

The Butterflyer

The June, 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 A STRONG FOUNDATION OF SPONSORSHIP

“WE” admitted “WE” were powerless over food and “OUR” lives had become unmanageable. STEP ONE

Bill Wilson never intended the early AAs to work the Program on their own. Rozanne never intended for OA'ers to work the Program alone. What makes MOST of us think we can beat this compulsive addiction by ourselves? It's the nature of the disease – it thrives in isolation and it grows like a mushroom in the basement when we enable it to “eat us up” inside. We are in denial and wallowing in our isolation.

The first word of the first step is part of our answer. We need each other – to listen to, to talk to, to learn from and mainly to HELP each other. If you think you can do this by yourself, then go “out there” and do more “research” and return when all else fails you and you hit “bottom”. THEN and only then will you begin to understand Step One and seek help.

“But there aren't many sponsors at the meetings I attend!” Do you know why there aren't many sponsors at our meetings? It's because there aren't many OA'ers working the Steps and recovering at most meetings who can offer to sponsor others. The answer is to GET to the meetings where there are sponsors, FIND a sponsor and ASK for the help working your Steps. Find someone who will work with you as quickly as possible so that you can be the next sponsor to offer to help someone else. That's how we build a strong foundation of sponsorship for yourself and for Overeaters Anonymous as a whole.

ASK MS BUTTERFLYER



Question: I think last month's article on Building Abstinence implied the only or best way to Abstinence was through the Back to Basics program. I disagree.

Answer: Thank you for your opinion. All opinions are valued here. I invite you to write a rebuttal.

As this month's article discusses, this program is not intended to be worked alone. Abstinent or not, you provide a valuable service when you write articles and show up to meetings. We thank the many contributors to our Newsletter and welcome all opinions.

As an additional note, this year's OA theme is Growing Recovery Worldwide. You are going to see many article about getting back to basics. This is not the same as the “Back to Basics” program referred to in last month's article.

[See the Article Response Submitted On the Upcoming Events page](#)

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

July - Building Healthy Service Bodies

August - Carrying the Message – Successes

Editorial Statement

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CHI-WIF Officers

Chair - Dave C 630-778-0226

Vice Chair - Kim
kdn4today@yahoo.com

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 16, 2018

10-11:30AM

Advocate Good Samaritan Hospital
Downers Grove, IL 60515

PAUSE By NJ

Begin with a pause – to linger, hesitate, or rest in the moment. I yield myself to the rhythm of creation. Where am I? What am I doing? A bag of chips in front of the television? How did that happen?

Next I pray, conscious contact with God – a thought, an action, or words in silence or spoken aloud. I can reach for a pen and note pad. How did I get here? Overwhelming pain and fear of the unknown had overtaken me. “I woke up! I must stop!”

Then be present – live in this moment. Just because I opened the bag, does not mean I have to finish the bag. A slip need not lead to a relapse or a relapse lead to a collapse of my program. *Be still and know that I am God.* God is in the pause. Can I wait on him rather than medicating with food that hurts me physically, emotionally, and spiritually?

I have options. I do not have to repeat destructive behavior. I have a tool kit that includes meetings, telephone, and service or go for a walk. I am never alone, unless I choose to be alone. If I choose to eat, then my choices are taken away. I will eat again, and the food obsession progresses.

Pause. Pray. Be present.

HANDY LINKS - SPONSORSHIP SUCCESS



“Sponsorship Success” is a nine-part podcast series by members 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? PLUS, download the Sponsorship Success questionnaire—thought provoking questions for writing exercises, discussion, or meditation that complement each podcast.

<https://oa.org/podcasts/>

(A podcast is just a recording)

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— EACH ONE—REACH ONE



What if, on the 12th of each month you reviewed your meeting contact list and contacted one or more members you haven't seen at a meeting in a while or you know are struggling? What if, through your reaching out it made a difference in them deciding to return to the meeting? What if, that decision to work your program through reaching out was the encouragement they needed to work theirs? Sound farfetched?

On the May 12th I contacted someone from my home meeting that I hadn't seen in a while. I said I was thinking about her and wondered if she might like a ride to the meeting. She responded that she'd like that very much. I received two other texts from her prior to the meeting as to how thankful and appreciative she was for me offering to give her a ride. It has also increased our dialogue between meetings. The following week she returned on her own! She said she's committed to keep coming back and is so grateful that I reached out.

