

The Butterflyer

The July, 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.

PROGRAM BASICS OUR PRIMARY PURPOSE

Tradition Five states the "Each group has but one primary purpose – to carry the message to the compulsive overeater who still suffers." That is clearly stated. The follow-up question is the important part of the explanation. HOW ARE WE SUPPOSED TO DO THAT??

Here are some suggestions that will help answer that question:

- Attend meetings regularly and participate by sharing and helping out when you can
- Read OA Literature and the AA Big Book regularly
- Obtain a sponsor (or sharing partner) as soon as possible
- Identify your trigger foods and develop a food plan which will include the foods you are supposed to eat in the right portions
- ABSTAIN FROM YOUR TRIGGER FOODS – which means keep away from your trigger foods one day at a time
- PRAY often during the day and on a regular basis while developing a personal relationship with your Higher Power
- WORK THE TWELVE STEPS in order, with the help of your sponsor, as quickly as you can
- Re-enforce awareness of Steps 1-2-3 regularly
- Be aware of your gifts from you HP and express gratitude regularly
- Make several out-reach calls sharing your progress and showing concern for other members weekly
- When you and your sponsor agree that sharing your progress with a newcomer seeking help, offer to sponsor someone
- Continue to apply the Steps, Traditions and Principles of the Program to your life and your relationships, discussing your progress with your sponsor regularly
- Realize and accept the fact that the allergy of your body to your trigger foods will be with you for your lifetime, while the obsession of the mind will be quieted if you stay in "fit, spiritual condition."

The word "regularly" recurs throughout the list of suggestions. It appears that NEW habits are necessary to foster and grow in recovery. The bottom line is that "we do not CARRY the message, we ARE the message." Enjoy the promises of each Step and smile as you get better.

ASK MS BUTTERFLYER



Question: Please distinguish between an "OA group" and an "OA meeting." Are they distinct? Are the terms synonymous? And how?

Answer: The ways that the terms "Groups" and "Meetings" are used seems to indicate that "Group" refers to the people—the OA members. "Meeting" refers to the parameters within which the group operates—"Tuesday, Noon, Big Book Study," for example. So "Meetings" are registered—time, place, format, etc. "Group" refers to the people who attend the meetings.

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

August - The 12 Steps
THE HEART OF THE OA PROGRAM

September—The 12 Traditions
KEEPING OUR MEETINGS ON TRACK

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

July 15, 2017

10-11:30AM

Advocate Good Samaritan Hospital
Downers Grove, IL 60515

ATTACHMENT By NJ

"To whom or what am I attached?" The workshop speaker had everyone's attention. She went on to describe attachment, and introduced the 4 "W" words: wonder, wait, worry, and watch. The speaker had found sugar to be her food attachment. She wondered about it continually. She waited for the next chance to be alone with it. She worried if there was enough for her. She watched other people eat it, delighting in the imagined pleasure and feeling contempt for the normal eater.

I have an obsessive mind, no longer stuck on food, but what about the volunteer project or a relationship? Do I wonder about it or the neighbor or family member? Do I wait on the next action to be taken? Do I worry about the status and outcome? Am I watching every move?

Steps Six and Seven have become far more important than in earlier years. Twelve-Step-Living requires constant attention because I have a disease of the mind. My physician and director is God. I give him my list of defects every day to keep me mindful that wisdom, love, and healing surround me. Journaling, prayer, and meditation are always available to me. If I am not growing closer to God in my step work, then something else has space to separate us. Attachment is a scary thought.

HANDY LINKS - Welcome Back And Members in Relapse



This member shares recovery from numerous relapses on the anniversary of her last binge in 1983. [Welcome Back](#) had special meaning for her as it was the first OA literature addressing recovery from relapse. [Members in Relapse](#) offers practical suggestions from relapse survivors on what helped them feel supported.

Podcast: [Play in new window](#) | [Download](#)

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.chiwifoa.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532
REGION 5—PO Box 1087 Lombard, IL 60148-2375



Twelfth-Step-Within - What Does that Even Mean?



