

# The Butterflyer

The June 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 WORKSHOPS

An Overeaters Anonymous workshop is a special event to highlight recovery, abstinence, and living by the Principles of the Twelve Steps. It is special in that it takes place on a particular date, which is not the group's usual meeting time. It can be an entire day or a portion of a day. A date agreeable to the majority of the sponsoring group is planned, taking into consideration national holidays, other planned activities by neighboring Intergroups, and the IG meeting dates. Those members can present their idea to their local IG for help with advertising, funding, literature and/or support in many possible ways. Our IG, Chi-Wif, has guidelines for workshops one of which is that all activities sponsored by the IG be open to anyone interested in OA and recovery. These guidelines are included in a folder that is available for groups and is a valuable resource for the sponsoring group. Also included are the World Service Office OA guidelines, which are very specific and clear, and are accessible on [www.oa.org](http://www.oa.org).

The workshop sponsor schedules a conveniently situated location, being aware of the details and specifics of the venue, including the cost. The OA members, whether from an OA group, or an Intergroup, come up with an idea or concept upon which they can develop a program with a format which could include speakers, sharing, writing activities, Big Book topics or studies, and/or topics relevant to OA recovery.

Many "fun activities" can be scheduled to vary the program, including recovery basket raffles, skits, interactive crafts, and 50/50 tickets. Picnics, runs, and attending sporting events are not described as workshops, but rather social events for OA members and their friends and families. The workshop planning meetings can be scheduled as necessary by the group sponsoring the workshop. IG officers can be invited to these meetings, or can be used as consultants for the group putting on the workshop.

A flyer is developed, and is submitted to the IG for proof-reading. It must include the heading Overeaters Anonymous in the title, as well as the group's name sponsoring the workshop and the details of the event clearly and concisely explained. All admission charges are stated as "Suggested donation of \$\_\_\_ - no one will be turned away." The agenda of the event should be either posted for all to see or passed out to those attending. The event must be well-organized and considerate of people with special needs (accessible bathrooms, elevators and/or comfortable facilities). If the event overlaps lunch time, then information as to whether a brown bag lunch should be brought with the attendees, or time allotted so that participants have sufficient time to go out for lunch. All information must be developed with the Twelve Traditions followed, including anonymity of all speakers' names on the flyer. Also contact persons' full names are not displayed on the flyer. The Vice-Chair of the IG is the specific liaison for special events and can be used in that capacity for the planning of workshops.

Workshops are intended to be fun, informative, and happily anticipated by the sponsoring group and its members. Handing out printed materials must follow OA guidelines, just as speakers are to only refer to OA approved literature. Do the planning carefully and enjoy the workshop - hopefully it will be a wonderful tool of recovery for everyone involved.

## ASK MS. BUTTERFLYER



**Question:** What would happen if we made the OA 12&12 freely available online? Might we be able to spread the message of recovery even better this way?

**Answer:** For Fiscal Year 2015, projected revenue for that book is \$160,000. If that book were offered for free, projects (for example: public awareness campaign, cutting back on region trustees' workshops, postponement or delay in literature development or printing, professional exhibit funding) would have to be cut back, thereby affecting OA's ability to reach out to the compulsive overeater who still suffers.

**OA is not self-supporting through its own contributions. Consequently, OA must rely on literature sales to help carry the message.**

**Do you have a question for Ms. Butterflyer? Send it to [MSButterflyer@yahoo.com](mailto:MSButterflyer@yahoo.com)**

## UPCOMING TOPICS

### July

OA Structure— OA Region Assembly

### August

OA Structure— OA Conventions

### Editorial Statement

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### 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**

**June 18, 2016**

**10-11:30AM**

**Good Samaritan Hospital**

**Downers Grove, IL 60515**

**CAFETERIA OAK ROOMS**

By NJ

## HAZY THOUGHTS

"If these thoughts occur, they are hazy and readily supplanted..." Alcoholics Anonymous p. 24

Book studies are my choice for meetings. I hear the wisdom of members as they translate the pages of the text into their life circumstances. From the quote above, hazy thoughts could be, "this is stinkin' thinkin'" or "you're really tired" or "you could pick up the phone." However, they are supplanted by, "I had a good workout" or "it's the smallest one on the plate" or "I'll be on plan tomorrow."

