

The Butterflyer

The March 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 INTERGROUPS

Our Intergroup, which is shortened to Chi-Wif, originates from the full name which is Chicago Western Intergroup Far-Out. Intergroups emerge from neighboring OA meetings having common needs, and finding the easiest, most efficient way to provide services for compulsive eaters with a minimum of organization. Our Intergroup exists to serve the OA members who attend meetings in our huge area of the far Western suburbs. Every member of OA is invited to attend the monthly IG meeting as a visitor or as a voting meeting representative, elected from their local OA meeting.

Chi-Wif provides many services including: maintaining the meeting list and keeping contact information up to date, sponsoring workshops and other recovery events, publishing a monthly newsletter to keep members informed, and sending delegates to regional assemblies and the World Service Business Conference which is OA's annual business meeting. Our IG collects members' contributions and distributes funds as needed. The IG meetings are business meetings and are orderly and democratic, using Roberts Rules of Order as a guide. The "officers" of the IG are elected and include the chair, the vice-chair, the secretary and the treasurer. Their requirements and responsibilities are very clearly described in the OA Handbook for Members, Groups and Service Bodies booklet #120 for \$2.25. Just as the groups do, service positions at the IG rotate, giving recovery opportunities to all who are willing to serve.

There are "standing committees" at the IG level, and they mirror the committees at the regional and World Service Business Conference. They include Twelve Step Within, Public Information/Professional Outreach, Newsletter, Special Events, and Bylaws. Members of the IG offer their time and talents to the committee that interests them, and they do what they can to keep the focus of that committee active. An IG member's willingness to serve determines the health of the Intergroup. Together we can do what we cannot do alone. Chi-Wif meets every second Saturday of the month at 10am at Good Samaritan Hospital in Downers Grove. All are invited to attend and help keep OA alive in our "far out suburbs".

ASK MS. BUTTERFLYER



Question: I missed a meeting last week and one of our members asked another member why I wasn't there. Was that a break of anonymity? We are all OA Members but some thought that was an inappropriate question while others thought it just showed concern and support.

Answer: Good question. In my opinion, the answer is YES. Yes it was an inappropriate question because it put someone else in an uncomfortable position making them decide just how much information should be shared. And, Yes, it most likely does show concern.

If a group member is missing from a meeting, it would be a good time for other members to make outreach calls to check in and offer support if necessary.

Do you have a question for Ms. Butterflyer?

UPCOMING TOPICS

March

OA Structure—Intergroups

April

OA Structure—Regions

Editorial Statement

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CHI-WIF Officers

Chair - CJ M 708-218-1904
Vice Chair - Belle S 630-747-7669
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

March 19, 2016

10-11:30AM

**Good Samaritan Hospital
Downers Grove, IL 60515**

CAFETERIA OAK ROOMS

I have a hobby of collecting wise words, quotes from the famous, the little known, and the anonymous. The quote I want to share with you is from C. S. Lewis. "The next best thing to being wise oneself is to live in a circle of those who are." I think his words paint a picture of our fellowship.

Through my writing and sharing with you, listening to sponsors and sponsees, reading our literature, serving at meetings and on committees, I am in the arena of God's direction. He is my ultimate source of wisdom. We are his agents, his children, and will be provided what we need if we stay in close relationship as the Big Book states in "How It Works."

I don't have all the answers, but I know God will guide me if I keep my feet on the Twelve-Step path. We trudge the "Road of Happy Destiny" together.

HANDY LINKS -

IMPORTANCE OF WORKING ALL 12 STEPS PODCAST



The Importance of Working All Twelve Steps podcast series is complete and posted on oa.org. <https://oa.org/podcasts/>

Listen online or download the thirteen virtual workshop recordings, "step zero" through Step Twelve; hear members share how working all Twelve Steps changed their lives physically, emotionally, and spiritually.

Sponsors/sponsees, groups, and service bodies are encouraged to use the series as a study resource or meeting Tool.

THE LITERATURE CORNER

DO YOU WRITE?



This month we are going to feature JOURNALS – all kinds and sizes. One of our Recovery Tools is WRITING. Since we need direction to begin something new, let's just offer a few suggestions so YOU can become the author of YOUR journal. It won't be perfect, so don't be concerned about the end product being published or read by others or discussed at a meeting!!! The journal is yours to be used as a tool to keep you abstinent and able to work the Steps.

- *Formats vary* – some people write a letter to their HP, some write in a conversation format, some people use bullet points, some people use a gratitude list type of writing. There is no ONE, best way. Just do it!
- *What do I write?* You could ask yourself one of many questions to prompt you, for example, How am I feeling right now? What is annoying me right now? What am I grateful for? What am I concerned or worried about? What brought me joy today?
- You could just "*pour your heart out*" to your HP or to your conscience or to your boss, or your spouse, or ANYONE!
- If you begin, the rest will follow. You will see that the pen sort of "*takes off*" and there are surprises and honesty and pain that appear in your journal.
- You might even find that doing a short journaling session each morning or night may be relieving or satisfying or interesting. Try it! *You just might like it!*

IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region V Website www.region5oa.org

OA Website www.oa.org

Chi-Wif Website 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:

