

The Butterfly

The January 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

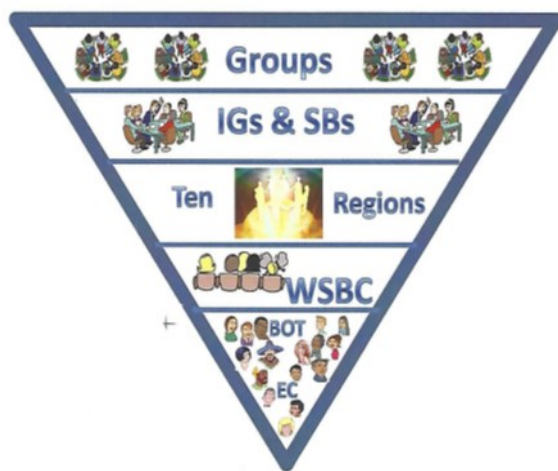
The Member

Tradition Three states "The only requirement for OA membership is a desire to stop eating compulsively." That truly says it all. It's simple, clear and unequivocal. There are some points which will help us understand the nuances of this Tradition.

- No person can be barred from any OA group. (AA 12&12, p. 129)
- Opinions, experiences, or ways to work each individuals' programs do not alter one's OA membership.
- Personality problems or disruptive members can be handled one-to-one through sponsorship.
- On OA members with differences on important matters can be treated lovingly and with support for their recovery.

RECOVERY IS OVERCOMING THE FEAR OF LIVING. All members are entitled to find recovery in our program. Live and let live....with love. If the individual members were pictured on this graphic, they would be the most predominant section. Our entire structure rests on the strength of the individual members.

WORLD WIDE SERVICE STRUCTURE OF OVEREATERS ANONYMOUS



UPCOMING TOPICS

January

OA Structure—OA Members

February

OA Structure—OA Groups

Editorial Statement

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ASK MS. BUTTERFLY



Question: It is often said that alcoholics can stop drinking but compulsive eaters cannot stop eating. This makes our disease much harder. Don't you agree?.

Answer: I too have heard this theory advanced at many a meeting. I do not think anyone's addiction is easier or harder to overcome. I think this type of thinking gives us license to either make excuses or feel sorry for ourselves. Neither is a good for recovery.

By the way, alcoholics have to drink, they just don't have to drink alcohol. True that compulsive eaters have to eat, they just don't have to eat trigger foods or indulge in crave-creating behavior.

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

January 16, 2016

10-11:30AM

Good Samaritan Hospital

Downers Grove, IL 60515

CAFETERIA OAK ROOMS

By NJ

A NEW YEAR

It's a new year, a new beginning. Do I want to be a more loving person, a more patient person, a more compassionate person? I listened today for nearly an hour to a suffering soul not yet ready to admit the need for God's help despite the humiliating and horrific incident that precipitated the call. I am reminded that "most alcoholics have to be pretty badly mangled before they really commence to solve their problems." (p. 43 BB)

I remember the pain, though never three times my weight. I was doing something I didn't want to do and couldn't stop. I can understand why people say the emotional pain is far worse than physical pain, and relieving the emotional pain has taken them back into compulsive eating. We are wonderfully made, so resilient despite the years of neglect and abuse to this gift of our bodies. God really does want us to live free, free of self-hate and condemnation. He has given us the Twelve Steps to sane eating and successful living. However, I do have to pick up my feet. "Nothing changes if nothing changes," she told me. Although having turned a portion of her life over to God, she is withholding her food life. I offered some suggestions on prayer and meditation and use of tools that I practice daily. Though met with reluctance, it's all I have to give.

When the conversation ended, my mind replayed the plank in my own eye scripture verse and pride as the underlay of my humanness in Step Ten of the AA Twelve Steps, the inherited original self-centeredness. My quest for humility rivals the innate pride. I am today abstinent by the grace of God. I was present for this caller to point the direction that was so freely given to me, my insurance against "big-shot-ism." Love, patience, and compassion will follow.

HANDY LINKS -

Struggling with the GOD thing?
OA can still work for you.



"I think we naturally assume people who call themselves atheists or agnostics are not spiritual people. Therein lies the basis for confusion." (To Atheists and Agnostics)

To Read more [Click Here](#) or go to:

<https://www.oa.org/newcomers/to-atheists-and-agnostics/>

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.chiwifo.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532

PO Box 199223 Indianapolis, Indiana 46219 317-809-9575



THE LITERATURE CORNER

YOU BE THE AUTHOR THIS TIME....



Voices of Recovery SKU 986 \$11.00

This daily devotional contains reflections on Recovery – how OA'ers accepted the gift of abstinence from their HP and how they are working the Twelve Steps to maintain their recovery. The insights are positive, brief and very inspiring. These experiences of OA members offer all readers strength and hope to continue working their programs one day at a time.

