

The Butterflyer

The July 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 REGION ASSEMBLY

The United States is divided into eight Regions. Our Intergroup, Chi-Wif, is part of Region 5. The Region offices are important in coordinating Twelfth-Step work on a broad scale. The business meetings of the regions are called region assemblies. Region 5 currently meets at their Assembly three times a year – in March, July and November. Next year they will begin meeting only twice a year. The people who attend Region Assembly are Intergroup members who volunteer to attend the assemblies, who are working an active OA program, and are knowledgeable about the Twelve Steps and Traditions. They are elected by the Intergroup and serve for 2 years. Each Intergroup sends representatives to the regional assembly. There they follow the Agenda which is prepared by the officers of the Region, providing a forum for the exchange of information and ideas. The agenda includes an informal session on Friday night where reps share valuable information in an open forum about successes and concerns they bring from their Intergroups.

The formal business meeting begins early Saturday morning and usually concludes around 5 or 6pm. An OA meeting is available on Saturday night for those reps who stay overnight, and they leave on Sunday. They will submit a written report to their intergroups at their next meeting. There are Standing Committees at the Region assembly which enable the reps to do the work of “spreading the OA message”. The Committees include Finance, Newsletter, Twelfth Step Within, Professional Outreach, Bylaws, Virtual Meetings and Nominating. Reps volunteer to participate on a committee which interests them and follow through with the ongoing project of that committee.

There are many service opportunities in OA. They exist on all levels – meeting, Intergroup, Region and World Service. Our policy is “we do what we can when we can.” How important in your abstinence and your recovery to you? Someone has to open the door at your meeting, lead meetings and go to Region Assembly. Don’t wait for the “other guy” because you can’t be sure that his or her abstinence and Program are as important to him, as yours is to you! That should determine how much service you offer to do to keep OA alive and viable in your area.

UPCOMING TOPICS

August

OA Structure— OA Conventions

September

WSBC (Who Goes, What is done there, Committees)

Editorial Statement

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ASK MS. BUTTERFLYER



Question:

A lot of people in OA these days have had, or are planning to have, some type of weight loss surgery. Is this considered an “outside issue?” If it is, how should I explain the necessity of not mentioning this in meetings?

Answer:

Surgeries, like medications, are outside issues. We have no opinion on these and so we do not discuss them in OA meetings- that is, we make no mention of who, what, or where. However, if we are sharing as part of our experience (not strength and hope) and just mention it fleetingly, then that would probably be acceptable-just as we share we tried different diets. The experience of others helps us to see the wider picture—diversity—of our disease. The strength and hope of others helps us to see the solution to our disease.

Do you have a question for Ms. Butterflyer? Send it to MSButterflyer@yahoo.com

CHI-WIF Officers

Chair - CJ M 708-218-1904

Vice Chair - Vacant

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

July 16, 2016

10-11:30AM

Good Samaritan Hospital

Downers Grove, IL 60515

CAFETERIA OAK ROOMS

By NJ

GOD'S LOVE

Gratitude is frequently mentioned in our book studies and sharing at meetings. I started noting treats and surprises in my journaling and Tenth Step because it reminds me that God is very near and may give direction and guidance through these incidents. God's messages often come to me through nature like his Cardinals. One morning as I opened the living room door to walk the neighborhood, the bright sun sent me back to the table for my sunglasses. As I returned to the front door, a Cardinal was serenading me from the weather vane a few feet away. I was mesmerized by his color and clarity of song and waited till he flew away.

Last summer as I went with glass and paper to the recycling bin near my garage door, I was greeted in song from the power line. When my friend Mary came out to load belongings into her car, we stood in wonder. Then the bird's nest appeared in the Hydrangea tree near my front door. Despite all the heavy rains and snow and horrific winds, the Cardinal's nest stayed intact until mid-May when the power of sprouting leaves dislodged it, falling to the river rock below.

An ongoing treat for me is watching the Cardinal and his mate feed together. Whether on the ground or at the Safflower feeder, the male will take seed and put it into her beak. His action is so tender; it reminds me of God's love for me. He feeds his beloved just the way God feeds me.

HANDY LINKS - Hearing is Believing—



This 5-minute inspiring collection of interviews depicts the journeys of several OA members from despair to recovery and serenity. Helpful for newcomers, returning members and long-timers alike. For more information on Overeaters Anonymous, please go to www.oa.org or call the World Service Office at 505-891-2664.