The first time I heard of the 12-Step Within Committee, I had no idea what that was or what it meant. Then I thought about it. Our 12th Step says, "Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters ..." No where in there does it say we carry this message to only new comers. There are many in our own ranks that are still suffering. Why not help to carry the message to those members as well? That is the focus of the 12-Step Within Committee.

Are you a member that is still suffering? Are you a member looking to carry the message? Want to know more?

In the Handy Links section of this page, there are links for Members in Relapse. Or, check out the OA.org website. [Click Here](#)

We can all help carry the message of recovery through abstinence and working the Steps by (1) being well ourselves; (2) giving service, sponsorship and friendship; (3) encouraging membership retention; and (4) attending meetings and OA events. If you need help or encouragement to implement the following suggestions, please contact your intergroup/service board or region.

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

Tuesday, July 4 7:00 am—11:00 pm	HOLIDAY PHONE MEETINGS - INDEPENDENCE DAY Phone: 712-432-5200 Pin: 4285115# New meeting starts every hour. This is not yet published and may not take place
Sunday, July 2 7 pm—8 pm CST	TALK WITH THE WORLD SERVICE TRUSTEE Phone: 641-715-3818 Pin: 925619# Press *6 to mute and unmute Call in and ask your questions and share your insights or concerns! This series may not be continuing.
Tuesday's in July July 11, 18, 25 7:00 pm —8:30 pm	BACK TO BASICS - DARIEN EDITION There will be NO Back to Basics meeting on July 4. We will cover all twelve steps in the remaining weeks. Lord of Life Church 725 75th Street, Darien, IL Contact Belle at 630-747-7669 Click Here
Saturday's Starting July 8 10:30 am—12:00 pm Ends July 29	BACK TO BASICS—12 STEPS IN A MONTH Sponsored by Saturday Morning River Forest Meeting Grace Lutheran Church 7300 Division Street, River Forest Contact: Sara S. (708) 204 - 8893 or Twanna (773) 540 - 5797 Click Here
Saturday, July 17 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! See How Your Intergroup Works Click Here
Wednesday's 7:00 pm—9:00 pm Ends August 23	WORKSHOP ON THE TWELVE STEPS—CONTINUES This is a 15 week workshop on the OA Twelve Steps Unity in Naperville, 1600 Shore Rd, Unit C in Naperville For more information, call Sharon (630) 404-5882 See the flyer in this issue of the The Butterfly
Saturday, July 29 9 am—12 pm	SPONSORSHIP WORKSHOP Sponsored by CSSI Presented by Burbank Tuesday Night Meeting Our Savior Lutheran Church 8607 Narragansett Ave., Burbank, IL Contact Tina at 773-724-0238 Click Here
August 1	DEADLINE FOR TRANSLATION FUNDS APPLICATIONS Groups and service bodies may now apply for financial assistance in translating OA literature Click Here
August 19	SPONSORSHIP DAY OA's newest event day, Sponsorship Day, begins this year and will be held annually on the third Saturday in August. Groups and service bodies are encouraged to plan local events to celebrate the role of sponsorship in recovery.

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 ♥
Sunday, 7pm Oak Park Meeting Needs Support ♥

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://oa.org/files/pdf/courier17-bw.pdf>

PROFESSIONAL COMMUNITY

COURIER

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

[Click Here](#)



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 April, 2017

[Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



http://www.region5oa.org/wp-content/uploads/2017/04/FreedomFromBondage2017.04_Printable-1.pdf

A STEP AHEAD NEWSLETTER—2nd 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 NEWLY RE-DESIGNED OA WEBSITE <https://oa.org/>

[Click Here](#)



OA Virtual News—April 2017

[Click Here](#)



