

The Butterflyer

The June 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 NO DUES OR FEES FOR MEMBERS

All Overeaters Anonymous meetings are unique in that every meeting has the authority to determine their meeting times, formats and schedules. The guidelines found in the Twelve Traditions must be adhered to because they are, generally speaking, the bylaws which unite our world-wide organization. The Twelve Steps are "the OA Program" which will eventually arrest the mental obsession which plagues every compulsive overeater.

The Program is offered to all – FREELY and without financial hardship. No one is obligated to contribute to the free will basket when it is passed at the meetings. No records are kept as to who contributes and who does not. No attendance is taken, no last names used usually, and no publications required to work the OA Program.

Steps *precisely in order* as explained in the AA Big Book. We are powerless, but we are not helpless.

Make some life-changing decisions – the OA Program is FREE.

Just bring your willingness, no money is involved!!

ASK MS BUTTERFLYER



Question: How much should I contribute at a meeting?

Answer: The recommended contribution is \$3.00. How much money have you spent over the years on binges, diets, diet equipment, pills, shakes, every size of clothing imaginable, extra costs for health insurance, etc.?

OA is not free. This is a sensitive topic and often rubs people the wrong way. No one wants to feel like they are being hit up for money. Some feel they cannot afford \$3.00 while others simply resent being told what to do. Many attend several meetings a week. In that case, \$3.00 each meeting could become a financial burden. Only you know your situation and no one should judge another when only a dollar or even quarters are put in the basket.

As the responsibility pledge states: Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

July - Program Basics
OUR PRIMARY PURPOSE

August - The 12 Steps
THE HEART OF THE OA PROGRAM

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

June 17, 2017

10-11:30AM

Advocate Good Samaritan Hospital
Downers Grove, IL 60515

S.T.O.P. By NJ

Slogans and acronyms deliver a program message or guidance in very few words. Personal favorites are Just for Today and K.I.S.S. (Keep It Simple, Sweetie). I have been rereading the stories in "Overeaters Anonymous" third edition and found a passage I had marked 2 years ago:

"I take a STOP (a Spiritual Time Out Please) any time of day when I need to get more calm because I am less compulsive when I am calm." p. 97

I came into OA because I wanted freedom from the mind chatter. Calories, fat grams, minutes of exercise, and number on the scale occupied every waking moment. I learned from members that God was concerned about anything that concerned me, even my food choices, and that working the Steps guaranteed me freedom from food obsession – a spiritual experience.

I stopped compulsive food behaviors, e.g. weighing on the scale every day, limiting foods to those I knew the exact calorie content, and skimpy and skipping meals. I started journaling – I asked God everything. Have you guessed what happened? He told me what to eat, how much to eat, and when to eat. I am not saying these changes were all comfortable and without hesitation. There were items I had never eaten; I was afraid. And I still "saved" calories for later, if I really needed them. Calorie "catch-ups" 3-4 days later are scary, too, so that behavior had to stop.

God is in the pause, so I need to STOP, listen, and take the action. Not to be limited to food behavior, life is so much easier when God is my Source of direction and guidance.

HANDY LINKS - Sponsorship Success



Questions about sponsorship? Listen to "Sponsorship Success": a nine-part podcast series by members from various regions sharing their experience, strength, and hope with using the Tool of sponsorship. Learn more about: What is a Sponsor? Why should I get a sponsor? Why be a sponsor? What is the sponsor "job description"? What are different sponsoring styles? And more. PLUS, download the Sponsorship Success questionnaire—thought provoking questions for writing exercises, discussion, or meditation that complement each podcast.

