Question:** My doctor doesn’t want me to exercise so how I can I have an Action Plan?

**Answer:** When an Action Plan was first introduced, it was a common misconception that it meant an exercise plan. It does not. An action plan covers many things.

For many people, it is a part of their Action Plan to get some exercise but that is not all it is. An Action Plan can be a plan to make a grocery list each Sunday so you have the food you need on hand to stay abstinent. Another Action Plan item might be to read your OA literature for 15 minutes every day or make an outreach call daily.

Essentially, an Action Plan are any items you feel you need to do regularly to either get abstinent or stay abstinent. That means for each member, the Plan will be different. Like the rest of your OA Program, you decide.

**Submit your questions to**  
**[MSButterflyer@yahoo.com](mailto:MSButterflyer@yahoo.com)**

## UPCOMING TOPICS

September—The 12 Traditions  
KEEPING OUR MEETINGS ON TRACK

October—Program Basics  
TOOLS OF RECOVERY

### Editorial Statement

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### CHI-WIF Officers

Chair - Dave C 630-778-0226  
Vice Chair - Vacant  
Secretary - Vacant  
Treasurer - Laura W 708-284-6247  
Editor - Gerri M 630-833-6942

**Does your meeting have an IG rep?**

**Come and join us!**

**Upcoming IG Meeting**

**August 19, 2017**

**10-11:30AM**

**Advocate Good Samaritan Hospital**

**Downers Grove, IL 60515**

**CAFETERIA OAK ROOMS**

## My Power Source By NJ

One of my references to the God of my understanding is "Source." I find it incredulous that the Infinite Power, who brought light into a formless wasteland, separated the waters to form a sky and hung the stars and planets in place, could actually be concerned about insignificant me. Even more so, that God gives any thought about the trivial matter of my food and weight.

However, the neutrality with food that I enjoy today is proof beyond any doubt. God loves me and cares about anything that concerns me, from children traveling and living internationally to purchase of a new mattress. My Source hears about everything through God Box, journal, meditation, or a meeting share. God wants me to be the best I can be, so I let Source make decisions on minutes, money, and energy. I have a tendency to think in terms of more, like depleting energy stores, but God says rest. This allows time to be still and let more of myself be known.

I could never have imagined this "human doing" of pre-program days sitting still. I could not let a calorie catch me, and productivity was of utmost importance. But I could not manage life alone, so I accepted the belief that God loves me just because. I am sitting here today with pen in hand telling you that believing is the process that unites our personal power with our Power Source. May you also come to believe.

## HANDY LINKS - OA's Nine Tools of Recovery



To help members stay abstinent and keep working the steps, OA suggests a number of tools: a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity and service. In this episode, three guests who have recovered from compulsive eating in OA will talk about how these tools have been key to their recovery and long-term abstinence from compulsive eating. Podcast: [Play in new window](#) | [Download](#)

<https://oa.org/podcasts/sound-bites-from-oa-ep-4-oas-nine-tools-of-recovery/>

### IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region 5 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

REGION 5—PO Box 1087 Lombard, IL 60148-2375



## Twelfth-Step-Within - Better Meetings



Sometimes our meetings feel stale and people stop coming. Most meetings allow for the occasional speaker. If you need a speaker, you can contact people you know from other meetings, your Intergroup or your Region for a speaker.

If you cannot find a speaker, try putting aside time once a month to listen, as a group, to some of the many podcasts offered on the OA.Org website.

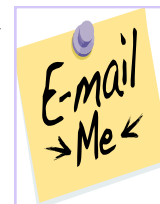
Listen to recordings of virtual workshops on a variety of topics, including **The Importance of Working All 12 Steps, OA Literature: The Heart and Soul of OA and Our Primary Purpose**. Members share their experience, strength, and hope to bring the Twelve-Step program of Overeaters Anonymous to life.

If we find ways to renew our program, maybe our still suffering members will be rejuvenated.

[Click Here](#) for a list of Podcasts or go to <https://oa.org/podcasts/>

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)



# OA COMPUTER LINKS



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

[Click Here](#)



Chicago Western Intergroup Far-Out  
CHI-WIF

PROFESSIONAL COMMUNITY COURIER

[Click Here](#)

<https://https://oa.org/newcomers/for-the-professional/>

PROFESSIONAL COMMUNITY

## COURIER

REGION 5 WEBSITE (New and Improved) <http://region5oa.org>

[Click Here](#)



**REGION 5 OF OVEREATERS ANONYMOUS**

FREEDOM FROM BONDAGE—Region 5 April, 2017

[Click Here](#)

**FREEDOM FROM BONDAGE**

OVEREATERS ANONYMOUS REGION 5



[http://www.region5oa.org/wp-content/uploads/2017/04/FreedomFromBondage2017.04\\_Printable-1.pdf](http://www.region5oa.org/wp-content/uploads/2017/04/FreedomFromBondage2017.04_Printable-1.pdf)