Your doctor, pastor, or therapist are normal eaters and do not have a mind that gravitates to food as a source of comfort, reward, or anesthesia. They will probably not deliver the gem I heard at a meeting: Your true self is your abstinent self.

Wanting to be free of the incessant mind chatter, a spiritual awakening was my goal. Step Twelve tells me a spiritual awakening is the result of working the Steps. My part is to clean house, trust God, and help others and God will deliver his part – freedom from food obsession.

Do I recognize God's voice in the pause after a food thought? Did I pause and ask God into the conversation? Or move on quickly to the next temptation of the disease voice, "This time will be different."?

I want to be all I can be, and only God has the roadmap and timetable for that process of change. However, I have learned from book studies that clinging to trigger foods and behaviors sabotage my efforts to live in freedom. I need to be abstinent to be all I can be. I have already shared this gem in my phone calls and now with all of you. Pass it on.

### HANDY LINKS -

#### NEW ONLINE VIDEO BREAKING OUT OF RELAPSE



The Twelfth Step Within Committee is pleased to announce a new Board-approved video resource for members in relapse and those giving Twelfth Step Within service. F

ree to download or stream, [Breaking Out of Relapse](#) can help isolating members and others in relapse return to their program and their abstinence.

And, you can find the video by navigating to Members/Groups in the main menu on [oa.org](#) and then dropping down to Program Inspiration and then Breaking Out of Relapse. 11/23/15

### BYLAW BYLINE

#### Article III



#### Article III: OA Groups, Intergroup Members, Voting

The Intergroup is made up of...groups. Most of us refer to a group as a "meeting" as in "I go to the Saturday Elmhurst and Tuesday Riverside meetings." But, technically, these are actually OA "groups." Basically, the definition of an OA group is two or more people who meet to practice the 12 steps and 12 traditions, and have registered the group with the World Service Office.

When a group joins the Intergroup, it can designate two Intergroup Representatives (IRs) who will serve for whatever period of time the group sees fit. IRs represent their group at Intergroup meetings, bring information back to their group, and vote on Intergroup decisions along with elected Intergroup positions (e.g. Chairperson, Vice Chair, Secretary and Treasurer). Intergroup meetings are also open to anyone from our member groups, so feel free to stop in and observe an Intergroup meeting – no reservations necessary!

Next Month - Article IV: Officers

#### IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region V Website [www.region5oa.org](http://www.region5oa.org)

OA Website [www.oa.org](http://www.oa.org)

Chi-Wif Website [www.chiwifo.org](http://www.chiwifo.org)

#### Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532

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



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)



# ANNOUNCEMENTS

Monday, June 30	<b>MEMORIAL DAY PHONE MARATHON—REMEMBERING THOSE THAT CAME BEFORE</b> Dial 712-432—5200 Access code 4285115#
Saturday, June 4 1 pm—4 pm	<b>MAINTAINING ABSTINENCE: A SPIRITUAL JOURNEY</b> Vernon Township Building 2900 N Main Street, Buffalo Grove, Carolyn B. 224-723-6883 cwinfos@sbcglobal.net Chris B. 847-845-7967 ccnek82@gmail.com <a href="#">Click Here</a>
Sunday, June 12 2:00 pm—3:00pm CST*	<b>2ND SUNDAY SERVICE &amp; RECOVERY TELEPHONE WORKSHOP</b> (Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers) “There are no musts... But is it good for OA as whole? ” Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email <a href="mailto:vst4oa@hotmail.com">vst4oa@hotmail.com</a>
Friday, July 1	<b>EARLY BIRD REGISTRATION DEADLINE FOR WORLD SERVICE CONVENTION</b>
Friday, July 8– Saturday, July 9	<b>REGION 5 SUMMER ASSEMBLY</b> Crown Plaza, Madison Wisconsin Visitors Welcome and Needed <a href="#">Click Here</a>
Tuesday, July 12	<b>OA DETROIT CONVENTION BUS RESERVATION ENDS</b> <a href="#">Click Here</a>
September 1—4	<b>WORLD SERVICE CONVENTION</b> Boston <a href="#">Click Here</a>
September 16—18	<b>REGION 5 CONVENTION</b> Detroit <a href="#">Click Here</a>

