

# The Butterflyer

The July, 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.

## BUILDING HEALTHY SERVICE BODIES

"What on earth does that have to do with ME??" you might ask? "I just go to meetings; that other stuff is for the older people in the Program!" It has a lot to do with you, if you are an OA member and you value your Program, your recovery, your meetings and your life.

The service bodies other than the Overeaters Anonymous groups are the Intergroups (ours is Chi-Wif), Regions (ours is Region 5), and the World Service Business Conference. OA members who are curious about any of the doings on these levels are welcome to attend and observe. What can you do to build healthy service bodies? Attend meetings, work the 12 Steps, understand the 12 Traditions, get and maintain abstinence and SPONSOR!

If our meetings are strong examples of recovery, then newcomers will keep coming, and sponsored members will then sponsor others. Also help by doing the small jobs necessary to keep your meeting alive. You don't have to be a "service junkie". Just do what is needed to keep your individual meetings functioning and healthy. When meetings are strong, members will step up to become Intergroup reps and later perhaps, Region Reps. It all starts with strong meetings.

When OA meetings close because of poor attendance, a part of our OA organization dies. My recovery has been a gift of Overeaters Anonymous. I have lived 20 years longer than when I "hit bottom" because of this Program, the 12 Steps and the love of the people in the Fellowship. Here are some suggestions that could help to keep your meeting alive. See if you can fill up the think of additional ways. Chose one or two and follow through by offering to help your OA meeting stay strong. If we don't do it, who will??

Set up chairs	Make an outreach call	Maintain the phone list
Share positively	Contribute financially	Become the Treasurer
Contact person	Focus on the Promises	Attend workshops
Lead a meeting	Welcome a newcomer	Put out literature
	STAY ABSTENENT	

## ASK MS BUTTERFLYER



**Question:** Our meeting is closing, what do we need to do?

**Answer:** Before making a decision to close a meeting, I suggest some of your members come to your Intergroup meeting to see how they may be able to help you. That is one of our most important functions.

If the meeting will be closed, make your final contributions to the facility, your Intergroup, and World Service. Please let the Butterflyer know so that we can update Newsletter's meeting list.

Go to the OA.org website and choose Find a Meeting/Face to Face Meetings/ Meeting Changes,/ Cancel a Meeting/Face to Face. Enter your meeting number (it is on the meetings page in the Butterflyer). Provide the remaining information.

<https://oa.org/groupsservice-bodies/meeting-changes/cancel-a-meeting/>

If you need to change information about your meeting such as your meeting contact, meeting time or location , or your secretary, use the same process but choose Change a meeting instead of Cancel a meeting.

**Submit your questions to**  
**MSButterflyer@yahoo.com**

## UPCOMING TOPICS

August - Carrying the Message -  
Successes

September - Carrying the Message -  
Challenges

### Editorial Statement

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### NEW CHI-WIF Officers

Chair - Sandy F.  
SandyFink57@gmail.com  
Vice Chair - Kim  
kdn4today@yahoo.com  
Secretary - Gwen C.  
gwencarr6@gmail.com  
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 21, 2018**  
**10-11:30AM**

## QUIET TIME

By NJ

The morning is overcast and cool following an early rain, another inch in the gauge. The Robins have built a nest in the Hydrangea tree and the trumpet vine has buds soon to blossom, nectar for humming birds, butterflies, and squirrels. The chimes tingle in the gentle breeze. My backyard offers a delightful opportunity to sit in the quiet, let my thoughts wander, and write.

My own three calls yesterday resulted in leaving three messages, but the calls I received asked direction for a struggling sponsee, a social situation, reluctance to let go a trigger food, and a halt in weight loss. I am a good listener and encourager for the most part, although some concerns I could address directly, like writing a daily Step Ten, adding a walking routine, and avoiding CRAP (caffeine, refined flours, alcohol, and processed foods). I assure you there is no original answer in my head; all ideas are pieced together from years of trial and error, and listening around the tables. We are messengers for one another, our horizontal relationship with God.

I started this article with meditation because it along with prayer is the glue of my program – Step Eleven. Quiet time activates the power source, a direct line for guidance and direction, my vertical relationship with God. I need help with relationships, medical decisions, and home repairs without using food as a crutch. God does that for me when I tune in to His presence.

Alcoholics Anonymous pages 85-88 are one suggestion for establishing a quiet time if you do not have a routine of your own. When I live in God's presence, I am free of food obsession and more clearly see His many blessings. When I share my experience, I am "uniquely useful" to other compulsive eaters. Helping others is our foundation stone of recovery.