A STEP AHEAD NEWSLETTER—3rd Quarter 2017 <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—



Virtual Services Committee

**OA VIRTUAL NEWS**

[Click Here](#)

<http://www.oavirtualservices.org/newsletter-2/>

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](#)

# ANNOUNCEMENTS

**Meeting Contacts**—Please review the meeting list and make sure the contacts are up to date. If there is someone's name listed and (s)he no longer attends your meetings, please find someone willing to do the job. The job does not require a lot of time and is a way to give service. Your first name and phone number appear in the Butterflyer and on the OA.Org website for someone call if they need more information about your meeting such as location, topics, times, etc.

Let us know at both the MSButterflyer@Yahoo.com and OA World service. [Click Here](#) or go to <https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/>

**We have no meeting contact for Thursday noon in Downers Grove.**

## 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>



## CONVENTION BUS PLAN

Our first stop is planned for around 8 am Central Time at Watertown Plank Rd Park n Ride, N Swan Blvd, Wauwatosa, WI, N of I-94 and W of 45. Our second stop will be at Petro Racine/Iron Skillet, 717 S Sylvania Ave, Sturtevant, WI, (I-94 and 20). From there, we will take I-94 into Illinois, pick up I-294, then return to I-94 until we pick up I-65 in Indiana to head toward Indianapolis. We plan to drive around Indianapolis on I-465 and take I-74 from there. I expect we will make a stop on the north side of Chicago, as well as one on the south side. We can also plan stops in Indiana along the way.

We will be making a lunch stop on the way. You may bring your lunch or purchase it.

I'm hoping to be to the convention hotel around 5 pm Eastern Time (4 pm Central Time), so we can get settled, have supper, and go to the Grand Opening Keynote Speaker.

Please encourage our fellows from near the route to take the bus and to get their reservations in soon. The sooner we receive enough reservations to pay for the bus, the sooner we know the bus will be going and can plan the rest of the stops! Thank you for spreading the word!

**Packet C, which only contains the minutes of our first Summer Conference Call,** has been posted. Here is a link to that page: <http://www.region5oa.org/assemblies/>

# UPCOMING EVENTS

Saturday's Starting July 8 10:30 am—12:00 pm Ends July 29	<b>BACK TO BASICS—12 STEPS IN A MONTH</b> Sponsored by Saturday Morning River Forest Meeting <b>Grace Lutheran Church 7300 Division Street, River Forest</b> <b>Contact:</b> Sara S. (708) 204 - 8893 or Twanna (773) 540 - 5797 <a href="#">Click Here</a>
Wednesday's 7:00 pm—9:00 pm Ends August 23	<b>WORKSHOP ON THE TWELVE STEPS—CONTINUES</b> This is a 15 week workshop on the OA Twelve Steps Unity in Naperville, 1600 Shore Rd, Unit C in Naperville For more information, call Sharon (630) 404-5882 See the flyer in this issue of the <a href="#">The Butterflyer</a>
Saturday, July 29 9 am—12 pm	<b>SPONSORSHIP WORKSHOP</b> Sponsored by CSSI Presented by Burbank Tuesday Night Meeting Our Savior Lutheran Church 8607 Narragansett Ave., Burbank, IL Contact Tina at 773-724-0238 <a href="#">Click Here</a>
August 1	<b>DEADLINE FOR TRANSLATION FUNDS APPLICATIONS</b> Groups and service bodies may now apply for financial assistance in translating OA literature <a href="#">Click Here</a>
August 19	<b>SPONSORSHIP DAY</b> OA's newest event day, <b>Sponsorship Day, begins this year</b> and will be held annually on the third Saturday in August. Groups and service bodies are encouraged to plan local events to <b>celebrate the role of sponsorship in recovery.</b>
Saturday, August 19 10:00 am—11:30 am	<b>CHIWIF INTERGROUP MEETING</b> All are welcome! <a href="#">See How Your Intergroup Works</a> <a href="#">Click Here</a>
Saturday, August 19 10 am—2 pm	<b>ACTIONS FOR ABSTINENCE</b> Sponsored by Saturday Morning Park Forest Meeting and CSSI Faith United Protestant Church, 10 Hemlock Street, Park Forest, IL Contact Lynda 708-977-3549 <a href="#">Click Here</a>
Saturday, August 19 6:30 pm	<b>KANE COUNTY COUGARS</b> See the Cougars play Baseball in Naperville For more information call Bob M 630-258-9671
Friday, September 22— Sunday, September 24	<b>A WEEKEND WALK THROUGH THE STEPS</b> For more information, Ellen 815-462-9184 or email oaretreat2017@gmail.com <a href="#">Click Here</a>
Friday, September 22— Sunday, September 24	<b>JUST FOR TODAY—I WILL NOT BE IN CHARGE</b> OA Milwaukee Intergroup is hosting a retreat at Siena Retreat Center in Racine, WI For information email retreat@oamilwaukee.org or call/text Mary 414-550-3946 <a href="#">Click Here</a>

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



Overeaters Anonymous

# Sponsorship Workshop

Open Event for OA members and guests

*Everything You Ever Wanted to Know About Sponsorship  
But Were Afraid to Ask!*



**Saturday, July 29, 2017**

**9 a.m. - Noon**

(Registration at 8:30 a.m.)