**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](mailto:MSButterflyer@Yahoo.com)

Batavia	Sunday	5pm
LaGrange	Sunday	7pm
Yorkville	Monday	7pm
Wheaton	Monday	7pm
DeKalb	Monday	10am
Darien	Tuesday	5:30pm
St. Charles	Tuesday	7:30pm
Geneva	Wednesday	7pm
Wheaton	Thursday	10am
LaGrange	Friday	9am
Darien	Friday	5:30pm
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 CHIWIF)

[Click Here](#)

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	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	Sheila S. (630) 747-1001	(013-50044)
<b>Sunday</b> 7:00PM—8:00	Oak Park	Good Shepherd Lutheran Church 611 Randolph Street (New Listing)	OA 12&12 (Candlelight)	Sara S. (708) 204-8893	(013-40019)
<b>Monday</b> 10:00 AM - 11:30	DeKalb	Senior Center 409 S Grove	Format Varies	Joan (815) 899-8960	(013-45133)
<b>Monday</b> 7pm-8pm	Wheaton	St Paul Church 515 South Wheaton Ave	OA Literature	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 <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 3101	Varies— <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	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 <b>Back to Basics</b>	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 Open to All	Kathleen (773) 458-6137	(013-52223)
<b>Tuesday</b> 7:00 PM - 8:00 PM	St. Charles	Hosanna Lutheran Church Red Gate Rd & Randall Rd	Format Varies	Debbie (847) 695-2181	(013-21464)
<b>Wednesday</b> 9:30 AM - 11:00	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Diane K. (708) 309-4661	(013-08909)
<b>Thursday</b> 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)
<b>Thursday</b> 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)
<b>Thursday</b> 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Jim M. (630)816-2288	(013-35368)
<b>Thursday</b> 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego	Format Varies	Barbara H. (630) 674-9341	(013-51364)
<b>Thursday</b> 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)
<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	Mary Lou (708) 343-8360	(013-46432)
<b>Friday</b> 9:00 AM - 10:30	LaGrange	First Congregational Church 100 South 6th Avenue at Cossitt	Format Varies	Jane K. at (708) 579-1785	(013-20655)
<b>Friday (NEW)</b> 5:45 PM—6:45	Naperville	<b>Unity In Naperville</b> 1600 Shore Rd Unit C	<b>Big Book reading—special focus on Steps 10, 11, 12</b>	<b>Sharon</b> <b>630-404-5882</b>	<b>(013 -54526)</b>
<b>Friday</b> 5:30 PM-6:30 PM	Darien	Lord of Life Lutheran Church 725 75 <sup>th</sup> St.	Big Book Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
<b>Friday</b> 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 #
<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	Terri N. (630) 688-7841	(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	Liz B. (636) 346-3829	(013-36157)
<b>Saturday</b> 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)
<b>Saturday</b> 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)
<b>Saturday</b> 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)
<b>Saturday</b> 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 <a href="#">Click Here</a>
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 PO Box 199223 Indianapolis, Indiana 46219	REGION 5 CONTRIBUTION FORM <a href="#">Click Here</a> for mail in form

\*Include full meeting information with your payment



June 10, 1653  
First American Mint Opens



June 14, 1777  
John Adams introduces Flag Day



June 26, 1945  
United Nation Charter Signed