It takes almost no time at all to send a text or make a call and what if, that was just what they needed in order to return?

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



OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE <http://www.chiwifoa.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—2nd Quarter 2018 <https://oa.org/files/pdf/asa-q2-2018.pdf>

[Click Here](#)

A Step Ahead

BUTTERFLYER—Past Issues <http://www.chiwifoa.org/butterflyer-newsletter/>

[Click Here](#)

The Butterflyer

VISIT THE OA WEBSITE <https://oa.org/>

[Click Here](#)



OA Virtual News— 2nd Quarter Newsletter

[Click Here](#)



Virtual Services Committee

<http://www.oavirtualservices.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

Saturday, June 2 1:00 pm—4:00 pm	SERVICE AS A TOOL OF ECOVERY Presented by the Suburban North Intergroup Vernon Township Building, 2900 N. Main Street, Buffalo Grove For more info, contact Deanna B 224-639-0899 ddhope12@aol.com Speaker will be a Region 5 Trustee Click Here
Wednesdays, 6/6—9/12 2:00 pm—4:00 pm	OA WORKSHOP ON THE TWELVE STEPS This is a telephone meeting or online meeting Phone 712-451-0695 Access Code 177289 Online: https://join.freeconferencecall.com/acatoni5617 June 6 meeting will be an Introductory meeting Click Here
Saturday, June 9 8:30 Registration 9:00 am— Noon	ABSTINENCE DELIVERS EVERYTHING FOOD PROMISES Presented by the Tuesday 7:30 pm Burbank Meeting Sponsored by CSSI Intergroup Our Savior Lutheran Church, 8607 Narragansett, Burbank Click Here
Saturday, June 16 10:00am—11:30am	CHIWIF INTERGROUP MEETING Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Friday September 21 through Sunday, September 23	JUST FOR TODAY ... PERSPECTIVES ON RECOVERY Fall Retreat at Portiuncula Center 9263 St. Francis Road, Frankfort, IL Contact Peggy H Cell 708-220-8043 musicmombb@gmail.com Click Here

Reader Response to Building A Foundation of Strong Abstinence article:

In response to last month's article in the May *Butterflyer*, titled "Building A Foundation of Strong Abstinence" we are reminded that in the forth tradition it states "Each group should be autonomous except in matters affecting other groups or OA as a whole."

OA allows for many different formats to attain the goal of recover from Compulsive Eating behaviors. There are 12 step meetings, Back-to-Basics meetings, Big Book study meetings, speaker meetings, Vision4you meetings on line, phone meetings, etc. All are available to help us recover from our addiction.

There is no specific timeline for step work completion. Recovery is a process achieved at an individual pace through using the 12 Steps and 12 Traditions and the Tools of Recover as well as a Sponsor.

Just as we all have our own food plan, we have our own pace for completion of the 12 steps.

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

Overeaters Anonymous
Suburban North Intergroup
Presents:

SPREAD THE WORD!

SERVICE AS A TOOL OF RECOVERY

• Group Sharing • Fellowship • Auction

SPEAKER: REGION 5 TRUSTEE

Please bring family and friends!!

Any donations; special service skills, a gift to donate or auction item is appreciated.

Suggested Donation \$5

JUNE 2, 2018 1-4 PM

Vernon Township Building

2900 North Main Street, Buffalo Grove, Illinois

DIRECTIONS:

From Chicago/Indiana area on I-294 northbound / I-94 westbound:

Exit at Highway 22 (Half Day Road) and turn left.

Take Highway 22 west for 3.4 miles.

Turn right on Main Street.

The Vernon Township Building will be on the left in 0.4 miles.

From Milwaukee area on I-94 eastbound:

Exit at Highway 22 (Half Day Road) and turn right.

Take Highway 22 west for 3.6 miles.

Turn right on Main Street.

The Vernon Township Building will be on the left in 0.4 miles.

From Rockford area on I-90 eastbound, and

From Southwest suburbs on I-290 westbound / I-355 northbound:

Exit at Highway 53 and go north for 7.3 miles.

Exit at Lake Cook Road and go east for 2.8 miles.

Turn left onto Buffalo Grove Road and go north for 4 miles.

Turn right onto Main Street.

The Vernon Township Building will be on the right in 0.2 miles.

Next SNI Event October 6, 2018

FOR MORE INFORMATION

Deanna B. 224-639-0899 ddhope12@aol.com

Worldwide OA website: www.oa.org OA Region 5 website: www.region5oa.org
Suburban North Intergroup phone: 855-632-6039

The Suburban North Intergroup (SNI) meets monthly. Visitors are welcome.