[Click Here](https://oa.org/podcasts/oa-podcast-24-hearing-is-believing-oa-members-speak/) or go to <https://oa.org/podcasts/oa-podcast-24-hearing-is-believing-oa-members-speak/>

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 199223 Indianapolis, Indiana 46219 317-809-9575



BYLAW BYLINE

Officers



Article 4 of our Intergroup bylaws describes all the rules concerning board officers. Below is a brief summary of these rules.

Chi-Wif Board officers oversee the Intergroup, including contracts, purchases, finances, committee recommendations and reports; and exercise all powers outlined in the 12 Traditions. They are elected by all present Intergroup representatives in May of each year, and must meet several requirements to qualify:

- 1 year of abstinence
- Actively working the 12 Steps, and have a working knowledge of the 12 Traditions and Concepts
- Regular attendee of an active OA group and Intergroup for 1 year
- Understand the responsibilities of the office

Elected board officers do not represent any particular OA group, and cease to be an Intergroup representative.

The term for most offices is one year, beginning in June, except for the Treasurer who has a 2-year term. They can serve a second term in the same office if re-elected. The term may also end early due to resignation, a return to compulsive overeating, or failure to attend Intergroup meetings. If so, someone else is appointed to complete the term.

The title and responsibilities of each Intergroup board officer position can be found in the Standing Rules of the Intergroup.

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, July 1	EARLY BIRD REGISTRATION DEADLINE FOR WORLD SERVICE CONVENTION
Monday, July 4 7 am—11 pm CST	HOLIDAY MARATHAN INDEPENDENCE DAY—ABSTINENT LIVING Phone: 712-432-5200 Pin: 4285115#
Friday, July 8– Saturday, July 9	REGION 5 SUMMER ASSEMBLY Crown Plaza, Madison Wisconsin Visitors Welcome and Needed Click Here
Sunday, July 10 2 pm—3 pm CST	SERVICE AND MY RECOVERY “THE MANY WAYS TO CONTRIBUTE TO OA” Phone: 641-715-3818 Pin: 925619#
Sunday, July 10 6 pm—7 pm CST Rescheduled due to Holiday	TALK WITH THE TRUSTEE “THE MANY WAYS TO CONTRIBUTE TO OA” Phone: 641-715-3818 Pin: 925619#
Tuesday, July 12	OA DETROIT CONVENTION BUS RESERVATION ENDS Click Here
September 1—4	WORLD SERVICE CONVENTION Boston Click Here
September 16—18	REGION 5 CONVENTION Detroit Click Here

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

**IF YOUR GROUP IS LISTED HERE, YOU
ARE NOT RECEIVING IMPORTANT OA
INTERGROUP INFORMATION.**

We need your secretary's name, address, phone,
and email. Generally, we no longer mail
information so you must have an email address or
designate one to receive our emails.

Contact MSButterflyer@Yahoo.com

<u>Meeting</u>	<u>Day</u>	<u>Time</u>
Yorkville	Monday	7pm
Wheaton	Monday	7pm
DeKalb	Monday	10am
St. Charles	Tuesday	7:30pm
Geneva	Wednesday	7pm
Wheaton	Thursday	10am
LaGrange	Friday	9am
Bartlett	Friday	7pm

OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE

[Click Here](#)



Chicago Western Intergroup Far-Out
CHI-WIF

PROFESSIONAL COMMUNITY COURIER

OA News and Information for the Professional Community

[Click Here](#)

PROFESSIONAL COMMUNITY
COURIER

REGION 5 WEBSITE (New and Improved)

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 March 2016 Newsletter

[Click Here](#)

Writings from November
Assembly [Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



A STEP AHEAD NEWSLETTER—Second Quarter 2016

[Click Here](#)

A Step Ahead

BUTTERFLYER—Past Issues

[Click Here](#)

The  Butterflyer

VISIT THE NEWLY RE-DESIGNED OA WEBSITE

[Click Here](#)



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

[Click Here](#)

♥ = needs support

Chi-WIF Meeting List (013-09168) Last Updated 06/2016

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	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	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)
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 7:00 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 Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
Friday (NEW) 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 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 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)



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
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



July 4, 1959 & 1960
49th & 50 Star Added to our Flag



July 11, 1985
New Coke Introduced



July 20, 1969
First Man on the Moon