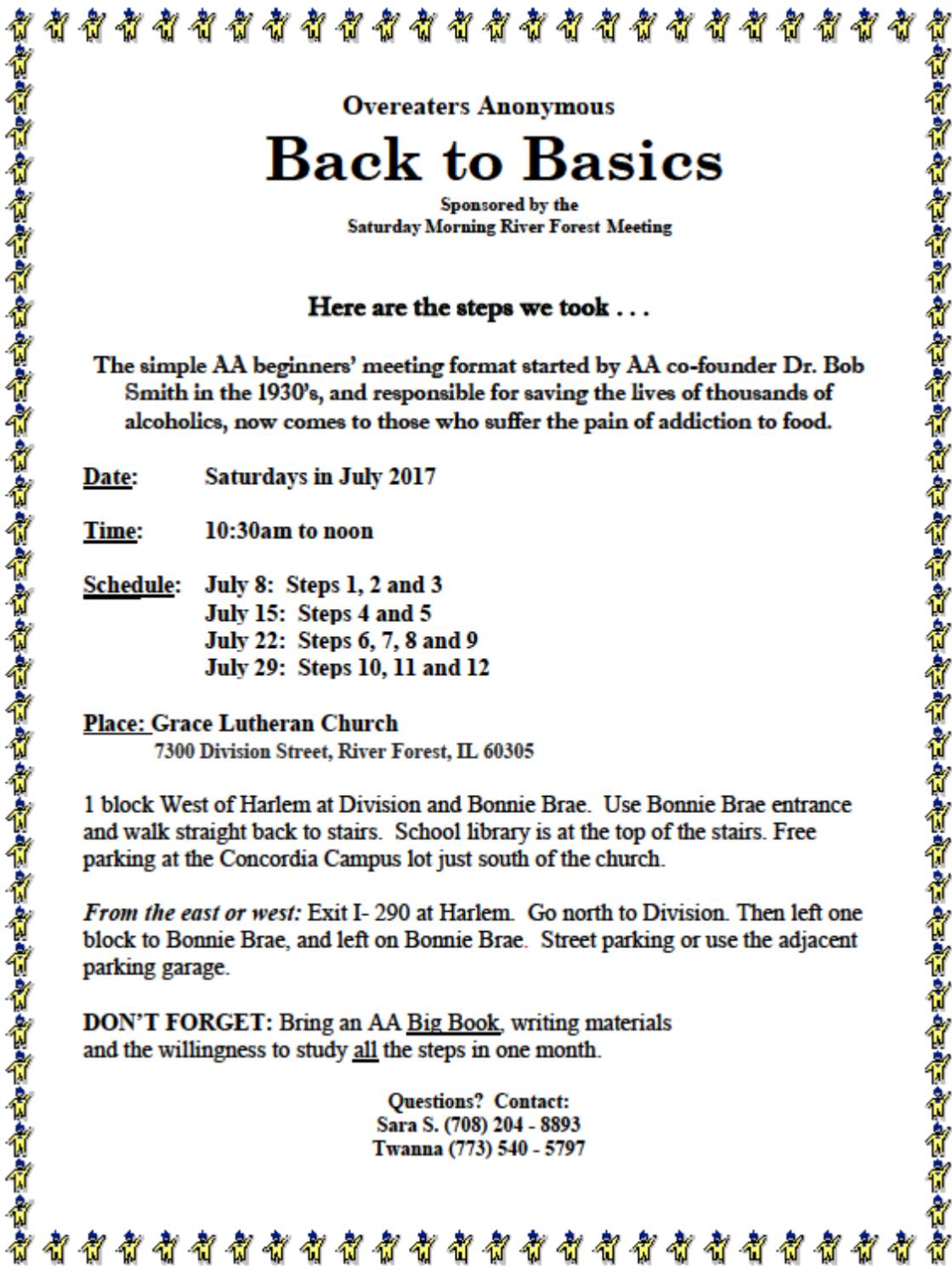
OVEREATERS ANONYMOUS®
Virtual Services Committee

OA VIRTUAL NEWS

<http://www.oavirtualservices.org/newsletter-2/>

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](#)



Overeaters Anonymous
Back to Basics

Sponsored by the
Saturday Morning River Forest Meeting

Here are the steps we took . . .

The simple AA beginners' meeting format started by AA co-founder Dr. Bob Smith in the 1930's, and responsible for saving the lives of thousands of alcoholics, now comes to those who suffer the pain of addiction to food.

