

The Butterflyer

The December 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 OA IS RICH IN HISTORY

The idea of OA came to founder Rozanne S. at a Gamblers Anonymous (GA) meeting she attended with a compulsive gambling friend in 1958. As GA members shared their stories, she heard her story—not of gambling, but of compulsive overeating. She knew then that the Twelve-Step and Twelve-Tradition program founded by Alcoholics Anonymous (AA) and modeled by GA offered her a chance to change her life and reduce her 152-pound (69-kg) body to a size that would fit her 5-foot-2-inch (157-cm) frame. Not until 1960, when her weight had increased to 161 pounds (73 kg), could she find other people who shared her convictions.

Her chance meeting with a new neighbor, Jo S., gave Rozanne strength in numbers, even if it was only one person. Together they found another compulsive overeater, Bernice S., and convened the first OA meeting in Los Angeles, California, January 19, 1960.

Today, about 6,500 OA groups meet each week in over 75 countries. With OA divided into 10 regions worldwide and over 60,000 members worldwide, it helps thousands of compulsive eaters find new life in recovery.

For more on OA's **history**, read *Beyond Our Wildest Dreams*.

ASK MS BUTTERFLYER



Question: I recently attended an OA Intergroup Sponsored workshop. At the closing, we closed with The Lord's Prayer. This is not an OA approved closing. I stood there silently during the prayer but was upset. What could I have done?

Answer: While each group is autonomous and can do as they like in meetings as long as it does not harm OA as a whole, when it is an Intergroup-sponsored event, then it is required to follow the Guidelines of the Intergroup. Here are some things you might consider doing.

1. You might want to attend your Intergroup meeting to make sure this is in their Guidelines.
2. Tradition One states we have a responsibility when these guidelines are not being followed. You can gently suggest a different closing.
3. Contact the workshop organizers at a later time and discuss this with them. They are likely unaware of your feelings.
4. Do exactly as you did and stand quietly while the prayer is said. Take what you like and leave the rest.

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

January - Growing Recovery Worldwide
The Translation Fund

Combining the Strengths of Virtual and
Face-to-Face Meetings

Editorial Statement

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CHI-WIF Officers

Chair - Dave C 630-778-0226
Vice Chair - Nora K 630-750-9844
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

December 16, 2017

10-11:30AM

Advocate Good Samaritan Hospital
Downers Grove, IL 60515

CAFETERIA OAK ROOMS

Plan! Plan! Plan! By NJ

Have a Plan. Work the Plan (HPWP). It is as necessary for holidays as it is for the rest of the year. If you think you are capable of conquering the food battle alone, I wish you the best. I really and truly know I could not have quit chewing without God's intervention. I must have the help of my OA buddies to stay stopped. Discipline, motivation, and religious practices did not give me weight maintenance and the freedom from food obsession that I enjoy today. I am a free woman.

We have a three-fold disease, so my plan involves the physical, spiritual, and emotional aspects of my being, however, the details of my plan are different because I am nearly double the age I was at my first meeting. Writing, phoning, and banking-up meetings are no-fail tools, made easier with phone meetings.

Those who fail to plan, plan to fail. More vigilance is required on special days because more food, more family, and more feelings abound. However, my Power Source is always available. The key is willingness. HPWP

HANDY LINKS - THE TOOLS OF RECOVERY



Did you know you can monitor your group's contributions to our intergroup? Visit our Intergroup Website at <http://www.chiwifoa.org/contributions/>

Keep in mind there is a delay in posting and mailing. Your contributions go to our PO Box in Lisle and are given to the Treasurer at the next Intergroup meeting. Then, the money is deposited in the month received at the Intergroup meeting. The report is not posted on our website until approved at the following month's Intergroup meeting.

