

The Butterflyer

The August, 2018 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.

CARRYING THE MESSAGE—SUCCESSSES

“Progress not perfection.” Success is not measured in OA by length of abstinence, number of pounds lost or number of clothes sizes someone has gone down. Success can be one abstinent meal, a morning quiet time, or cleaning out a closet that has been neglected for a long time.

Everyone can experience success in this Program – the key is Step One and realizing that our lives have been unmanageable *because* we are powerless over our food, our relatives, our bosses and the weather. The only real power we have is really over our choices. Knowing how weak we are can result in strength for us IF we rely on our Higher Power for the gifts He’s waiting to give us. All we have to do is ask Him for the help each day.

Of course success can be getting through a day abstinently. It can also include improving our interactions with others and being honest with ourselves and our Higher Power. Integrity is personal honesty – a pact between ourselves and our Higher Power to do something or to avoid certain foods or behaviors.

Success can be enjoying a holiday meal with our relatives without an argument or disagreement. Success can be keeping our “helpful suggestions” (opinions) to ourselves to avoid an argument. Success can be reading OA literature or making an outreach call. Success can be going to a meeting when isolation beckons us to stay home. Success is achieved when YOU make progress toward using the Twelve Steps to live a fuller, happier life,

By recognizing and sharing your successes, you are ready to carry the message to others who still suffer.

ASK MS BUTTERFLYER



Question: Now that the new Twelve Steps & Twelve Traditions books is out, what should we do with our old books?

Answer: Tradition 4 states “Each group should be autonomous except in matters affecting other groups or OA as a whole “ That means your group should decide what to do with the books.

Our CHIWIF Intergroup wanted all our member groups to use the new materials. For that reason, we offer each Group a free copy of the new Twelve and Twelve in an effort to promote that idea. By using the most current literature, new members are not confused by multiple versions of material. We encourage members to purchase their own new copies at a reduced price through the Intergroup.

What can you do with your old copies?

- Donate to jails or struggling meetings
- Donate to charitable organizations
- Donate to your local library
- Give to treatment programs for weight
- Leave at doctors offices
- Leave around school campuses

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

September - Carrying the Message - Challenges

October—The Glue that Holds Us Together: Service

Editorial Statement

Certain material contained in this newsletter is protected by copyright; please observe all copyright regulations. Items submitted for publication cannot be returned, may be edited, and may be reprinted by other anonymous groups without permission. The opinions expressed here are those of the writers and not necessarily of OA as a whole. The steps and traditions are reprinted by permission of Overeaters Anonymous, Inc. from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, ©2011 by Overeaters Anonymous, Inc.; the concepts of service are reprinted by permission of Overeaters Anonymous, Inc. from *Twelve Concepts of OA Service*, ©1994 by Overeaters Anonymous, Inc.

NEW CHI-WIF Officers

Chair - Sandy F.
SandyFRegion5@gmail.com
Vice Chair - Kim
kdn4today@yahoo.com
Secretary - Gwen C.
gwencarr6@gmail.com
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 18, 2018

10-11:30AM

Step Eight By NJ

In Step Eight we make a list of those we have harmed and become willing to make amends, however, the foundation is forgiveness. My amends are to be unconditional, without rancor or holding back. I like the term emotional integrity – what is unseen is also the physical reality. My insides match my outsides.

When I have been deeply hurt by someone, I must process the experience, moving through the stages of grief Dr. Kubler-Ross noted in her work with children dying of cancer: shock, denial, anger, bargaining, and depression that come before acceptance of what is. Not a matter of right or wrong, legal or illegal, moral or immoral, just what is for the time being. When I can see others through the eyes of compassion as wounded souls just like me, I can forgive, then look at my part, and ask forgiveness.

It is humbling and takes courage. I do not want to be hurt again, taken advantage of. I can only do what God asks me to do and let Him take care of the results. He is the Judge and the Lawgiver. He is the Vine and Vinedresser. I am only a branch and cannot exist outside His care, totally dependent. I ask His direction and care with complete abandon.

HANDY LINKS - TAKE A WALK DOWN THE TRADITIONS



As part of the Strategic Plan under the topic of Growing OA Unity Worldwide a committee has been working on a set of brief presentations that will introduce and then cover each of our twelve traditions.