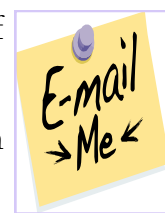
MSBUTTERFLYER@YAHOO.COM

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 *Butterfly* 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

Friday, March 4 6:30pm - Sunday March 6, Noon	WALKING INTO FREEDOM Portiuncula Center for Prayer (The Port) 9263 W. Saint Francis Road Frankfort, IL Contact Mary Helen B. at 708-754-4268 Click Here
Sunday, March 13 2:00 pm—3:00pm CST	2ND SUNDAY SERVICE & RECOVERY TELEPHONE WORKSHOP (Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers) “All Together now We are Reaching Out Our Hands” Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email vst4oa@hotmail.com
Thursday, March 17 7:00 am —11:00 pm CST	ST. PATRICK’S DAY—DAILY RENEWAL Meetings start every hour throughout the day Call 712-432-5200 Pin Code is 4285115#
Sunday, March 27 7:00 am —11:00 pm CST	EASTER—FREE TO BE ME Meetings start every hour throughout the day Call 712-432-5200 Pin Code is 4285115#
Sunday, April 10 2:00 pm—3:00pm CST	2ND SUNDAY SERVICE & RECOVERY TELEPHONE WORKSHOP (Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers) “All Together now We are Reaching Out Our Hands” Dial 1-641-715-3818 Access code 925619# Stephanie D. 1-727-641-3437; email vst4oa@hotmail.com
September 1—4	WORLD SERVICE CONVENTION Boston Click Here
September 16—18	REGION 5 CONVENTION Detroit Click Here Bus Service Available Click Here

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

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 December 2015 Newsletter

[Click Here](#)

Writings from March
Assembly [Click Here](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



A STEP AHEAD NEWSLETTER—First Quarter 2016

[Click Here](#)

A Step Ahead

BUTTERFLYER—Past Issues

[Click Here](#)

The  Butterflyer

CHIWIF MEETINGS—Location, Days, & Times (To find all meetings in our Intergroup, use 09168 for the Intergroup number)

In the Butterflyer, Meetings marked with hearts ♥ need your support. Please visit them to keep them going.

[Click Here](#)

“HEY! LET’S PUT ON A WORKSHOP!!!”

Spring is a great time for an OA event. There is one workshop in April in Goshen, Indiana. But how about a group sponsoring a one day workshop in our area? Talk about it at your OA meeting. If your group has never put on an OA event, our IG would be delighted to give you the help your group may need. Just ask....that’s why your Intergroup, Chi-Wif, is there.

If you can’t come to the March 19th Intergroup Meeting at 10am at Good Samaritan Hospital, then just call Belle, your IG Vice-Chair. She is the Special Events chair and is an experienced veteran (or old hand) at helping groups put on events. Her number is 630-747-7669.

If you are looking for ideas, the OA.org website has many ideas, scripts, and instructions.

[Click Here](#) or go to <https://oa.org/groupsservice-bodies/resources/workshop-formats/>

IS YOUR GROUP LISTED HERE ??? We’re Making Progress. Thank you.

Here is a list of meetings that have not responded to our request for updated information. We need the following information for your group. Please be sure to specify the location, day and time.

Secretary—Name, Address, Phone Number and Email address. (You must have an email address to receive notifications from the Intergroup). Your information is not published.

Meeting Contact—Name, Phone Number and Email address. (You must have an email address to receive notifications from the Intergroup) Your First Name and phone number is published in the Butterflyer as a

Meeting	Day	Time
Glen Ellyn	Sunday	7pm
LaGrange	Sunday	7pm
Yorkville	Monday	7pm
Wheaton	Monday	7pm
DeKalb	Monday	10am
Riverside	Tuesday	7pm
St. Charles	Tuesday	7:30pm
Montgomery	Wednesday	9:30am
Geneva	Wednesday	7pm
Downers Grove	Thursday	12pm
Wheaton	Thursday	10am
LaGrange	Friday	9am
Bartlett	Friday	7pm

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	Glen Ellyn	St. Thomas United Methodist Church— 2S511 Rt. 53 just north of Butterfield Road	Format Varies <i>Open Mtg on the 4th Sun.</i>	Karol (630) 329-1921	(013-45132)
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)859-8707	(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	Kathleen (773) 458-6137	(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	Susan S. (630) 841-6517	(013-47257)
Thursday 7:00 PM - 8:00 PM	Aurora	Mercy Center Hospital, McDermott Room 1325 N Highland, Aurora	Format Varies	Diane K (630)816-	(013-35368)
Thursday 7:00 PM - 8:00 PM	Oswego	Wheatland Salem Church 1217 Wolf Road, Oswego	Format Varies	Barbara H. (630) 674-9341	(013-51364)
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 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 #
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. (630) 346-3829	(013-36157)
Saturday 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)
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 on the 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) In the library	Format Varies— <i>Open Mtg on the 5th Sat.</i>	Laura W (708) 284-6247	(013-32222)

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](#)

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 199223
Indianapolis, Indiana 46219

REGION 5 CONTRIBUTION FORM

[Click Here](#) for mail in form

*Include full meeting information with your payment

7th Tradition
Support OA the 60/30/10 Way!



Casimir Pulaski's Birthday
March 4, 1747



Saint Patrick's Day
March 17



Three Mile Island Accident
March 28, 1979