Date: Saturdays in July 2017

Time: 10:30am to noon

Schedule: July 8: Steps 1, 2 and 3
July 15: Steps 4 and 5
July 22: Steps 6, 7, 8 and 9
July 29: Steps 10, 11 and 12

Place: Grace Lutheran Church
7300 Division Street, River Forest, IL 60305

1 block West of Harlem at Division and Bonnie Brae. Use Bonnie Brae entrance and walk straight back to stairs. School library is at the top of the stairs. Free parking at the Concordia Campus lot just south of the church.

From the east or west: Exit I- 290 at Harlem. Go north to Division. Then left one block to Bonnie Brae, and left on Bonnie Brae. Street parking or use the adjacent parking garage.

DON'T FORGET: Bring an AA Big Book, writing materials and the willingness to study all the steps in one month.

Questions? Contact:
Sara S. (708) 204 - 8893
Twanna (773) 540 - 5797

OVEREATERS ANONYMOUS WORKSHOP ON THE TWELVE STEPS

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

May 10 – August 23, 2017

Wednesdays, 7:00 to 9:00 p.m.

May 10 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*
- *Alcoholics Anonymous Fourth Edition (The Big Books)*
- *Twelve Steps and Twelve Traditions by Alcoholic Anonymous*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*

Participants need their own copies.

Workshop location:

Unity in Naperville

1600 Shore Rd, Unit C in Naperville

Questions? Contact Sharon (630) 404-5882 or
CJ (708) 218-1904

Overeaters Anonymous

Sponsorship Workshop

Open Event for OA members and guests

*Everything You Ever Wanted to Know About Sponsorship
But Were Afraid to Ask!*



Saturday, July 29, 2017

9 a.m. - Noon

(Registration at 8:30 a.m.)

**Our Savior Lutheran Church
8607 Narragansett Ave., Burbank, IL**



Together We Recover!

Speakers and Activities

Topics Include:

- When and How to be a Sponsor
- Guiding a Sponsee through the 12 Steps
- Working with Others

Who Should Attend?

- New Sponsors
- Anyone who doesn't have a sponsor
- Anyone who has fears about sponsoring
- Anyone who needs some sponsoring guidance
- Anyone who wants to know why we sponsor
- Anyone who just wants some fellowship!

Suggested contribution: \$5.00

Water available for \$1.00

For more information, contact Tina M. at (773) 724-0238.

Hosted by the Burbank Tuesday night meeting
Sponsored by the Chicago Suburban Southwest Intergroup

WHAT'S ON YOUR MIND?



Do you have skills in WordPress? We are looking for someone willing to donate some time to helping us with our CHI-WIF website. If you are interested in doing this service, please contact MSButterflyer@yahoo.com. We have some questions and need some changes. We are not asking for an on-going commitment. Thank you.



CHI-WIF serves OA meetings
in the Chicago Western suburbs

[Home](#) [For Newcomers](#) [Meetings](#) [News](#) [CHI-WIF Intergroup](#) [Contact](#)



Support CHI-WIF at the next Intergroup Meeting

Welcome to Overeaters Anonymous
Chicago West Far-Out Intergroup CHI-WIF

2017 REGION 5 CONVENTION REGISTRATION OPEN



Conventions are open to anyone. There is no requirement of abstinence. They are designed to immerse you in OA recovery, see old friends, make new ones, and have fun. Consider taking the bus to enjoy yourself even more. Scholarships for registration are available.

[Click Here](#) to register on-line

<http://www.region5oa.org/events/2017-region-5-convention/>

[Click Here](#) for bus information

<http://www.region5oa.org/wp-content/uploads/2017/03/2017BusFlyer.pdf>



♥ = needs support

Chi-WIF Meeting List (013-09168) Last Updated 06/2017

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 & Step 11 Prayer and Meditation Focus	Sharon (630)404-5882	(013 - 54526)

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	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	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 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	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
Send a self addressed stamped envelope or email address.)

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

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



July 10, 1040
Lady Godiva's Ride



July 20, 1950
Arthur Murray Party Premiers



July 28, 1917
Silent Parade-James Weldon Johnson