

# The Butterfly

The February 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 GROUPS

The groups remain healthy and functioning through service and regular attendance of its members. The responsibilities of paying the rent for the meeting space, maintaining a stock of OA literature, keeping in contact with the Chi-Wif Intergroup, Region 5 and World Service, and solving meeting problems usually takes the form of the group having Officers and designating committees within the Group.

Descriptions of each service positions' responsibilities are spelled out very clearly in the OA pamphlet entitled OA Handbook for Members, Groups and Service Bodies: Recovery Opportunities #120 for \$2.25. It is invaluable to an OA Group that is trying to remain viable and healthy.

Each Group can choose "Officers" who agree to a limited term of service as volunteers. Offering to do service helps members belong to a meeting and aids in their recovery. These include Secretary, Treasurer, Program Chairperson (often referred to a Speaker Seeker in our area), Literature Chairperson, Intergroup Rep, Greeter and Designated Downloader (who copies the Meeting list and needed flyers off of the computer for the group).

The presence of a Steering Committee provides for a sounding board for possible topics to be discussed at the monthly Business Meetings. This Steering Committee meets the week before the Business Meeting (and before or after the regular meeting) to determine whether changes of format, allocation of funds and other issues can be brought up to the whole meeting during the Business Meeting which has very limited time constraints. The group conscience is used within the principles of the Twelve Traditions for all decisions.

There are OA publications to assess what constitutes a Strong Meeting (Strong Meeting Checklist on [www.oa.org](http://www.oa.org)). Help for a meeting is always available by contacting the Chi-Wif Intergroup. Just call one of the Intergroup Officers listed on the cover of The Butterfly and present the group's concern. Make your favorite meeting your "home meeting", get involved in volunteering for service and watch your abstinence and program blossom.

## UPCOMING TOPICS

### February

OA Structure—OA Groups

### March

OA Structure— Intergroups

#### Editorial Statement

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### ASK MS. BUTTERFLY



**Question:** My OA group has decided to continue closing with the Lord's Prayer even though it is not considered an approved closing. Can they do that?

**Answer:** Using the Lord's Prayer to close an OA meeting is a matter of group conscience.

Having said that, it is helpful to remember that, because the Lord's Prayer is associated with specific religious beliefs, **it can be a barrier to unity for those who are not affiliated with those religions.**

**Our First Tradition tells us our recovery depends on OA unity, and any action that threatens that unity threatens our recovery.** Thus the 1993 WSBG, as the group conscience for OA as a whole, voted to suggest OA meetings and events close with the Serenity Prayer, the Seventh-Step Prayer, the Third-Step Prayer from the book *Alcoholics Anonymous* or the OA Promise "I Put My Hand in Yours."

**Do you have a question for Ms. Butterfly?**

### CHI-WIF Officers

Chair - CJ M 708-218-1904  
Vice Chair - Belle S 630-747-7669  
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**

**February 20, 2016**

**10-11:30AM**

**Good Samaritan Hospital**

**Downers Grove, IL 60515**

**CAFETERIA OAK ROOMS**

By NJ

## BIG GOD

When I was growing up "Crises God" was a generalized theme. Into adulthood, I believed God left me to figure out food and weight issues because major life events consumed all His time. As a senior citizen with nearly half my life as a Twelve Stepper, my concept of God has changed immensely.

We have a Big God! He wants to be involved in every detail of our lives, the successes the failures, and the minutia. His time and power have no limits. How comforting to know as my needs have changed and asking for help is a frequent call, that God is not "bothered" by my pestering. The body changes, the food plan evolves, and life proceeds on a timetable without my need to know or control.

God has my best interest at heart. Life is a journey. I can enjoy the ride with a Big God directing my little corner of the world as well as the entire universe. Today I can thank God for my disease of the mind because it brought me into a personal connection with an awesome power. Amazing Grace!

### HANDY LINKS -

#### *Breaking out of Relapse*



The *Breaking Out of Relapse* video created by the Twelfth Step Within Committee is now posted online.

[Click Here](#) or go to

<https://www.oa.org/membersgroups/program-inspiration/breaking-out-of-relapse/>.

