

# The Butterflyer

The March, 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.

## HOW TO FIND AN OA MEETING

For quick reference you can find an OA meeting list on the last two pages of this month's issue of the Butterflyer. Look at your meeting's information to make sure it is current. If it is not, send an email to [msbutterflyer@yahoo.com](mailto:msbutterflyer@yahoo.com). Our newsletter can be found on line at our intergroup website: [chiwif.org](http://chiwif.org). You can also look at the [oa.org](http://oa.org) for meeting information outside of our intergroup.

We are fortunate to have nearly 30 OA meetings within our area on all seven days of the week. Call the contact person before attending to verify the information listed on the meeting list.

The importance of attending OA meetings cannot be stressed enough. Ours is a disease of isolation, and the most apparent need we all have is HUMAN CONTACT with other compulsive overeaters. Talking, hearing and above all listening to other OA members, both the ones still suffering, and those in recovery, gives us an insight into our common connectedness with our fellows. This is a "we" program – no one recovers alone.

When you do get to a meeting ask for a Phone List, and make a note of someone you heard speak there, or someone you talked to, and ask if they accept outreach calls.



## ASK MS BUTTERFLYER



**Question:** *In my group, there are several people who talk up the Steps, Traditions, and abstinence—but also are very obese. They are all very involved in recovery. Is there anything I can do, besides pray, to change the situation? I believe they are abstinent, but am sure they just eat the wrong foods. It is not my idea of what the program teaches us.*

**Answer:** *The best thing we can do—in all things—is to be the best example we can be. Step Three in The Twelve Steps and Twelve Traditions of Overeaters Anonymous states: "In OA, however, there's no list of foods and measurements or dos and don'ts which defines abstinence" (p. 21). We each define our own abstinence. We each work our program in our own way with the help of a sponsor and a Higher Power. We can pray for others and for our groups, but the results are out of our hands. At times I also like to remind myself of Step One. If I've truly accepted that my own life has become unmanageable, I can't possibly know what's best for others.*

*Submit your questions to MS Butterflyer*

## UPCOMING TOPICS

April—Get a Sponsor

May - Program Basics

### Editorial Statement

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### CHI-WIF Officers

Chair - Dave C 630-778-0226  
Vice Chair - Vacant  
Secretary - Vacant  
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 18, 2017**

**10-11:30AM**

**Good Samaritan Hospital**

## Recovery is a Treasurer By NJ

Sometimes I take a cut glass bowl with me when I speak at a meeting. It was a gift from the family of a patient. It does remind me of the lovely lady I cared for until her death, but also the treasure of freedom from food obsession.

I had a good life. I loved my children and involved in their interests. I was busy with family and active in my profession, church, and community. However, I felt like a failure because I could not control my weight. Not that I weighed 200 or 300 pounds like other family members, but the same ten pounds revisited me with increasing frequency. Stopping eating was not the problem, it was starting again that I had no control over. Losing weight was easy; just don't eat! Maintenance was the hard part. My knowledge, discipline, and stick-to-it-iveness failed me in this area of my life.

I had talked with a priest, doctor, and social worker at various times from age 20 till middle thirties, but none could help. Leafing through a medical journal, I happened on a brief article about anorexia. That explained the loss of an additional 20 pounds in my late twenties. But it wasn't until ten years later that I learned I had a "disease" beyond my efforts to control or cure.

Learning I was not responsible for compulsive eating, freed me to focus on the solution rather than fighting the problem. I had a goal, a spiritual experience. I was moving toward recovery rather than running from food. I had a plan, the Twelve Steps and OA Tools were my pathway.

What happened? The solution was evolving - heart consciousness. My life circumstances had not changed, but there was the indisputable consciousness of the presence of God.

### HANDY LINKS - UP TO DATE LITERATURE



Each year OA literature is released and updated. It is important that groups keep their literature library up to date. This includes not only the most current version of books but pamphlets as well.

Here is a handy link to all the literature offered by OA and its most current copyright date. Please destroy old literature to avoid confusion.

#### Copyright Date List

[http://www.us1.list-manage.com/track/click?  
u=73645822c06a4c7e0156a79cb&id=9a17f17bdc&e=0792166ef5](http://www.us1.list-manage.com/track/click?u=73645822c06a4c7e0156a79cb&id=9a17f17bdc&e=0792166ef5)

### Twelfth-Step-Within - Successful Methods



Successful methods used to keep people returning to meetings:

- Share message of recovery at meetings
- Offer to provide transportation to meetings
- Encourage people to take on a service position that keeps them coming back
- Suggest meeting over dinner or coffee before the meeting to build fellowship



- Meet with a newcomer after the meeting to help select literature
- Suggest newcomers attend six meetings to learn the many ways OA can help

As we model recovery and how it's worked for us we become a beacon of light and hope.

"Keep Coming Back, It Works When You Work It!"