### HANDY LINKS - PERSON—TO—PERSON



Person to Person - Carrying the Message is the topic for this OA literature workshop. A member maintaining a 200+ pound weight loss shares her journey in recovery and how the OA literature, Steps, Traditions, Tools and a sponsor guide her recovery. She discusses sponsoring, the difference between a suggestion and advice, and how her sponsor's suggestion to pray and has helped her with the dilemmas of life. To unselfishly share our experience, strength, and hope is the message of the pamphlet Person to Person: Carrying the Message, Our Special Gift.

[Listen Now - Person to Person](#) | [Download](#)

<http://www.oa.org/wp-content/podcasts/Apr6editedOALiteraturePerson2Person.mp3>

**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



### Twelfth-Step-Within— 12th Step Within Call—A—Thon



Region 5 has two Outreach Committees. One is focused on Intergroup Recovery and the other on individual recovery. The committee is called Each One—Reach One.

The idea is that as we get better together, OA as a whole will be strengthened. The Committee has a Call-A-Thon initiative. They are asking each person to participate. Here's how it works:

On the 12th of this month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.

Ask you home group to participate and what the recovery and attendance grow!

See the CHI-WIF Website for a printable form in PDF and Excel

<http://www.chiwifoa.org/each-one-reach-one/>

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://oa.org/files/pdf/Courier.pdf>

PROFESSIONAL COMMUNITY  
**COURIER**

REGION 5 WEBSITE <http://region5oa.org>

[Click Here](#)



**REGION 5 OF OVEREATERS ANONYMOUS**

FREEDOM FROM BONDAGE—Region 5 (Published 2X a Year)

[Click Here](#)

**FREEDOM FROM BONDAGE**

OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2018/04/Freedom-from-bondage-march-2018-color.pdf>

A STEP AHEAD NEWSLETTER—3rd Quarter 2018 <https://oa.org/files/pdf/asa-q3-2018.pdf>

[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— 2nd Quarter Newsletter

[Click Here](#)



<http://www.oavirtuallservices.org/>

**OA VIRTUAL NEWS**

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

Thursday, July 12	<b>12TH-STEP-WITHIN CALL-A-THON!</b> The 12th of this month, pledge to make outreach calls to people who have found OA but still suffer r from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings <a href="#">Click Here</a>
Saturday, July 14 2:00 pm—4:00 pm Central 3:00 pm—5:00 pm Eastern	<b>REGION 5 PHONE MEETING</b> Ever wonder what happens at an Assembly? You could join us by phone and hear what your Region 5 Reps are doing. Call 712-775-7031 Access code: 182-225 <a href="#">Click Here</a>
Saturday, July 21 10:00am—11:30am	<b>CHIWIF INTERGROUP MEETING</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Saturday, August 18— through Sunday, August 19	<b>SPONSORSHIP DAY</b> Third weekend in August Plan a workshop <a href="#">Click Here</a>
Sunday, August 19 2:00 pm—4:00 pm	<b>SPONSORSHIP WORKSHOP</b> Celebrating the Role of Sponsorship Immaculate Conception Convent 2408 W. Heading Ave., West Peoria, IL Sponsored by Heart of Illinois Intergroup More info: 309-363-2495 <a href="#">Click Here</a>
Friday, August 31 through Sunday September 2	<b>REGION 5 2018 CONVENTION</b> Living in the Solution Convention Hosts — Central Indiana Intergroup Hilton Indianapolis Downtown 120 W. Market St. Indianapolis, IN Come for a weekend of recovery and fun Bus Transportation is available <a href="#">Click Here</a> <a href="#">Click Here</a>
Friday September 21 through Sunday, September 23	<b>JUST FOR TODAY ... PERSPECTIVES ON RECOVERY</b> Fall Retreat at Portiuncula Center 9263 St. Francis Road, Frankfort, IL Contact Peggy H Cell 708-220-8043 musicmombb@gmail.com <a href="#">Click Here</a>
October 19-21	<b>REGION 5 FALL ASSEMBLY</b> More information to follow

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



Heart of Illinois Intergroup

# **SPONSORSHIP WORKSHOP**

*Celebrating the Role of Sponsorship*

**Sunday, August 19**

**2:00pm - 4:00pm** (doors open at 1:30)

**Immaculate Conception Convent**

**2408 W. Heading Ave.**

**West Peoria, IL 61604**

**SAVE THE DATE!**

**MARK YOUR CALENDAR!!**

**7<sup>th</sup> Tradition Basket will be passed**

**Cold Bottled Water Available**

**For more information, please contact Neta @ 309-363-2495**





**"JUST FOR TODAY"....Perspectives on Recovery**  
**Overeaters Anonymous**  
**Fall Retreat**  
**September 21 to 23, 2018**

