

# The Butterflyer

The January 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 THE TRANSLATION FUND

We are fortunate to live in the country where Overeaters Anonymous began. The number of meetings and literature available to us in English makes getting the message easy for us. Our responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion: for this I am responsible."

With this pledge in mind, the World Service Business Conference voted last May to re-establish the Translation Fund. The Fund was created to encourage member contributions to assist in the financing of OA Literature into the other languages of the World. In addition to establishing the Fund, clarification was given regarding translation rights and applications.

Imagine what it would be like if all your literature were written in a foreign language. Getting the recovery you need would be difficult. OA grows in countries where compulsive eaters can read program literature in their own language. Many pieces are being translated.

Groups and service bodies may now apply for financial assistance in translating OA literature. In the absence of a registered OA group or service body, a small group of interested members can begin the translation process while working toward registering as a service body. Applications are reviewed and funds allocated at the Board of Trustees meetings.

If you are interested in knowing more, see the [Handy Links](#) section of this Newsletter.

Want proof that we are world-wide? [See the poem submitted to us from Ireland.](#)

## ASK MS BUTTERFLYER



**Question:** I heard the Twelve Steps and Twelve Traditions for Overeaters Anonymous is being revised and scheduled for release in early 2018. Does my group have to buy the new books?

**Answer:** The short answer is No. You do not have to buy the new books. Having said that, however, if all meetings read from the same literature, it would be less confusing for a newcomer or people attending multiple meetings.

Consider purchasing at least one Group copy to use when doing group readings. If your Group cannot afford to buy current literature, remember that our CHI-WIF Intergroup will help support your group in their literature efforts. To receive the contribution, just come to an Intergroup meeting in January, April, July, or October when these funds will be distributed. (Of course you are welcoming any other time too.)

The meeting location and time is show below in the CHI-WIF Offers section or in the Upcoming events section.

Submit your questions to  
[MSButterflyer@yahoo.com](mailto:MSButterflyer@yahoo.com)

## UPCOMING TOPICS

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

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

### 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**

January  
10-11:30AM

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

## Attitude of Surrender By NJ

Surrender in healing from addiction brought a new understanding to me, from defeat to discovery, from failure to freedom, from rigid control to lifting up and letting go. Surrender is a process, a one day at a time series of surrenders, starting with the food choices and behaviors and moving into other areas of self-abuse and character defects.

How could I have imagined that my inability to maintain my weight was actually a spiritual deficiency? However, my call to a contact number in a local newspaper led me to my first Overeaters Anonymous meeting January 12, 1982. For one who looks to professionals and science for answers, here I am phoning, writing, and speaking at meetings about what God has done for me through a fellowship of individuals who understand the pain of food obsession and share their experience, strength, and hope.

I always believed in God and practiced my religion, but I learned about meditation in Step Eleven and today have a personal relationship with Our Creator utilizing the Twelve Steps of Alcoholics Anonymous. I think the phrase "attitude of surrender" best describes the necessity of humility for maintaining abstinence.

Sane eating and successful living remains in God's domain for me. I do my part, remaining open and willing to his guidance. However, God cannot guide my steps, unless I pick up my feet.

### HANDY LINKS - THE TRANSLATION FUND



Interested in knowing what OA literature has been translated and into which language? Click on the links below to see the current status. We have made a lot of progress but have a long way to go.

[Translated OA Literature Chart](#)  
[Translated OA Recovery Materials](#)

If you are interested in donating to the Translation Fund to help carry our message, click the link below:

<https://oa.org/contribute/>

Make sure you change the Designation from General Fund to Translation Fund.

#### IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region 5 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  
REGION 5—PO Box 1087 Lombard, IL 60148-2375



### Twelfth-Step-Within - CAREFRONTATION



People need a safe place and caring environment to move forward in recovery. "Carefrontation" is a loving way of reaching out to those within our program who still suffer.

Remember recovery is contagious – relapse is not. Progress in OA is not a moral issue. We need to love each other enough to risk being rejected.

How Groups can support their Members:

- Invite speakers with relapse experience to share
- Establish a "we care" person who circulates among new and returning members before or after meetings

How Can Individuals Show They Care:

- Share your own uncertainty and pain,; it helps others do likewise
- Call or write members who have stopped coming
- Start a special interest meeting such as Support a Member (SAM); Speak Out About Relapse (SOAR); and Welcome Back.

Together we get better!

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)



# 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](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

January 4—April 19, Thursdays 10:00—Noon	<b>WORKSHOP ON THE TWELVE STEPS</b> Congregation Beth Shalom 3433 Walters Ave, Northbrook Contact Linda J 269-903-8124 or Pat H 847-254-9116 <a href="#">Click Here</a>
Saturday, January 20 10:00—11:30	<b>CHIWIF INTERGROUP MEETING</b> <b>Literature Assistance Meeting</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Saturday, January 20	<b>OA'S BIRTHDAY CELEBRATION</b> Celebrate OA's founding with Group
Thursday, February 1	<b>DEADLINE FOR TRANSLATION FUND APPLICATIONS</b> Are you interested in helping translate OA literature for your meetings? The new Translation Fund has money available. <a href="#">Click Here</a>
Saturday, February 3 1:00—4:00 pm	<b>STEPS TO A HEALTHY BODY IMAGE— REFLECTIONS IN AN OA MIRROR</b> Presented by Suburban North Intergroup, Vernon Township Building 2900 North Main Street, Buffalo Grove, Illinois <a href="#">Click Here</a>
Saturday, February 24 1:30 pm Central Time	<b>UNITY DAY</b> 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	<b>FINDING PEACE RETREAT</b> 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