#### 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 1087 Lombard, IL 60148-2375 (New Address)



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

Friday, March 3— Sunday, March 5	<b>OA SPRING RETREAT—</b> <b>Building a Strong Program with a pocket full of tools</b> Sponsored by Saturday Morning Burr Ridge Meeting Portiuncula Center for Prayer (The Port) 9263 W. St. Francis Road, Frankfort Contact Monika S. 630-221-9876 <a href="mailto:minkas@att.net">minkas@att.net</a> or Laura H 708-567-9642 <a href="mailto:lhodge@sd113a.org">lhodge@sd113a.org</a> <a href="#">Click Here</a>
Sunday, March 5 7 pm—8 pm CST	<b>TALK WITH THE TRUSTEE</b> Phone: 641-715-3818 Pin: 925619# Press *6 to mute and unmute
Friday March 10— 5pm Sunday March 12—Noon	<b>REGION 5 ASSEMBLY</b> Hilton Inn and gardens, merrville, IN Visitors Welcome <a href="#">Click Here</a>
March 12 1:00 pm—4:30 pm CST	<b>SPONSORSHIP SUCCESS WORKSHOP</b> Phone: 641-715-3818 Pin: 925619# Press *6 to mute and unmute Topics will include: what is a sponsor, why should I get a sponsor, why have a sponsor, why be a sponsor, sponsor “job description,” different sponsoring styles, working the steps/traditions, and more.
Friday, March 17 7:00 am—11:00 pm	<b>ST. PATRICK’S DAY</b> Phone: 712-432-5200 Pin: 4285115# This day celebrates the little bit of Irish in all of us
Saturday, March 18 10:00 am—11:30 am	<b>CHIWIF INTERGROUP MEETING</b> All are welcome! <b>We have many vacancies and need your help</b> <a href="#">Click Here</a>
Friday, March 24— Sunday, March 26	Milwaukee Intergroup Convention Call, text, email Judy W., Registration Chair, with questions about registration. (414) 403-8361 <a href="mailto:convention@OAmilwaukee">convention@OAmilwaukee</a>

WANT TO SEE YOUR GROUP'S EVENT LISTED HERE? SEND YOUR FLYER OR INFORMATION TO  
[MSBUTTERFLYER@YAHOO.COM](mailto: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 <https://oa.org/new-2017-courier-newsletter/>

OA News and Information for the Professional Community  
PROFESSIONAL COMMUNITY

## COURIER

[Click Here](#)

REGION 5 WEBSITE ([New and Improved](#)) <http://region5oa.org>

[Click Here](#)



**REGION 5 OF OVEREATERS ANONYMOUS**

FREEDOM FROM BONDAGE—Region 5 November 2016

[Click Here](#)

**FREEDOM FROM BONDAGE**

OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2016/12/FreedomFromBondage2016.11-1.pdf>

A STEP AHEAD NEWSLETTER—4th Quarter 2016 <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—January 2017 **NEW**



**OVEREATERS ANONYMOUS**  
Virtual Services Committee  
**OA VIRTUAL NEWS**

[Click Here](#)

<http://www.oavirtualservices.org/wp-content/uploads/2016/11/OA-VIRTUAL-NEWS-JANUARY-2017.pdf>

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](mailto:MsButterflyer@yahoo.com). Provide your group information including day, time, location, desired date, and your group's abstinence requirement.**



Overeaters Anonymous Group  
THIS GROUP IS OPEN TO ALL

***Tuesday Nights 7-8:30PM in Darien***

# **Back to Basics**

**Bring a Big Book, writing materials and your willingness for an efficient, productive study of the Twelve Steps.**

Place: Lord of Life Lutheran Church - Front Door  
Address: 725 75<sup>th</sup> Street, Darien, IL 60516

Date: Tuesdays, from 7pm-8:30pm (Steps 1, 2, & 3 the first week, 4&5 the second, 6,7,8,&9 the third, 10,11,&12 the fourth).

**COME AND COMPLETE ALL 12 STEPS IN A MONTH!**

**We are located on 75th Street west of Highway 83 (Kingery) and east of Cass Avenue in Darien.**

***From the east:* On 75<sup>th</sup> Street at Route 83 go west past the church. There is no way to cross over to other side of street legally until you can make a U turn at the second light at the McDonald's. Then you can come back to the church parking lot.**

***From the west:* From 75th Street turn right into the parking lot before you pass the Church.**

For further information, contact

Belle (630-747-7669)

♥ = needs support

## Chi-WIF Meeting List (013-09168) Last Updated 02/2017

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 PM	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 AM	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	Katie H. (630) 864-7419	(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 AM	Aurora	Our Lady of Good Counsel St. Francis Center, 620 S. Fifth Street	Format Varies	Diane K. (630) 816.2288	(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. (708) 309-4661	(013-35368)
<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 AM	LaGrange	First Congregational Church 100 South 6th Avenue at Cossitt	Format Varies	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 Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
<b>Friday</b> 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)
<b>Friday</b> <del>CLOSED</del> <del>7:00PM—8:00PM</del>	<del>Bartlett</del>	<del>Living Lord Lutheran Church</del> <del>1014 Congress Drive</del>	<del>Format Varies</del>	<del>Dwayne G</del> <del>(630) 433-0656</del>	<del>(013-53121)</del>

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 208 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 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) 1st Room from Parking lot	Format Varies— <i>Open Mtg on the 5th Sat.</i>	Laura W (708) 284-6247	(013-32222)
<b>Saturday</b> 11:00 AM - 12:00 PM <b>NEW MEETING</b>	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

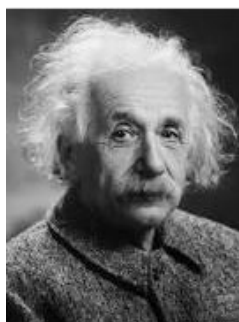
WORLD SERVICE CONTRIBUTION FORM  
[Click Here](#) for mail in form  
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM  
[Click Here](#) for mail in form (**New form**)

\*Include full meeting information with your payment



March 1, 1961  
Peace Corps Established



March 14, 1879  
Albert Einstein's Birthday



March 28, 1979  
3 Mile Island Accident