This web page has a link to the contribution form. The suggested donation split is 60/30/10, with 60% of contributions to Intergroup, 30% to WSO, and 10% to Region 5

Corrected website from last month:
<http://www.avision4you.info/>

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.chiwifoa.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532
REGIOM 5—PO Box 1087 Lombard, IL 60148-2375



Twelfth-Step-Within - Suggested Topics



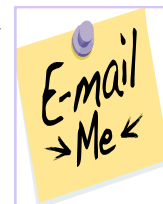
Reaching Out Over the Holidays

The holidays can be a difficult time for the average individual. For those of us in OA it is a time to step up our program and one way to do that is by reaching out to others who may be struggling within OA! The following suggestions may be the best gift someone receives.

- Offer encouragement to members you know to be struggling with food or Step work.
- Do not be afraid to ask someone how her/his food is.
- Email, call or text someone daily.
- Give your telephone number to those who may need it.
- Offer to work together through "Been Slipping and Sliding? A Reading and Writing Tool" Appendix D in Twelfth-Step-Within Handbook
- Call a struggling member and ask if they'd like to read For Today or Voices of
- Recovery with you one time or daily.
- Be available to reach out, make a call and listen to their struggle.
- Be a living example through working your program.

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

PROFESSIONAL COMMUNITY
COURIER

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

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 April, 2017 (Published 2X a Year)

[Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



http://www.region5oa.org/wp-content/uploads/2017/04/FreedomFromBondage2017.04_Printable-1.pdf

A STEP AHEAD NEWSLETTER—4th 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 OA WEBSITE <https://oa.org/>

[Click Here](#)



OA Virtual News— 3rd Quarter Newsletter

[Click Here](#)



Virtual Services Committee

OA VIRTUAL NEWS

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

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

Thursday, November 30— March 8, 2018 6:00 pm—8:00 pm	WORKSHOP ON THE TWELVE STEPS Sponsored by CSSI The Alano Club of the Northside, 5555 N. Lincoln Avenue, Chicago Click Here
Saturday, December 2 9:30 am –12:00 pm	HOLIDAY WORKSHOP Sponsored by NWII Chesterton Health & Emergency Center 770 Indian Boundary Road, Chesterton, IN Contact: Mary W @ 219 879-0300 or call or text Diane C. @ 219-221-1594 Click Here
Tuesday, December 12	TWELFTH STEP WITHIN DAY Give Twelfth Step Service to an OA member still suffering Click Here
Saturday, December 16 10:00—11:30	CHIWIF INTERGROUP MEETING Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Saturday, January 20 10:00—11:30	CHIWIF INTERGROUP MEETING Literature Assistance Meeting Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Thursday, February 1	DEADLINE FOR TRANSLATION FUND APPLICATIONS Are you interested in helping translate OA literature for your meetings? The new Translation Fund has money available. Click Here
Friday—Sunday May 18-20, 2018 Early Registration Ends December 1, 2017	FINDING PEACE RETREAT What is the Problem and What Does Food Have to Do with it? Sponsored by Wheeling Thursday and Northbrook Saturday Meetings Techny Towers Retreat Center, 2001 Waukegan Road, Techny, IL Contact: Carol G 847-644-5986 caroldick5042@aol.com or Betty S 847-309-8057 bettysol24@gmail.com or Penny N 847-533-7244 dpnaal@comcast.net

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

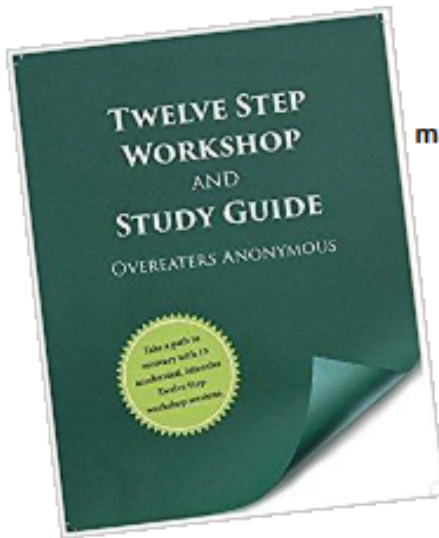
IS YOUR GROUP STRUGGLING TO SUPPLY LITERATURE?