## **Act As If!**

*Anonymous*

*What kind of a fool do you think I am?  
What's the point in praying to God?  
But you say that I need do no more than  
'Act as if!' and He will respond?*

*Such nonsense I have never heard  
I close my ears to those willful lies  
But you say 'That is His will;  
Try! You will see with your own eyes'*

*So I do; I act the hypocrite  
I 'Act as if' He lovingly might care  
Lo! daily my life turns around  
My burdened heart is lighter, fair*

*I do not tell Him what to do  
Nor send shopping lists to the Divine  
I simply pray: 'Help me, Lord,  
Thy will be done, not mine!'*

*I want to hold this discovery close and tight  
And keep it hidden with all my might  
But you question 'Why your cheery disposition?'  
So to you I freely give this exposition!*

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](mailto: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)



# **Overeaters Anonymous Workshop on the Twelve Steps**

*A 15-session workshop designed to help participants  
achieve and maintain abstinence through working all twelve Steps*

**January 4 – April 19, 2018**

**Thursdays, 10:00AM-noon**

January 4 is the Introductory Session

The following OA-approved literature will be used in the workshop sessions and homework assignments:

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition (current edition as of 1-4-18)*
- *Alcoholics Anonymous, Fourth Edition (the Big Book)*
- *Twelve Steps and Twelve Traditions* by Alcoholics Anonymous
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*

Participants need their own copies.

- *Twelve Step Workshop and Study Guide (Green Book)*  
Optional purchase from oa.org. Handouts will be provided

## **Workshop Location:**

**Congregation Beth Shalom, 3433 Walters Avenue,  
Northbrook, IL 60062**

**Questions? Contact Linda J: (269-903-8124)  
or Pat H: (847-254-9116)**

*This is a closed workshop for 4 to 12 participants. No new members may join after the Introductory Session. Participants commit to attend and fully participate in all sessions.*

**Overeaters Anonymous**  
**Suburban North Intergroup**  
**Presents:**

**STEPS TO A HEALTHY BODY IMAGE**  
**REFLECTIONS IN AN OA MIRROR**

• Speakers • Group Sharing • Fellowship • Raffle

**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 3, 2018 1 – 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**

**Deanna B. 224-639-0899      ddhope12@aol.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.



♥ = 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 #
<b>Sunday</b> 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)
<b>Sunday</b> 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)
<b>Sunday</b> 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)
<b>Monday</b> 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies (Closed)	Joan (815) 899-8960	(013-45133)
<b>Monday</b> 7pm-8pm	Wheaton	St Paul Church 515 South Wheaton Ave	OA Literature (Closed)	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 (Closed) <i>Open Mtg on the 3rd Mon.</i>	Julie O. (630) 234-1655	(013-04500)
<b>Tuesday</b> 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)
<b>Tuesday</b> 5:30 PM - 6:30 PM	Darien	Lord of Life Lutheran Church 725 75 <sup>th</sup> St.	Step Study (Closed)	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 (Closed)	Katie H. (630) 864-7419	(013-52223)
<b>Tuesday</b> 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)
<b>Wednesday</b> 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)
<b>Wednesday</b> 7:00 PM—8:00 PM	Bolingbrook NEW	Adventist Bolingbrook Hospital 500 Remington Blvd.	Big Book Study		
<b>Thursday</b> 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)
<b>Thursday</b> Noon - 1:00 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	OA 12 & 12 (Closed)		(013-47257)
<b>Thursday</b> 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)
<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 (Closed)	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 (Closed)	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 (Closed) Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
<b>Friday</b> 6:30 PM—7:30 PM	Naperville	Unity In Naperville - <b>Note New Time</b> 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 #
<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 (Closed)	Chris K. (708) 579-0656	(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 (Open)	Liz B. (636) 346-3829	(013-36157)
<b>Saturday</b> 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)
<b>Saturday</b> 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)
<b>Saturday</b> 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)
<b>Saturday</b> 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)
<b>Saturday</b> 11:00 AM-12:00 PM <b>NEW MEETING</b>	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 CONTRIBUTION FORM
60%	Intergroup*	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532	<a href="#">Click Here</a> *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 <a href="#">Click Here</a> for mail in form <a href="#">Click Here</a> for on-line contribution
10%	Region*	Region 5 Treasurer <b>PO Box 1087</b> <b>Lombard, IL 60148-2375 (New Address)</b>	REGION 5 CONTRIBUTION FORM <a href="#">Click Here</a> (New form—We no longer mail receipts.. Send a self addressed stamped envelope or email address.)

\*Include full meeting information with your payment



January 1, 1892  
Ellis Island opens in New York



January 17, 1706  
Benjamin Franklin's Birthday



January 27, 1973  
Vietnam Peace Agreement Signed