**Where:** Portiuncula Center for Prayer (The Port)  
9263 W. St Francis Road Frankfort, Illinois 60423

**Cost:** *Double Occupancy:* \$150 before August 10th    \$160 after August 10th  
*Single Occupancy:* \$175 before August 10th    \$185 after August 10th  
*3 day Commuter:* \$115                      *Saturday Only:* \$60

**\*\* Price Includes room and meals\*\***

**Make check or money order payable to:** Peggy H *Email:* [musicmombb@gmail.com](mailto:musicmombb@gmail.com)  
*Cell:* (708) 220-8043 *Address:* 13918 E. Leamington Dr. Unit #403 Crestwood, IL  
60418

**Return bottom portion with payment on or before September 1st**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Single** \_\_\_\_ **Double** \_\_\_\_ **Commuter** \_\_\_\_ **Roommate (If known):** \_\_\_\_\_

**Do you want to be added to the phone list:** \_\_\_\_\_

**Do you have at least 3 months of Abstinence:** \_\_\_\_\_

**Would you be willing to do service:** \_\_\_\_\_

*Confirmation will be sent by email. If you want a hard copy please send a self  
addressed stamped envelope with your payment.*

# Strengthen Your RECOVERY

## Strengthen Your MEETING



Join the  
12th-Step-Within  
***Call-A-Thon!***

**WHO:** All recovering members of OA

**WHAT:** A day dedicated to carrying the message of recovery through the Twelve Steps to other OA members who still suffer

**WHEN:** The 12th of each month

**WHY:** Working with others one-on-one is at the core of the program. In order to keep our recovery, we have to give it away.

**HOW:** On the 12th of this month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.

Welcome to the (DAY) (TIME) meeting of Overeaters Anonymous!

DATE: \_\_\_\_\_

[illegible]



♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 6/2018**  
**(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 (ring bell at alley door)	OA 12&12 (Closed) 4h week—Meditation Mtg	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> 7:30 PM - 8:30 PM	Naperville	Yellow Box Church 1635 Emerson Ln <b>Moved Back to Yellow Box Church 6/1/18</b>	Format Varies (Closed) <b>Open Mtg on the 3rd Mon.</b>	David S. (630) 778-4902	(013-04500)
<b>Tuesday</b> Noon - 1:00 PM	Naperville	Compass Church, 1551 Hobson Road at College/Wehrli Room S101	Varies (Closed) — <b>Open Mtg on the 5th Tues.</b>	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 - 8:00 PM	Riverside ♥	Sts Peter & Paul Lutheran Evangelical Church 250 Woodside Rd. (Enter off 31st—Upstairs)	Format Varies (Closed)	Lori D. (708) 431-5491	(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	Mandy (630) 235-6241	(013-56235)
<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>Thursday</b> 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)
<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)
<del>Friday 6:30 PM—7:30 PM</del>	<del>Naperville</del>	<del>Unity In Naperville—Note New Time 1600 Shore Rd Unit G</del>	<del>Big Book &amp; Step 11 Prayer and Meditation Focus (Closed)</del>	<del>Sharon (630) 404-5882</del>	<del>(013-54526)</del>

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 6/2018**  
**(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)	Twanna (773) 540-5797	(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	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

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

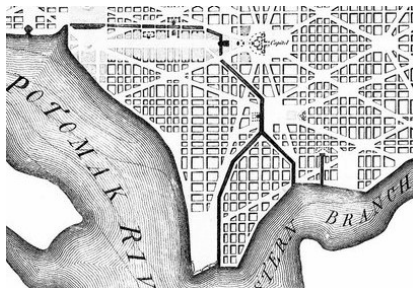
WORLD SERVICE CONTRIBUTION FORM  
[Click Here](#) for mail in form  
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM  
[Click Here](#) (New 2018 form — no longer mail receipts..  
 Send a self addressed stamped envelope or email address.)

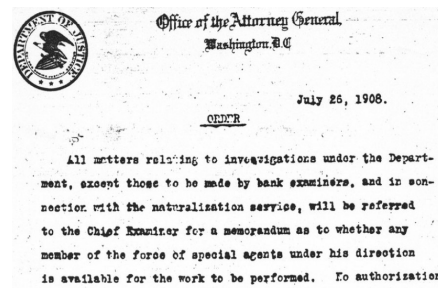
\*Include full meeting information with your payment



July 7, 1930  
[Hoover Dam Construction Begins](#)



July 16, 1790  
[Washington DC Becomes the Capitol](#)



July 26, 1908  
[FBI is Founded](#)