"In an effort to help groups struggling to pay for literature, CHIWIF Intergroup is offering \$25 contributions to help build your literature supply. This money will be made available on a quarterly basis at the following Intergroup meetings: January 20, April 21, July 21, or October 20, 2018. Come to the Intergroup meeting at Advocate Good Samaritan Hospital in Downers Grove at 10:00 – 11:30 am on one of these days. Only in-person requests can be honored." Tell us how we can help your group in other ways and discover what we do.

Overeaters Anonymous

Workshop on the Twelve Steps

Take a path to recovery with 15 accelerated, intensive Twelve Step workshop sessions



Designed to help participants achieve and maintain abstinence through working all Twelve Steps

November 30 - March 8, 2018

Thursdays, 6:00 to 8:00 pm

The Alano Club of the Northside
5555 N. Lincoln Avenue, Chicago, IL

In addition to the OA *Twelve Step Workshop and Study Guide*, the following OA approved literature will be used in the workshop session and homework assignments:

- + *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*
- + *Alcoholics Anonymous, Fourth Edition (The Big Book)*
- + *Twelve Steps and Twelve Traditions of Alcoholics Anonymous*
- + *Overeaters Anonymous, Third Edition*
- + *Voices of Recovery*
- + *For Today*

Bring your own copies, or we will share.



This is a closed workshop.

Participants commit to attend and fully participate in all sessions.

No new members may join after the Introductory Session on November 30.

*NWII OVEREATERS
ANONYMOUS PRESENTS*

Holiday Workshop

*Strengthen your program during this busy time with a workshop!
Speakers and fellowship
Focus on staying abstinent during the holiday season.*

**Saturday, December 2, 2017
9:30 a.m. – 12:00**

Registration: 9:15 a.m.

**A suggested donation of \$5
(no one will be turned away)**

**Chesterton Health & Emergency Center
770 Indian Boundary Road
Chesterton, IN**

**For further information call:
Mary W @ 219 879-0300 or call or text Diane C. @ 219-221-1594**

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 11/2017**
(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 Street (New Listing)	OA 12&12 (Closed) Meditation Meeting	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 7pm-8pm	Wheaton	St Paul Church 515 South Wheaton Ave	OA Literature (Closed)	Kim (630) 858-6295	(013-50466)
Monday 7:30 PM - 8:30 PM	Naperville	The Community Church (Yellow Box) 1635 Emerson Lane	Format Varies (Closed) <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 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 - 8:30 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 (Closed)	Katie H. (630) 864-7419	(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		
Thursday 10:00 - 11:00 AM	Wheaton	St. Paul Lutheran Church 515 S Wheaton Avenue at Evergreen Street	Format Varies (Closed)	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 (Closed)		(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)
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)

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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)	Kathleen (708) 408-5702	(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 NEW MEETING	Dekalb	Alamo Club 312 E. Taylor St	Literature Study (Closed)	Euneta W 815-508-1231	(013-54618)



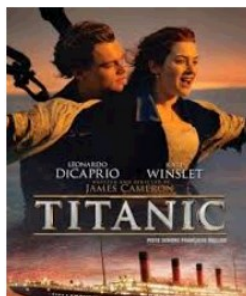
7th Tradition Support OA the 60/30/10 Way!

Percent	Service Body	Address	CHI-WIF INTERGROUP NUMBER IS 013-09168
60%	Intergroup*	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532	CHI-WIF CONTRIBUTION FORM Click Here *We no longer mail receipts Send a self addressed stamped envelope or email address.)
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 1087 Lombard, IL 60148-2375 (New Address)	REGION 5 CONTRIBUTION FORM Click Here (New form—We no longer mail receipts.. Send a self addressed stamped envelope or email address.)

*Include full meeting information with your payment



December 2, 1982
First Permanent Jarvik Artificial Heart



December 19, 1997
The Movie Titanic is Released



December 29, 1845
Texas Admitted as 28th State