**Our Savior Lutheran Church  
8607 Narragansett Ave., Burbank, IL**



*Together We Recover!*

Speakers and Activities

**Topics Include:**

- When and How to be a Sponsor
- Guiding a Sponsee through the 12 Steps
- Working with Others

**Who Should Attend?**

- New Sponsors
- Anyone who doesn't have a sponsor
- Anyone who has fears about sponsoring
- Anyone who needs some sponsoring guidance
- Anyone who wants to know why we sponsor
- Anyone who just wants some fellowship!

Suggested contribution: \$5.00

Water available for \$1.00

For more information, contact Tina M. at (773) 724-0238.

Hosted by the Burbank Tuesday night meeting  
Sponsored by the Chicago Suburban Southwest Intergroup

**Overeaters Anonymous Welcomes You To**

# **ACTIONS FOR**



Presented by the Saturday Morning Park Forest Meeting and Sponsored by CSSI

**Saturday**

**August 19, 2017**

**10:00am until 2:00pm**

(Registration begins at 9:30am)

Come and hear our three  
speakers share their actions  
to stay abstinent!



Get your questions regarding  
abstinence answered during  
our panel 'ask it' session.

**Suggested donation is \$5.00**

(but no one will be turned away)

Bring your own lunch.  
Water will be  
available.

Take your chance  
at our Raffle  
Drawing

## **Faith United Protestant Church**

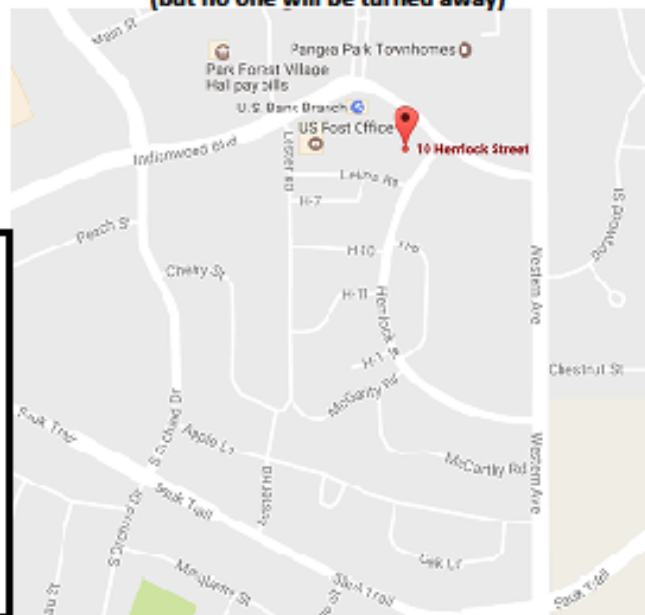
**10 Hemlock Street, Park Forest, IL**

(Downstairs)

(located at Indianwood Blvd. and Hemlock Street.  
One block west of Western Avenue.)

Parking, and entrance, is on the west side of the Church,  
near U.S. Bank, and also in the rear of the church.

**WHERE**



**CONTACT Lynda at 708-977-3549 for additional information**

# OA Weekend Retreat

Sponsored by Milwaukee Area Intergroup

**Just For  
today...**

**I  
will not  
be in  
charge.**



**Siena Retreat Center  
Racine, WI  
22<sup>nd</sup> - 24<sup>th</sup> SEPT 2017**

Friday 7PM - Through - Sunday Noon

Private Room and Bath  
Linens/Towels Provided  
2 Breakfasts 1 Lunch and 1 Supper  
Refrigerator & Microwave On-Site

Early Registration    \$172 Per Person  
After July 15, 2017    \$182 Per Person

**\* Limited Amount of Rooms Available Register Early \***

**Please Print \*\*\* Registration Fees Non-Refundable \* Fees are Only Transferable to Another Person \*\*\***

NAME: First /Last Initial Only	
EMAIL:	
CELL / TEL:	
HOME GROUP MEETING:	
SIGNATURE: First /Last Initial Only	

## Service Opportunities:

\_\_\_\_ YES I am interested in being a Second Pair of Hands for Setting Up/Cleaning Up Activities.

