

The Butterflyer

The February, 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.

GROWING RECOVERY WORLD WIDE COMBINING VIRTUAL AND FACE-TO-FACE MEETINGS

Everyone knows the feeling that whispers to us, "YOU REALLY NEED A MEETING!" Sometimes we shout back, "NO!" and other times we ask for some HP help and hear some viable options. "There are phone meetings, online meetings and face-to-face meetings. There are podcasts that you can find easily. And if none of that appeals to you, then make an outreach call NOW!"

Telephone Meetings can be attended in real time or are often recorded for playback. You can access a wonderful phone meeting called "A Vision 4 You" by entering the website <http://www.avision4you.info/>. This meeting is available 24 hours a day. Just follow the prompts and listen to wonderful incites on a Big Book selection. Members participate from all over the United States, and are directed to keep to the topic read in the Big Book, and to limit their shares to 3 minutes. It is a well-managed, very effective connection to OA "on the go."

Non-Real-Time meetings are meetings that do not meet in real time or meetings that do not occur immediately. These meetings may take place over a period of hours or days. Examples of non-real-time meetings are email or bulletin loops, social media pages, bulletin boards or forums, and mobile applications.

Face-to-Face meetings are the most effective meetings. Here, we look each other in the eye and share from our hearts at the present moment. It takes more effort to attend a meeting, but the benefits are amazing. Of course, the benefits we receive from a meeting really depend on what we bring to the meeting. Participating with an open mind and willing heart will make the experience more meaningful for us. If you are unsure of a meeting's time or availability, call the contact person listed in the Meeting List and verify those details before you attend.

Do whatever you need to do to maintain your program. Attend, call or go online...all are valuable when they contribute to your sanity and your serenity. The strength of connecting, by whichever format is convenient for you at the moment, is life-saving. Try it, you will be amazed.

For more specific meeting options, visit www.oa.org/find-a-meeting. There you have a choice of Online Meetings, Telephone Meetings, and Non-Real-Time Meetings.

ASK MS BUTTERFLYER



Question: Can we leave out the 7th Tradition from our meeting format and say OA is Free?

Answer: The Suggested Meeting Format is "suggested" so yes, it can be left out. However, every OA group ought to be fully self-supporting. Some OA groups, especially virtual groups, do not believe they need to mention Tradition Seven because their group has no direct expenses.

The "self" in "self-supporting" can be extended to refer to OA as a whole, not simply the individual group. "Self" includes OA: our intergroups, service boards, regions, and World Service.

Without the service bodies above the group level, OA would be just a bunch of fragmented groups and would quickly fall apart.

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

March - The WSBC Committees - Part 1
Bylaws, Literature, Finance, PI/PO

April - WSBC Committees - Part 2
12 Step Within, Unity w/ Diversity, Virtual Services, Web/Tech, Young Persons

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

February 17, 2018
10-11:30AM

Advocate Good Samaritan Hospital
Downers Grove, IL 60515
CAFETERIA OAK ROOMS

12 Step Workshop & Study Guide By NJ

The OA Toolbox is my safety net for Twelve-Step-Living. The Twelve Step Workshop and Study Guide utilize literature, writing, sponsorship, meetings, and telephone in a durable 162-page spiral bound format. In Butterflyer issue November 2017 after a few weeks of reading, writing, sharing, and leading, I wrote a brief overview of the format and promised to write about my experience of the workshop.

Alcoholics Anonymous, both the AA and OA Twelve Steps and Twelve Traditions, For Today, and Voices of Recovery are used throughout the 15 weeks. Sample worksheets and worksheets for copying are most helpful, especially in Steps Four and Ten and handouts like Strong Abstinence Checklist and Writing Exercises for members striving to attain abstinence. There is also a supplemental list of pamphlets and Writing and Action homework following each session.

Our group of 12 members provided from 9-11 familiar faces on Friday afternoons for the purpose of bonding and sharing homework between sessions. The 4-page Step Four Glossary listed terms with definitions and synonyms. Besides the commonly addressed Resentment, Fear, and Sexual Conduct and sometimes Strengths p. 56-57 and Harms p. 77 inventories, the "workbook" addresses Other Problem Areas p. 88 and Old Beliefs p. 92 with sample worksheets. I found these thorough and helpful along with the Spot-Check Worksheet examples with readings from our OA Twelve and Twelve for Steps 4-9. My experience shows me using the OA text for sponsoring a member coming from other Twelve Step Groups is essential. [Continued](#)

HANDY LINKS - FIND VIRTUAL MEETINGS



OA, Inc. maintains a listing of registered telephone meetings as a courtesy to its members. OA, Inc. does not own, endorse, manage or otherwise sponsor these meetings. Each meeting is autonomous. Some meetings choose to record all or part of a meeting for available playback at a future time. By accessing and using information on this list, you agree that you have been notified that a telephone meeting may be recorded. You have the option of listening without speaking; and/or if participating vocally, you have the option of using your own name, a fictitious name or none at all.

Calls into telephone meetings are NOT always toll-free. Regular long-distance charges may apply based on the long-distance plan callers have with their telephone service provider. Some members have had problems with phone calls being blocked.

For more information, go to <https://oa.org/find-a-meeting> and choose telephone meetings.

