

The Butterflyer

The February 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.

WHAT TO EXPECT AT AN OA MEETING

“Register here, that will be \$25 a week, and then step on this scale and let’s record your beginning weight!” That’s what we EXPECTED to hear at an OA meeting, and we were all greatly relieved NOT to hear any of those remarks when we walked into our first OA meeting.

We did hear “Welcome! Come on in! We all have the same issues with food and we do understand! We accept you and will not judge you for what you weigh or have done in the past! Just come in and listen and relax. Here you will find a solution!”

We heard OUR OWN story described in the readings and the sharing. We heard OUR miserably unhappy relationship with our binge foods. We heard OUR OWN countless, vain attempts at controlling our food. We heard OUR OWN difficulties with family and friends who were trying to help us see the ways that food was destroying our health, our attitudes and our relationships. We heard how OUR isolation has kept us from enjoying people and social gatherings for so many years.

WOW! Where did this group come from? Why didn’t I come here sooner? How does this work? I feel so much better JUST BEING HERE!!



At a speaker meeting, the speaker got up, passed pictures of what he or she used to look like, and she spoke about how she was – she was just like ME! Then she told us how the OA program and the Twelve Steps changed her life! She looks so happy and comfortable being who she is! Then she talked about her HIGHER POWER and what he has done for her, just because she asks him for the gift of “abstinence” every single day! I could do that! And she has help from another member called a sponsor. How wonderful! I want to know more, I want to get better, I want to have the hope she described while she spoke.

THIS IS WHAT TO EXPECT AT AN OA MEETING! Welcome to OA! Welcome home!

UPCOMING TOPICS

March—How to Find a Meeting

April—Get a Sponsor

Editorial Statement

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CHI-WIF Officers

Chair - Dave C 630-778-0226

Vice Chair - Vacant

Secretary - Vacant

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

January 21, 2017

10-11:30AM

Good Samaritan Hospital

Step of Hope By NJ

February brings images of hearts and thoughts of love to my mind, specifically being loved by God. Intellectually, I know God loves me. Every beat of my heart and inhalation of my lungs tells me I was created in love and held in existence by love. However, I did not feel loved when the food obsession had built a prison of self-absorption around me. I was a failure, alone, and miserable dwelling on the problem and thinking my life would never change.

Overeaters Anonymous introduced me to a *God Over the Scale* rather than the *god of the scale* I had been talking to every day. I just had a disease. I wasn't a failure at life. Now I was free to focus on the solution of the Twelve Steps rather than stuck on the problem of obsessing about my weight. God really was concerned about my food issues despite tornadoes, cancer, and starving children.

I came to believe 35 years ago when the walls of food obsession started to crumble. However, the mystery and majesty of our Creator God is still unfolding for me. My prayer for you is to meet our amazing God in Step Two as I did.

HANDY LINKS -

New Podcast Explores
Anonymity and Humility



Anonymity and Humility: these are the spiritual Principles underlying the Eleventh Tradition and the Eleventh Concept of OA Service.

[Click here](#) to download or stream

"Anonymity Inside and Out," our latest podcast, and hear OA speakers discuss how they use these Principles to give service.

https://oa.org/?powerpress_pinw=4154-podcast

Twelfth-Step-Within - Secondary Purpose



The secondary purpose of the Twelfth Step Within Committee is to help maintain newcomers in OA. Here are some ways of engaging with a newcomer:

"ICE-BREAKERS" TO BEGIN A CONVERSATION:

- "Hi, my name is ___, what's yours?"
- "How did you find out about OA?"
- "Coming here took courage, how did you decide to come here today?"
- Have you attended a 12 Step Program before?"



ACTIONS YOU CAN TAKE:

- SMILE!
- Offer them a seat next to you.
- Share a copy of the 12 Steps when they're read out loud.
- Share your number on the Newcomer's packet.
- Offer to call them during the week to touch base.
- Converse after the meeting briefly and encourage them to keep coming back!

Insights provided by 12th Step Within Committee

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 1087 Lombard, IL 60148-2375 (New Address)