#### 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 199223 Indianapolis, Indiana 46219 317-809-9575



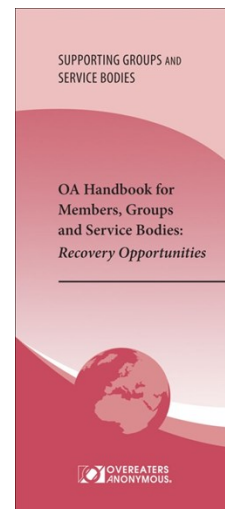
### THE LITERATURE CORNER



#### OA HANDBOOK FOR MEMBERS, GROUPS AND SERVICE BODIES:

*Recovery Opportunities* #120 \$2.25

An invaluable resource for all groups and members! It describes in detail and very clearly the responsibilities of each service position in an OA group. "This pamphlet was revised and expanded last year. It is now 51 pages of information that your group will find informative and challenging."



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:

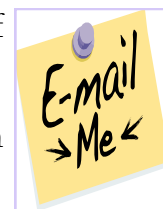
[MSBUTTERFLYER@YAHOO.COM](mailto:MSBUTTERFLYER@YAHOO.COM)

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

Saturday, February 6 1:00 pm—4:00 pm	<b>PLANT THE SEED OF SERVICE &amp; WATCH YOUR RECOVERY GROW</b> Presented by Suburban North Intergroup Vernon Township Building, Buffalo Grove (see Flyer) Contact Carolyn B 224-723-6883 cwinfos@sbcglobal.net or Chris B. 847-845-7967 ccnek82@gmail.com <a href="#">Click Here</a>
Sunday, February 14 2:00 pm—3:00pm CST	<b>2ND SUNDAY SERVICE &amp; RECOVERY TELEPHONE WORKSHOP</b> (Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers) “Who’s in Charge” Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email <a href="mailto:vst4oa@hotmail.com">vst4oa@hotmail.com</a>
Saturday, February 27 9:30 am CST	<b>UNITY DAY</b> This day recognizes the strength of the Fellowship worldwide. At 9:30 am Central time, OA Members pause to reaffirm the strength inherent in OA’s unity.
Friday, Mar ch4 6:30pm - Sunday March 6, Noon	<b>WALKING INTO FREEDOM</b> Portiuncula Center for Prayer (The Port) 9263 W. Saint Francis Road Frankfort, IL Contact Mary Helen B. at 708-754-4268 <a href="#">Click Here</a>
Sunday, March 13 2:00 pm—3:00pm CST	<b>2ND SUNDAY SERVICE &amp; RECOVERY TELEPHONE WORKSHOP</b> (Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers) “All Together now We are Reaching Out Our Hands” Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email <a href="mailto:vst4oa@hotmail.com">vst4oa@hotmail.com</a>

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

# OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE

[Click Here](#)



Chicago Western Intergroup Far-Out  
CHI-WIF

PROFESSIONAL COMMUNITY COURIER

[Click Here](#)

OA News and Information for the Professional Community

PROFESSIONAL COMMUNITY  
**COURIER**

REGION 5 WEBSITE (New and Improved)

[Click Here](#)



**REGION 5 OF OVEREATERS ANONYMOUS**

FREEDOM FROM BONDAGE—Region 5 December 2015 Newsletter

[Click Here](#)

Writings from March  
Assembly [Click Here](#)

**FREEDOM FROM BONDAGE**

OVEREATERS ANONYMOUS REGION 5



A STEP AHEAD NEWSLETTER—First Quarter 2016

[Click Here](#)

**A Step Ahead**

BUTTERFLYER—Past Issues

[Click Here](#)

The  Butterflyer

CHIWIF MEETINGS—Location, Days, & Times (To find all meetings in our Intergroup, use 09168 for the Intergroup number)

In the Butterflyer, Meetings marked with hearts ♥ need your support. Please visit them to keep them going.

[Click Here](#)

# HAPPY 7TH ANNIVERSARY

## BACK TO BASICS

## DARIEN & BELLE

Back to Basic Runs every Tuesday at 7pm at the Lord of Life Church in Darien.

### IS YOUR GROUP LISTED HERE ???

Here is a list of meetings that have not responded to our request for updated information. We need the following information for your group. Please be sure to specify the location, day and time.

Secretary—Name, Address, Phone Number and Email address. (You must have an email address to receive notifications from the Intergroup). Your information is not published.