\_\_\_\_ YES I am interested in being a Buddy Friend to reach out my OA Hand so everyone feels included

### **Make Check Payable To:**

**MAI-OA**

### **Mail Form & Check To:**

**MAI-OA  
PO BOX 270054  
Milwaukee WI 53227**

**Limited Scholarships are Available. On A First-come, First-served Basis 50% Payment  
Received to Apply**

Scholarships can cover up to 50% of Fee. Scholarships amounts are awarded by number of requests & by donations.

Payment of the Open Balance is the responsibility of the person applying. Service Work is required during Retreat.

**Yes I would appreciate a Retreat Scholarship.**

**Any questions email: [retreat@oamihwaukee.org](mailto:retreat@oamihwaukee.org) or call/text Mary M 414-550-3946**

**Receipt & Retreat Information Will Be Sent When Payment Received**

*Thank You!*



## OA Fall 2017 Retreat

### A WEEKEND WALK THROUGH THE STEPS

September 22nd (6:30pm) –  
Sunday, September 24<sup>th</sup> (noon)  
2017



A Recovery Boutique will be held at the retreat.

Bring your gently used clothes, handbags, and jewelry and return home with some treasures. Hangers appreciated.

REGISTER BY 9/1/2017

#### Early Bird Rate until 8/15/17

- ☐ Double Room @ \$150
- ☐ Single Room\* @ \$170
- ☐ Commuter\*\* (no room) @ \$95

#### Rate after 8/15/17

- ☐ Double Room @ \$170
- ☐ Single Room\* @ \$190
- ☐ Commuter\*\* (no room) @ \$105

#### Scholarship Donation

- ☐ I have added the following donation to my registration to support attendance by OA members in need:  
☐ \$10 ☐ \$20 ☐ \$50 ☐ Other: \_\_\_\_\_

If you would like to be considered discretely for a partial scholarship, please send an email to [oaaretreat2017@gmail.com](mailto:oaaretreat2017@gmail.com) prior to submitting your registration.

#### No walk-ins accepted

\*SINGLE ROOMS are limited

\*\*Commuters must register

#### Roommate Request for Doubles

- ☐ I requested a double room and would like to share with \_\_\_\_\_

(If you don't name a roommate, you will be matched up by retreat organizers)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/ST/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

- ☐ I would like my name, phone number and email address on the retreat phone list
- ☐ I am available to sponsor
- ☐ I am a newcomer to OA (less than 1 year)
- ☐ This is my first retreat

Make checks payable to: Ellen P

Mail check and registration form to:

Ellen P  
1113 Ogden Road  
New Lenox, IL 60451

Questions: Call Ellen @ 815.462.9184  
or email [oaaretreat2017@gmail.com](mailto:oaaretreat2017@gmail.com)

MEALS PROVIDED: Breakfast, lunch, dinner on Saturday; Sunday breakfast. Refrigerator and microwave available.

# WHAT'S ON YOUR MIND?



## THE HEART OF THE OA PROGRAM

I asked a group of OA'ers what they thought is the heart of the OA Program, and the answers were very predictable: Abstinence, Higher Power, Prayer, Twelve Steps, Meetings, fellowship, surrender, honesty, etc. One lady chimed up with:

**“WILLINGNESS!”**

I think I agree with her. If you don't WANT TO give in and come to meetings, work the 12 Steps, share with others who are suffering, read, write, pray, contact others (by phone, text, or email!), and DO SOMETHING instead of complain and wallow in your pain, you are not even going to start the process of recovery in your life.

The virtues relating to each of those actions are called the Spiritual Principles of the Program. They are listed and explained on pages 103-106 of the The Twelve Steps and Twelve Traditions of Overeaters Anonymous. There is one Principle for each of the Twelve Steps. They are: Step 1 - Honesty, Step 2 - Hope, Step 3 - Faith, Step 4 - Courage, Step 5 - Integrity, Step 6 - WILLINGNESS, Step 7 - Humility, Step 8 - Self-Discipline, Step 9 - Love, Step 10 - Perseverance, Step 11 - Spiritual Awareness, and Step 12 - Service.

When we recite the 12 Steps, the very last phrase we say is “.....AND PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.” These are the Principles referred to at the end of the 12<sup>th</sup> Step. The vast experience of recovering compulsive overeaters confirms the importance of that phrase. As we work the Steps we have begun to replace our old behaviors, which focused on self and compulsive overeating. These Principles are our Higher Powers' ideals for our new ways of life. We now are WILLING to move in a new and better direction of spiritual growth.

♥ = needs support

## Chi-WIF Meeting List (013-09168) Last Updated 07/2017

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		(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>	Ken (630)434-8438	(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	Chris K. (708) 579-0656	(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	St. John the Baptist Church 0S233 Church Street Building in Back of Church	Format Varies Open Mtg. 5th Sat.	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

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