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

Friday, January 27— Sunday, January 29	TOO CLOSE FOR COMFORT: INTIMACY, SEXUALITY, & OA RECOVERY A weekend workshop hosted by Turning Point Intergroup Karen G. at (312) 804-2065, or Kerry M. at (773) 208-0823 Click Here
Saturday, January 28 1:00 pm—4:00 pm	KEEP IT SIMPLE—USE THE TOOLS Presented by St. Charles, Tuesday 7:00 pm Presence Mercy Medical Center 1325 N. Highland, Aurora (McAuley Rm) Rose: 630-888-5864 Debbie: 847-695-2181 Click Here
Sunday, February 5 7 pm—8 pm CST	TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619# Press *6 to mute and unmute
Tuesday, February 14 7:00 am—11:00 pm	VALENTINE'S DAY HOLIDAY MARATHON Phone: 712-432-5200 Pin: 4285115#
Saturday, February 18 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! We have many vacancies and need your help Click Here
Monday, February 20 7:00 am—11:00 pm	PRESIDENTS' DAY HOLIDAY MARATHON Phone: 712-432-5200 Pin: 4285115#
Saturday, February 25 1:00 pm—3:00 pm	OA UNITY DAY Sponsored by Turning Point Intergroup. Community First Medical Center (formerly Presence/Our Lady of the Resurrection) 5645 W. Addison St. Chicago, IL 60634 (on Addison St. just west of Central Ave.) Centennial Conference Room A (on 7th floor) Click Here
Saturday, February 25 7:00 am—11:00 pm	OA UNITY DAY Phone: 712-432-5200 Pin: 4285115# This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February at 1:30 am Central Time, OA members pause to reaffirm the strength inherent in OA's unity.
Friday, March 3— Sunday, March 5	OA SPRING RETREAT— Building a Strong Program with a pocket full of tools Sponsored by Saturday Morning Burr Ridge Meeting Portiuncula Center for Prayer (The Port) 9263 W. St. Francis Road, Frankfort Contact Monika S. 630-221-9876 minkas@att.net or Laura H 708-567-9642 lhodge@sd113a.org Click Here
Friday, March 24— Sunday, March 26	Milwaukee Intergroup Convention Early bird registration ends February 1 Call, text, email Judy W., Registration Chair, with questions about registration. (414) 403-8361 convention@OAmilwaukee

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

Tuesday, 7pm Riverside Meetings Need Support ♥
Friday, 7am Oak Park Meeting Needs Support ♥

WERE YOU THERE FOR THE ACTION PLAN??

The Action Plan workshop held on Saturday, January 7th was a huge success. Over 50 people attended to listen to speakers, meditate, and share ideas on articulating an Action Plan for their OA programs. It took place in the lower level of Our Lady of Mt. Carmel church in Darien – a first time venue for an OA workshop. Valuable insights and wonderful sharing abounded in an enthusiastic group of OA members. Workshops are a delightful way to reconnect with old friends, hear speakers from different areas, and ignite your OA program. Watch the Butterflyer for information on upcoming OA events.

OA UNITY DAY—WILL YOU HELP OR ATTEND?

Turning Point Intergroup is hosting OA Unity Day and they need your help and support. The event is Saturday February 25 from 1-4 PM at Community First Medical Center located at 5645 West Addison in Chicago. The event will be in the 7th floor conference room. It is the same place that TPI holds its marathons.

They are asking each intergroup to designate a speaker and choose a story from the brown book to share. Would you be willing to do this and represent our Intergroup? You must have one year of abstinence.

Please let me know at msbutterflyer@yahoo.com. This is obviously rather time sensitive so don't overthink it!



Ask Ms. Butterflyer



Question: In my group, there are several people who talk up the Steps, Traditions, and abstinence—but also are very obese. This has been going on for more than twenty years. They are all very involved in OA. Is there anything I can do, besides pray, to change the situation? I believe they are abstinent, but am sure they just eat the wrong foods. It is not my idea of what the program teaches us.

Answer: The best thing we can do—in all things—is to be the best example we can be. Step Three in The Twelve Steps and Twelve Traditions of Overeaters Anonymous states: “In OA, however, there’s no list of foods and measurements or dos and don’ts which defines abstinence” (p. 21). We each define our own abstinence. We each work our program in our own way with the help of a sponsor and a Higher Power.

We can pray for others and for our groups, but the results are out of our hands. At times I also like to remind myself of Step One. If I’ve truly accepted that my own life has become unmanageable, I can’t possibly know what’s best for others.

OA COMPUTER LINKS



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

[Click Here](#)



Chicago Western Intergroup Far-Out
CHI-WIF

PROFESSIONAL COMMUNITY COURIER <https://oa.org/new-2017-courier-newsletter/>

[Click Here](#)

OA News and Information for the Professional Community
PROFESSIONAL COMMUNITY

COURIER

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

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 November 2016

[Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2016/12/FreedomFromBondage2016.11-1.pdf>

A STEP AHEAD NEWSLETTER—4th Quarter 2016 <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—January 2017 **NEW**



**OVEREATERS
ANONYMOUS®**
Virtual Services Committee
OA VIRTUAL NEWS

[Click Here](#)

<http://www.oavirtualservices.org/wp-content/uploads/2016/11/OA-VIRTUAL-NEWS-JANUARY-2017.pdf>

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](#)

Too Close for Comfort:

Intimacy, Sexuality, and OA Recovery

A weekend workshop hosted by Turning Point Intergroup
for members of Overeaters Anonymous

Facilitators for this program are OA members with
experience leading workshops on this topic.