The traditions apply not just to OA but in all our affairs. Why not consider studying the Traditions after having worked through the Steps.

<https://oa.org/whats-new/>

[Click Here](#) and scroll down to

Twelfth-Step-Within— What the Big Book Says about Fun and Fellowship



To read what the Big Book says about fun and fellowship, see Alcoholics Anonymous, Fourth Edition, pages 132–133, starting with “But we aren’t a glum lot.”

Fellowship ideas:

OA workshops	Inviting others for a game night
Abstinent picnic	Movie with OA members bowling
Roller skating	Clothing or jewelry exchange
Family Event	Karaoke
Comedy club outing	

Member retention:

Outreach calls	Visiting members in hospital/nursing home
Do an OA book study group	Bringing a meeting to someone or someone to a meeting
Visit a different meeting together	Including and mentoring new OA members in service
Calling members you haven’t seen in a while	

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



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



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

PROFESSIONAL COMMUNITY
COURIER

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

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 (Published 2X a Year)

[Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2018/04/Freedom-from-bondage-march-2018-color.pdf>

A STEP AHEAD NEWSLETTER—3rd Quarter 2018 <https://oa.org/files/pdf/asa-q3-2018.pdf>

[Click Here](#)

A Step Ahead

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

[Click Here](#)

The  Butterflyer

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

[Click Here](#)



OA Virtual News— 2nd Quarter Newsletter

[Click Here](#)



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

OA VIRTUAL NEWS

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](#)

UPCOMING EVENTS

Saturday, August 11 6:30 pm	KANE COUNTY COUGARS BASEBALL GAME Sponsored by Naperville Monday Night Meeting and Chi-Wif Pre-game concert, Superhero bobble-head giveaway, and Fireworks Tickets are \$11.50 and can be purchased/reserved Contact Bob M. 630-258-9671 Click Here
Thursday, August 12	12TH-STEP-WITHIN CALL-A-THON! The 12th of this month, pledge to make outreach calls to people who have found OA but still suffer r from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings Click Here
Saturday, August 18 10:00am—11:30am	CHIWIF INTERGROUP MEETING Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Saturday, August 18— through Sunday, August 19	SPONSORSHIP DAY Third weekend in August Plan a workshop Click Here
Sunday, August 19 2:00 pm—4:00 pm	SPONSORSHIP WORKSHOP Celebrating the Role of Sponsorship Immaculate Conception Convent 2408 W. Heading Ave., West Peoria, IL Sponsored by Heart of Illinois Intergroup More info: 309-363-2495 Click Here
Friday, August 31 through Sunday September 2	REGION 5 2018 CONVENTION Living in the Solution Convention Hosts — Central Indiana Intergroup Hilton Indianapolis Downtown 120 W. Market St. Indianapolis, IN Come for a weekend of recovery and fun Bus Transportation is available Click Here Click Here
Friday September 21 through Sunday, September 23	JUST FOR TODAY ... PERSPECTIVES ON RECOVERY Fall Retreat at Portiuncula Center 9263 St. Francis Road, Frankfort, IL Contact Peggy H Cell 708-220-8043 musicmombb@gmail.com Click Here
October 19-21	REGION 5 FALL ASSEMBLY More information to follow

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



Heart of Illinois Intergroup

SPONSORSHIP WORKSHOP

Celebrating the Role of Sponsorship

Sunday, August 19

2:00pm - 4:00pm (doors open at 1:30)

Immaculate Conception Convent

2408 W. Heading Ave.

West Peoria, IL 61604

SAVE THE DATE!

MARK YOUR CALENDAR!!

7th Tradition Basket will be passed

Cold Bottled Water Available

For more information, please contact Neta @ 309-363-2495

O
A

OA Fellowship Night August 11th At the Kane County Cougars Game

Date change from previous flyer – Please Note

C
H



Sponsored by CHI-WIF and the Naperville Monday Night Meeting

I

Come join your fellow OA members, their Family and Friends for a night of fun and Fellowship at the ballpark on Saturday, August 11th, 2018 at 6:30 PM. There will be a pre-game concert, a Superhero bobble-head giveaway and Fireworks after the game.

W

Tickets are \$11.50 and can be reserved or purchased from Bob M. (630 258 9671). We have a block of 20 tickets and we can buy more seats if we need them. It's always a fun evening, time to chat and hang out at the Ballpark w OA friends and family!