[Listen Now - Start](#) | [Download](#)

<https://oa.org/wp-content/podcasts/sponsorship-intro-edited.mp3>

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
REGIOM 5—PO Box 1087 Lombard, IL 60148-2375



Twelfth-Step-Within - Relapse Prevention



Symptoms Leading to Relapse

- Argumentative
- Cockiness
- Complacency
- Defiance
- Denial
- Depression
- Dishonest
- Eating my binge foods
- Exhaustion
- Expecting too much from others
- Forgetting gratitude
- Frustration
- Grief
- Impatience
- "It can't happen to me"
- Letting up on disciplines
- Self-pity
- Use of mood-altering chemicals
- Wanting too much

— *Twelve Step-Within Handbook*, p. 22

We can all help carry the message of recovery through abstinence and working the 12 Steps by:

- being continuously abstinent;
- giving service, sponsorship and support;
- encouraging membership retention; and
- attending meetings and OA events.

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

Saturday, June 3 1 pm—4 pm	“USING THE TOOLS” THE PATH TO LASTING ABSTINENCE Vernon Township Building 2900 North Main St., Buffalo Grove, Illinois, 60089 Contact Deanna B 224-639-0899 ddhope12@aol.com Click Here
Sunday, June 4 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! <i>This series may not be continuing.</i>
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 Butterflyer
Saturday, June 17 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! See How Your Intergroup Works Come Meet Your New Service Team Click Here
Sunday, June 18 7:00 am—11:00 pm	HOLIDAY PHONE MEETINGS - FATHER'S DAY Phone: 712-432-5200 Pin: 4285115# New meeting starts every hour. <i>This is not yet published and may not take place</i>
Saturday, June 24	BODY IMAGE WORKSHOP Faith United Methodist Church 15101 S. 80th Ave, Orland Park, IL (Sorry, no other information available)
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. <i>This is not yet published and may not take place</i>
Saturday, July 29 9 am—12 pm	SPONSORSHIP WORKSHOP Burbank (Sorry, no other information available)

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](#)



***Needed:
Secretary Contact Info
for Your Meeting***

OA will be conducting an **electronic member survey** later this year, and we are asking that **all meetings review their secretary information**, especially email addresses.

Updating your meeting information is easy. Go to [Find a Meeting](#) and click on [Edit an Existing Meeting](#). The survey will enable OA to continue providing information about the OA program and strengthen OA's mission to foster a message of **hope, strength, and recovery** from compulsive overeating.



CHI-WIF SPEAKERS ARE AVAILABLE

Is your meeting looking for a speaker? The Chi-Wif Intergroup has speakers available to come to your meeting. Please email MsButterflyer@yahoo.com. Provide your group information including day, time, location, desired date, and your group's abstinence requirement.

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>



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

WHAT'S ON YOUR MIND?



I have been coming to these rooms for over 7 1/2 years now. My how quickly the time has flown by! I remember thinking that I could not volunteer to lead one of the meetings I attended because I did not feel like it was really "my meeting." Then one day, after I had been attending that meeting for months, I volunteered to take the key and lead the meeting the next Saturday and that is when that meeting really began to feel like "my home meeting."

Now, of course I realize that the meeting does not belong to me, but still, that simple act of taking responsibility to carry the key and show up early the next week and lead the meeting helped me to feel more like I belonged there than anything else I had done before that.

Supporting that meeting with my service was important to me in my recovery and so is supporting all my home meetings and all the workshops I attend with my service and my 7th Tradition contribution. When the basket goes around for the 7th Tradition collection, I remember how much money I used to spend on junk food and fast food - those things did nothing to improve my life or my health. OA has made a profound difference in my life and my health. Living in the steps and recovery in OA is the best health insurance that I have ever found.

I'm thankful to have strong meetings that I can attend and support and it helps me to know that my contribution and the contributions of all my fellows helps to support our primary purpose in OA - *Tradition 5 - Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.* This is mirrored very closely by the Responsibility Pledge - "*Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.*" All of our contributions go to support these goals in our local meetings, at the

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 03/2017**

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	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	St. John the Baptist Church 0S233 Church Street Building in Back of Church	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 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



June 7, 1848
Paul Gauguin is Born



June 21, 1905
Jean Paul Sartre is Born



June 26, 1893—Gov Altgeld pardons
Haymarket Activists