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

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



Twelfth-Step-Within— Been Slipping and Sliding? A Reading and Writing Tool



Our goal as the Twelfth-Step-Within Committee is to provide information and tools to help those in the fellowship that are suffering. The following are five of thirty questions for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding." The questions are also recommended for those in relapse who want to recommit to their OA program. The OA literature referenced is available from the OA bookstore (bookstore.oa.org). The list includes The Twelve Steps and Twelve Traditions of Overeaters Anonymous (OA Twelve and Twelve); Overeaters Anonymous (all page citations are for the Third Edition); the Overeaters Anonymous daily meditation book For Today; and the OA pamphlets The Tools of Recovery, A Plan of Eating, and Dignity of Choice. Read the suggested material(s); then reflect and write on the accompanying idea or question.

1) Read the story "Freedom Isn't Free" in Overeaters Anonymous (pp. 113-117) and pages 19 to 22 of Step Three in the OA Twelve and Twelve. What does "abstinence" mean to me physically, emotionally, and spiritually?

[Continued](#)

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

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12 Step Workshop & Study Guide—Continued

Having members volunteer to lead gave a variety of meditation styles, like guided meditation, a prompt or reading from OA literature, relaxation, or prayer bear (see Voices of Recovery p. 322). The most challenging part of leading was the timer – the minutes varied for different activities, resetting, and restarting. We had humorous moments of time flying or a long break.

In summary, pages I have described above illuminated tentacles of perfectionism for me and deeper sources of exploration for self and others. More awareness of my own thoughts and words hopefully makes me a better sponsor. If it has been awhile since you read Step Twelve in the AA Twelve and Twelve, pick it up. It adds to the excitement of Next Steps, 1½ pages of suggestions for service p. 157-158. We are never done. Share the joy of recovery.

Twelfth-Step-Within— Been Slipping and Sliding? A Reading and Writing Tool - Continued

2) Read Step Two in the OA Twelve and Twelve (pp. 9-17). Reread pages 9 to 11. How did I know that my eating was out of control?

3) Do I have a devastating disease that leads me to return to food for comfort? If so, how much pain does this cause me? How could my disease kill me? Some readings in our OA literature that may help on this question are: ● OA Twelve and Twelve, pages 10 to 11, especially the paragraph at the bottom of page 10 beginning with “Those of us who were overweight ...” through “Some of us tried it.” ● “Surrender Brings Freedom” in Overeaters Anonymous (pp. 131-134). ● “The Tiny Acorn Grows Into a Mighty Oak” in Overeaters Anonymous (pp. 163-166). ● “A Bad Case of Denial” in Overeaters Anonymous (pp. 179-182).

4) Read “Out of Darkness” in Overeaters Anonymous (pp. 143-146). What made the difference that brought the author to renewed abstinence? How would I describe my willingness to accept that this program may be more difficult once my previous abstinence has eluded me?

5) Read the story “Agony Aunt Saved My Life” in Overeaters Anonymous (pp. 139-142). The OA pamphlets A Plan of Eating and Dignity of Choice are possible resources for developing an appropriate food plan for continuing in Overeaters Anonymous. Both eating behaviors and specific quantities of each food group are worth considering. Ask: What was my food plan in earlier efforts to work the program? What is it now? What changes do I need to make?

Twenty-five more questions to aid you in your recover can be found at OA.org. [Click Here](#)

**YOUR BEST WIRELESS CONNECTION IS
THE ONE TO YOUR HIGHER POWER**

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 November, 2017 (Published 2X a Year)

[Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



http://www.region5oa.org/wp-content/uploads/2017/12/FreedomFromBondage2017.11_Printable.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 Butterfly

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

Thursdays in February 7:00 pm—8:30 pm	BACK TO BASICS New Location St. Alexander's Church (Moved from Darien) 7025 W. 126th Street, Mobile Unit #1 Palos Heights Contact: Belle6340@aol.com or call 640-747-7669 Click Here
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
Saturday, February 3 1:00—4:00 pm	STEPS TO A HEALTHY BODY IMAGE— REFLECTIONS IN AN OA MIRROR Presented by Suburban North Intergroup, Vernon Township Building 2900 North Main Street, Buffalo Grove, Illinois Click Here
Saturday, February 17 10:00—11:30	CHIWIF INTERGROUP MEETING What is World Service Voting on Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Saturday, February 24 1:30 pm Central Time	UNITY DAY This day recognizes the strength of the fellowship worldwide. At this time, OA members pause to reaffirm the strength inherent in OA's unity.
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

O.A.
BACK TO BASICS

is moving

to

THURSDAY

Starting January 4th, 2018

7:00 - 8:30 p.m.

NEW LOCATION

is

St. Alexander's Church

7025 W. 126th Street

Palos Heights 60463

Mobile Unit # 1

E-mail Belle for info: belle6340@aol.com

Or call 630-747-7669

Take Harlem to 126th St.

Turn East -- Follow bending road to Stop Sign. -- Turn Left

--Park anywhere

(follow sidewalk South of buildings to mobile units)

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 2/2018**
(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 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 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 - 8:00 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 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)
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)

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(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)	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	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



February 1, 2003
Space Shuttle Columbia Disaster



February 8, 1910
Boy Scouts of America was Founded



February 23, 1954
Children Receive Polio Vaccine