Meeting Contact—Name, Phone Number and Email address. (You must have an email address to receive notifications from the Intergroup) Your First Name and phone number is published in the Butterflyer as a

<u>Meeting</u>	<u>Day</u>	<u>Time</u>
Glen Ellyn	Sunday	7pm
LaGrange	Sunday	7pm
Yorkville	Monday	7pm
Naperville	Monday	7:30pm
Wheaton	Monday	7pm
DeKalb	Monday	10am
Riverside	Tuesday	7pm
St. Charles	Tuesday	7:30pm
Montgomery	Wednesday	9:30am
Geneva	Wednesday	7pm
Downers Grove	Thursday	12pm
Wheaton	Thursday	10am
LaGrange	Friday	9am
Bartlett	Friday	7pm
River Forest	Saturday	9am



## **Overeaters Anonymous**

### ***Suburban North Intergroup***

#### ***Presents:***

## **“Plant the seed of service and watch your recovery grow!”**

- Speakers • Group Sharing • Fellowship • Auction

#### **Service:**

Please bring family and friends!!

We appreciate **any** donations; your special service skills; a gift you would like to donate or an auction item that is OA themed.

**Suggested Donation \$5**

**February 6, 2016 1pm – 4pm**

**Vernon Township Building**

**2900 North Main Street, Buffalo Grove, Illinois**

#### **DIRECTIONS:**

**From Chicago/Indiana area on I-294 northbound / I-94 westbound:**

Exit at Highway 22 (Half Day Road) and turn left.

Take Highway 22 west for 3.4 miles.

Turn right on Main Street.

The Vernon Township Building will be on the left in 0.4 miles.

**From Milwaukee area on I-94 eastbound:**

Exit at Highway 22 (Half Day Road) and turn right.

Take Highway 22 west for 3.6 miles.

Turn right on Main Street.

The Vernon Township Building will be on the left in 0.4 miles.

**From Rockford area on I-90 eastbound, and**

**From Southwest suburbs on I-290 westbound / I-355 northbound:**

Exit at Highway 53 and go north for 7.3 miles.

Exit at Lake Cook Road and go east for 2.8 miles.

Turn left onto Buffalo Grove Road and go north for 4 miles.

Turn right onto Main Street.

The Vernon Township Building will be on the right in 0.2 miles.

#### **FOR MORE INFORMATION:**

##### ***Please contact:***

Carolyn B. 224-723-6883 [cwinfos@sbcglobal.net](mailto:cwinfos@sbcglobal.net)

Chris B. 847-845-7967 [ccnek82@gmail.com](mailto:ccnek82@gmail.com)

Worldwide OA website: [www.oa.org](http://www.oa.org) OA Region 5 website: [www.region5oa.org](http://www.region5oa.org)

Suburban North Intergroup phone: 855-632-6039

The Suburban North Intergroup (SNI) meets monthly. Visitors are welcome.

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	Glen Ellyn	St. Thomas United Methodist Church— 2S511 Rt. 53 just north of Butterfield Road	Format Varies <i>Open Mtg on the 4th Sun.</i>	Karol (630) 329-1921	(013-45132)
<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>	Sharon D (630) 404-5882	(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 Back to Basics	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	Kathleen (773) 458-6137	(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)
<del><b>Wednesday-Closed</b> 7:00 PM - 8:00 PM</del>	<del>Geneva</del>	<del>St. Mark's Church 320 Franklin - Room 7</del>	<del>Big Book Study</del>	<del>Kelly J. (630) 485-9705</del>	<del>(013-50083)</del>
<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	Susan S. (630) 841-6517	(013-47257)
<b>Thursday</b> 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Diane K (630)816-	(013-35368)
<b>Thursday</b> 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego	Format Varies	Barbara H. (630) 674-9341	(013-51364)
<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	Sindee (630) 968-6328	(013-00937)
<b>Friday</b> 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 #
<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	Becky at (847) 524-0356	(013-36157)
<b>Saturday</b> 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)
<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 on the 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) In the library	Format Varies— <i>Open Mtg on the 5th Sat.</i>	Laura W (708) 284-6247	(013-32222)

**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](#)

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

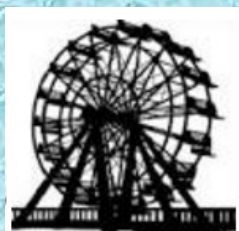
[Click Here](#) for mail in form

\*Include full meeting information with your payment

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



February 2—Ground Hog Day  
Enjoy the Ridiculousness of it!!



February 14—Ferris Wheel Day



February 29  
Leap Day