Overeaters Anonymous

Workshop on the Twelve Steps

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

June 6 - September 12, 2018

Wednesdays, 2:00pm - 4:00pm Central Time

June 6 is the Introductory Session

The following OA-approved literature will be used in the workshop sessions and homework assignments:

- *Twelve Step Workshop & Study Guide OA*
- *The Twelve Steps and Twelve Traditions of OA, Second Edition*
- *Alcoholics Anonymous, Fourth Edition (the Big Book)*
- *Twelve Steps and Twelve Traditions by Alcoholic Anonymous*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*

Participants need their own copies.

This will be a teleconference workshop with screen sharing:

Dial-in Number (US): (712) 451-0695

Access Code: 177289

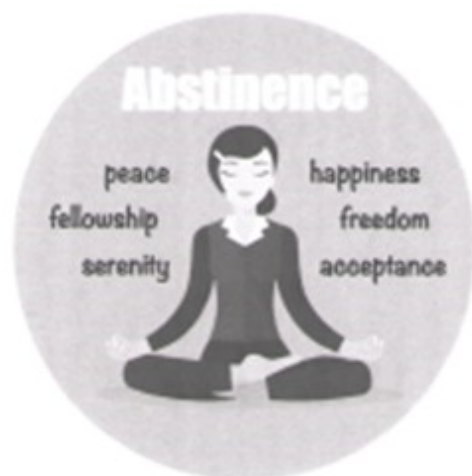
International Dial-in Numbers: <https://fccdl.in/i/acatoni5617>

United Kingdom +44 330 998 1253

Join the Online Meeting: <https://join.freeconferencecall.com/acatoni5617>

For 24/7 Customer Care, call (844) 844-1322

Abstinence Delivers Everything Food Promises!



Overeaters Anonymous Abstinence Workshop Saturday, June 9, 2018

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

Registration - 8:30 a.m.
Program - 9:00 a.m. - Noon

Please join us for Speakers and Activities!

Topics include:

Becoming Abstinent

Getting Abstinent After Relapse

Staying Abstinent for the Long Haul

Open to all OA Members and Guests

Suggested Contribution: \$5

Presented by Burbank Tuesday 7:30 p.m. meeting
Sponsored by the Chicago Suburban Southwest Intergroup



"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
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.*

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 4/2018**
(Closed—Means Only Open to People with Food Obsessions—No Visitors)

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 (Closed)	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 (Closed)	Sheila S. (630) 747-1001	(013-50044)
Sunday 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)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies (Closed)	Joan (815) 899-8960	(013-45133)
Monday 7:30 PM - 8:30 PM	Naperville	Yellow Box Church 1635 Emerson Ln Moved Back to Yellow Box Church 6/1/18	Format Varies (Closed) <i>Open Mtg on the 3rd Mon.</i>	David S. (630) 778-4902	(013-04500)
Tuesday Noon - 1:00 PM	Naperville	Compass Church, 1551 Hobson Road at College/Wehrli Room S101	Varies (Closed) — <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 (Closed)	Sindee (630) 968-6328	(013-35752)
Tuesday 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)
Tuesday 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)
Wednesday 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)
Wednesday 7:00 PM—8:00 PM	Bolingbrook NEW	Adventist Bolingbrook Hospital 500 Remington Blvd.	Big Book Study	Mandy (630)235-6241	(013-56235)
Thursday Noon - 1:00 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	OA 12 & 12 (Closed)		(013-47257)
Thursday 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)
Thursday 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)
Friday 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)
Friday 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)
Friday 5:30 PM-6:30 PM	Darien ♥	Lord of Life Lutheran Church 725 75 th St.	Big Book (Closed) Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
Friday 6:30 PM—7:30 PM	Naperville	Unity In Naperville - Note New Time 1600 Shore Rd Unit C	Big Book & Step II Prayer and Meditation Focus (Closed)	Sharon (630)404-5882	(013-54526)

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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	CHI-WIF CONTRIBUTION FORM Click Here *We no longer mail receipts Send a self addressed stamped envelope or email address.)
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 1087 Lombard, IL 60148-2375	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



Friday, June 1
[Oscar the Grouch's Birthday](#)



Tuesday, June 19
[Juneteenth](#)

LEON

NOEL

Monday, June 25
[Leon Day](#)