— Workshop includes —

- Program sessions Friday 6 pm, Saturday & Sunday
beginning 9 am. Concludes noon Sunday.
- 2 nights lodging (see registration detail below)
- 4 meals (Saturday breakfast 7:30–8:15, lunch,
and dinner; Sunday breakfast 7:30–8:15)
- Refrigerator accommodations available —

Dates: January 27–29, 2017

Location: St. Mary of the Lake Retreat Center
1000 East Maple Ave
Mundelein, IL 60060

Check-in begins at 4 pm

For more information, phone:
Karen G. at (312) 804-2065, or Kerry M. at (773) 208-0823

Registration Form

Weekend Single Room (\$170).....
Weekend Double Room (\$140 per person)

Limited daily spots available:

Friday evening (\$30).....
Saturday all day (\$40).....
Sunday morning (\$30).....

Total remitted:

Send this completed
registration form and
check by January 6, 2017

to: Mackie B
1343 W. Grand Ave
Chicago, IL 60642

Make checks payable to:
TurningPoint Intergroup

Your name:

Your E-mail:

Your phone:

Name of roommate:

Need a roommate?



KEEP IT SIMPLE - USE THE TOOLS

OVEREATERS ANONYMOUS WORKSHOP

Saturday, January 28, 2017, 1:00 – 4:00 P.M.

Presence Mercy Medical Center
McAuley Room – (Downstairs in the Basement)
1325 N. Highland, Aurora, IL 60506

Donation: \$5.00 (No one turned away)

For more information call: Rose.....630-888-5864
Debbie.....847-695-2181

A Donation of an item for the Raffle, to benefit O.A., is appreciated.

Sponsored by the Tuesday, 7:00 p.m., St. Charles Meeting
in cooperation with CHI-WIF INTERGROUP



I ♥
MEETINGS

SPONSORSHIP



OA SECRETARIES: UPDATE GROUP AND SERVICE BODY INFORMATION



Attention group secretaries! The WSO uses the information you provide to keep [Find a Meeting](#) current so that members and the still-suffering can locate a meeting in their area.

Go to [Meeting Changes](#) today to add a new meeting, edit the details of an existing meeting, or cancel a meeting.



A Recovery Boutique will be held at the retreat

Bring your gently used clothes, handbags, & jewelry

& return home with some treasures. Hangers appreciated.

Early Bird Rate before 02/01/17

- ☐ Double Room @ 150.00
- ☐ Single Room @ \$170.00
- ☐ Commuter (no room) @ \$95.00

Rate after 02/01/17

- ☐ Double Room @ 160.00
- ☐ Single Room @ \$180.00
- ☐ Commuter (no room) @ \$100.00

Commuters must register; no walk-ins accepted.
SINGLE ROOMS are limited.

OA Spring 2017 Retreat Building a Strong Program with a Pocket Full of Tools

Sponsored by Saturday Morning Bur Ridge Meeting of Overeaters Anonymous

LOCATION: Portiuncula Center for Prayer (The Port)
9263 W. Saint Francis Road, Frankfort, IL 60423

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

February 7th is the final deadline for registrations.

I requested a **double room** and would like to share my room with:

Name: _____

or please match me up with a roommate.

Make checks payable to: Monika S.

Mail check and registration form to:

Monika S. 173 Concord Lane Carol Stream, IL 60188

Questions: Call Monika S. @ 630 221-9876 mirkes@att.net
or Laura H. @708 567-9542 lhodge@sd113a.org

Friday registration opens at 6:30pm. Retreat concludes by noon on Sunday.

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

♥ = needs support

Chi-WIF Meeting List (013-09168) Last Updated 01/2017

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	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	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 7:30 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 CLOSED 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 208 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 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— <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	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

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

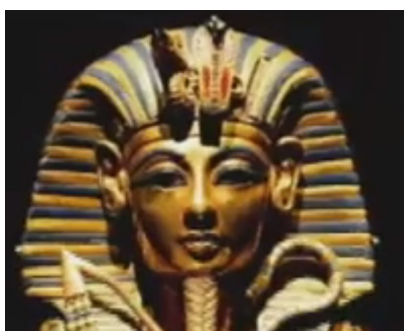
WORLD SERVICE CONTRIBUTION FORM
[Click Here](#) for mail in form
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM
[Click Here](#) for mail in form (New form coming soon)

*Include full meeting information with your payment



February 4, 1861
Confederate States of America Formed



February 16, 1923
Tutankhamen Tomb Unsealed



February 26, 1951
22nd Amendment— Term Limits