A workbook is available which poses two relevant and reflective questions for each day's readings with lines to use for your answering. SKU 996 \$11.00

The workbook is also available in an electronic PDF format. SKU 996-v \$7.50

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:

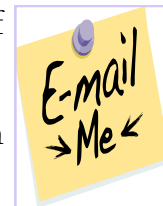
MSBUTTERFLYER@YAHOO.COM

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

Saturday, January 16 10 am—11:30 am	CHIWIF INTEGROUP MEETING All are welcome. Come and see how the process works. Good Samaritan Hospital, Cafeteria Oak Rooms
Saturday, February 6 1:00 pm—4:00 pm	PLANT THE SEED OF SERVICE & WATCH YOUR RECOVERY GROW 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 Click Here
Sunday, February 14 2:00 pm—3:00pm CST	2ND SUNDAY SERVICE & RECOVERY TELEPHONE WORKSHOP (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 vst4oa@hotmail.com
Sunday, March 13 2:00 pm—3:00pm CST	2ND SUNDAY SERVICE & RECOVERY TELEPHONE WORKSHOP (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 vst4oa@hotmail.com

TIME TO GET BACK TO THE BASICS OF OA???

Are you stuck? Do you need a refresher on the Twelve Steps? How about a four week crash course on the Steps? We have just what you are looking for! The Back to Basics Meeting in Darien each and every Tuesday from 7pm to 8:30pm is exactly what the Dr. (Silkworth!) ordered!!

Please join us at Lord of Life Lutheran Church at 725 75th Street in Darien every Tuesday. Bring your Big Book and writing materials and your willingness to be rejuvenated! If you have questions call Belle at 630-747-7669.

WE START OVER THE BEGINNING OF EVERY MONTH. If you miss the start, don't put off coming until the next month. All B2B meetings are a nudge in the right direction! 😊

HOPE TO SEE YOU ON THERE

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

NEED A QUICK PICK ME UP? Follow daily twitter OA meditations

[Click Here](#)



OA - CHIWIF Illinois
@OA_CHIWIF

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—Fourth Quarter 2015

[Click Here](#)



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](#)

"TALKIN' ABOUT THE TRADITIONS"

Tradition Five reminds us to...

- Keep it simple
- Use phone lists for OA purposes only
- Stick to our primary purpose exclusively
- Abstain from pitches for religious groups
- Keep the focus on recovery from compulsive eating
- Use and sell only OA-approved literature at meetings
- Shy away from discussion or endorsement of outside enterprises or causes, even other 12 Step groups
- Avoid Speakers on outside topics like diet or exercise or affiliation with any form of therapy or treatment centers

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

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
Oswego	Thursday	7pm
Wheaton	Thursday	10am
Oak Park	Friday	7am
LaGrange	Friday	9am
Bartlett	Friday	7pm
River Forest	Saturday	9am
Winfield	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

Chris B. 847-845-7967 ccnek82@gmail.com

Worldwide OA website: www.oa.org OA Region 5 website: 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 #
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	Glen Ellyn	St. Thomas United Methodist Church— 25511 Rt. 53 just north of Butterfield Road	Format Varies <i>Open Mtg on the 4th Sun.</i>	Karol (630) 329-1921	(013-45132)
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 7:00 PM - 8:00 PM	Yorkville	Yorkville Congregational United Church of Christ— 409 Center Parkway Closed ☹	Format Varies	Bonnie (815) 498-4431	(013-00777)
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>	Sharon D (630) 404-5882	(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	Kathleen (773) 458-6137	(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)
Wednesday 7:00 PM - 8:00 PM	Geneva	St. Mark's Church 320 Franklin—Room 7	Big Book Study	Kelly J. (630) 485-9705	(013-50083)
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	Susan S. (630) 841-6517	(013-47257)
Thursday 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Diane K (630)816-	(013-35368)
Thursday 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego	Format Varies	Barbara H. (630) 674-9341	(013-51364)
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	Sindee (630) 968-6328	(013-00937)
Friday 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 9:00 AM - 10:00 AM New Time *****	DeKalb/Sycamore	South end of Lagoon parking lot— Lincoln Hwy & Castle Drive. Meet in Castle Drive Parking Lot. April—October Nov.—March @ Federated Church 612 W. State in Sycamore IL.	Walk 'N Talk Indoors	Marilyn (815)751-4822	(013-40820)
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	Becky at (847) 524-0356	(013-36157)
Saturday 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)
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 on the 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) 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
30%	World Service*	World Service Office PO Box 44020 Rio Rancho, NM 87174-4020
10%	Region*	Region 5 Treasurer PO Box 199223 Indianapolis, Indiana 46219



CHI-WIF CONTRIBUTION FORM
[Click Here](#)

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

*Include full meeting information with your payment

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



January 15, 1929—Martin Luther King is born



January 21, 1976—Concorde Supersonic Jet begins Passenger Service



January 27, 1832—Author Lewis Carroll is born