I
F



Directions: Northwestern Medicine Field is located in the Kane County Events Center, just south of the intersection of Roosevelt Rd. (Rt. 38) and Kirk Rd. on the East side of Geneva. For maps or detailed directions to the park, visit the Cougars website at www.kcougars.com.

Central Indiana Intergroup of
Overeaters Anonymous Presents

2018

REGION 5 CONVENTION



SOLUTION

AUGUST 31
SEPTEMBER 2

HILTON
INDIANAPOLIS
DOWNTOWN

www.region5oa.org



"JUST FOR TODAY"....Perspectives on Recovery
Overeaters Anonymous
Fall Retreat
September 21 to 23, 2018

Where: Portiuncula Center for Prayer (The Port)
9263 W. St Francis Road Frankfort, Illinois 60423

Cost: *Double Occupancy:* \$150 before August 10th \$160 after August 10th
Single Occupancy: \$175 before August 10th \$185 after August 10th
3 day Commuter: \$115 *Saturday Only:* \$60

**** Price Includes room and meals****

Make check or money order payable to: Peggy H *Email:* musicmombb@gmail.com
Cell: (708) 220-8043 *Address:* 13918 E. Leamington Dr. Unit #403 Crestwood, IL
60418

Return bottom portion with payment on or before September 1st

Name: _____

Address: _____

Phone: _____ **Email:** _____

Single ____ **Double** ____ **Commuter** ____ **Roommate (If known):** _____

Do you want to be added to the phone list: _____

Do you have at least 3 months of Abstinence: _____

Would you be willing to do service: _____

*Confirmation will be sent by email. If you want a hard copy please send a self
addressed stamped envelope with your payment.*

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.

Welcome to the (DAY) (TIME) meeting of Overeaters Anonymous!

DATE: _____

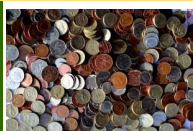
[illegible]

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 7/2018**
(Closed—Means Only Open to People with Food Obsessions—No Visitors)

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 ♥	Good Shepherd Lutheran Church 611 Randolph (ring bell at alley door)	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 Ln Moved Back to Yellow Box Church 6/1/18	Format Varies (Closed) <i>Open Mtg on the 3rd Mon.</i>	David S. (630) 778-4902	(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 St.	Step Study (Closed)	Sindee (630) 968-6328	(013-35752)
Tuesday 7:00 PM - 8:00 PM	Riverside ♥	Sts Peter & Paul Lutheran Evangelical Church 250 Woodside Rd. (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)	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 (Closed)	Diane K. (630) 816-2288	(013-08909)
Wednesday 7:00 PM—8:00 PM	Bolingbrook NEW	Adventist Bolingbrook Hospital 500 Remington Blvd.	Big Book Study	Mandy (630) 235-6241	(013-56235)
Thursday Noon - 1:00 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	OA 12 & 12 (Closed)	Toni (630) 769-1314	(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 (Moved from Darien) 7025 W. 126th Street, Mobile Unit #1	Back to Basics (Open to All)	Belle S. 630-747-7669	(013-51048)
Friday 7:00AM—8:00AM	Oak Park ♥	Good Shepherd Lutheran Church—Back Door 611 Randolph (3 blocks E of Oak Park Ave)	Format Varies (Closed)	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 (Closed)	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 (Closed) Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
Friday 6:30 PM—7:30 PM	Naperville	Unity In Naperville—Note New Time 1600 Shore Rd Unit C	Big Book & Step 11 Prayer and Meditation Focus (Closed)	Sharon (630) 404-5882	(013-54526)

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 7/2018**
(Closed—Means Only Open to People with Food Obsessions—No Visitors)

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 (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 Building in Back of Church	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 10:00 AM - 11:00 AM	Darien	Lord of Life Lutheran Church 725 75th Street	Format Varies (Closed) — <i>Open Mtg 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) 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 St	Literature Study (Closed)	Euneta W 815-508-1231	(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](#) (New 2018 form — no longer mail receipts..
 Send a self addressed stamped envelope or email address.)

*Include full meeting information with your payment



August 1, 1981
[MTV Debuts](#)



August 1, 1971
[Sonny & Cher Comedy Hr. Debut](#)



August 5, 1957
[American Bandstand ABC Debut](#)