

# The Butterflyer

The May 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 WORLD SERVICE ORGANIZATION (WSO)

The World Service Office (WSO) is currently located in Albuquerque, New Mexico. It is the central location for OA experience and know-how from all over the world. Ten trustees (one from each of the 10 Regions world-wide) have been elected by the Conference delegates to be "trusted servants." One of their functions is to serve the OA groups by directing the work of the WSO. There are also six General Service Trustees, and one Virtual Service Trustee. These 17 trustees form the Board of Trustees of OA, Inc., which is our legal entity. All trustees serve OA as a whole.

The responsibility of furnishing all of us with many services includes the following:

- Publishes and distributes literature
- Maintains a presence on the internet including the [www.oa.org](http://www.oa.org) website
- Publishes Lifeline and e-Lifeline, our international journal of recovery
- Publishes A Step Ahead online newsletter
- Answers inquiries from compulsive overeaters who ask for help
- Records group information sent in by each group's secretary
- Provides on online, international directory of OA meetings
- Shares experience of other groups when you ask for help with group problems, and refers you to your regional trustee for additional guidance
- Works with compulsive overeaters outside meeting areas, groups overseas and the military.
- Provides recordings of OA Convention and Conference (
- Handles public information at the national and international level for OA as a whole
- Produces the World Service Convention (this year in Boston September 16-18) and the annual World Service Business Convention (this year May 2-7)

WSO is supported principally by group and individual contributions and literature sales. It is important for groups to make regular contributions, no matter how small. You can help WSO by informing them of your group's current information, including secretary's name and email, your group's permanent address (usually a PO Box), and the time and place of your meeting. This information is essential for accurate directories and group mailings. You can benefit from service to your group, intergroup (Chi-Wif), your Region (5), and WSO simply by giving. You have a right to take as much – or as little – benefit from the Fellowship as you choose. There are enough areas of service and sharing for everyone if each of us gives of our hearts, minds and time. As we give, we will surely receive.

## UPCOMING TOPICS

### June

OA Structure— OA Workshops

### July

OA Structure— OA Region Assembly

#### Editorial Statement

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### ASK MS. BUTTERFLYER



**Question:** Is there a long-term aim among some of the members of the BOT to stop the use within the OA Fellowship of AA literature and replace it with only OA literature?

**Answer:** This topic was last addressed at the World Service Business Conference 2014.

There is no short- or long-term aim to remove the use of AA literature within OA. While the WSBC, various literature committees and the WSO staff have worked hard to create and produce a variety of quality OA literature to help the compulsive overeater, individuals are encouraged to use whichever works best for them.

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

### 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***

**May 21, 2016**

**10-11:30AM**

**Good Samaritan Hospital**

**Downers Grove, IL 60515**

**CAFETERIA OAK ROOMS**

## TRANSFORMATION

Transformation is all around us. Spring has sprung. The crocus, hyacinths, and forsythia are in color. The trees are budding and the grass is green. And like the rest of nature we are in transformation, a metamorphosis of our own.

Dr. Silkworth says our ideals must be grounded in a Source outside the mere human to “re-create” appearance and character. “One feels that something more than human power is needed to produce the essential psychic change.”

*Alcoholics Anonymous p. xxix*

Williams James tells us this awareness of external power is “the essence of spiritual experience.” (p. 568) Be it from the tomb, the womb, or cocoon, that marked alteration in how I function in my life is visible. There has been a rebirth, a new season. God has changed me to less rigid, less anxious, and less critical. He has changed me to less selfish, less wimpy, and less defensive. He has changed me to be more assertive, knowing that I must first respect myself.

What would your list look like? How has your relationship with the God of your understanding transformed your life?

## HANDY LINKS - DOWNLOADABLE WALLET CARD



Tell your doctors about OA with the help of a downloadable wallet card and workshop. Many health care providers have never heard of OA, yet they often have compulsive eaters among their patients. This gives us a unique service opportunity because anytime we visit our health care providers, we are the message. Health care providers can see our recovery. If we share about OA's role in our recovery, then providers will be more likely to mention OA to people they care for.

We have 2 new resources available to help us carry the message. *What to Remember When You See Your Doctor or Other Health Care Professional* is available to download both as a [wallet card](#) and as a [workshop](#).

[Tell your doctors about OA with the help of a downloadable wallet card and workshop](#)

### 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.chiwifoa.org](http://www.chiwifoa.org)

#### Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532

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



## BYLAW BYLINE



### The Exciting World of Intergroup Bylaws

OK, it's not the most tantalizing topic, but bylaws are important to the continued health and vitality of OA. They provide clarity on the Intergroup's purpose, and how it works to achieve that purpose. Bylaws can be viewed in their entirety on the CHI-WIF website, but I will attempt to provide an overview of the 12 articles within our bylaws, a bit at a time, over the next few months. The first article is our name: Chicago Western Intergroup Farout (CHI-WIF). The second is our intergroup purpose: 1) to help compulsive eaters through the 12 steps; 2) to guard the 12 steps, traditions and concepts; 3) to coordinate and facilitate activities of group members (e.g., workshops, conferences, outreach activities); and 4) to represent group members at the intergroup, region, and world service levels (i.e. via voting). A great explanation of how we do all of this was on the front page of the March edition of the Butterfly.

Next Month: Article 3: OA groups, Intergroup Members, Voting

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:

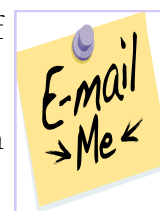
[MSBUTTERFLYER@YAHOO.COM](mailto:MSBUTTERFLYER@YAHOO.COM)

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 *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](mailto:MSBUTTERFLYER@YAHOO.COM)



# ANNOUNCEMENTS

Sunday, May 1 6:00 pm—7:00 pm CST*	<b>TALK WITH THE TRUSTEE FIRST SUNDAY OF THE MONTH</b> 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>
Sunday, May 8 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 May 20—Sunday May 22	<b>A THREE FOLD RECOVERY PROGRAM</b> Tustin, Michigan Eric G. 231-287-0603 <a href="mailto:Ericg_oa@yahoo.com">Ericg_oa@yahoo.com</a> Steph O. 231-398-0901 <a href="mailto:Stephodat301@gmail.com">Stephodat301@gmail.com</a> <a href="#">Click Here</a>
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 <a href="mailto:cwinfos@sbcglobal.net">cwinfos@sbcglobal.net</a> Chris B. 847-845-7967 <a href="mailto:ccnek82@gmail.com">ccnek82@gmail.com</a> <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 Bus Service Available <a href="#">Click Here</a> <a href="#">Click Here</a>

## \*VIRTUAL MEETING CONTRIBUTIONS ARE DOWN BY ABOUT 40%

Remember, these are meetings and we have to be self supporting. Contributions for Virtual meetings or for Virtual Services are made the same ways other donations are made to World Service. Remember to indicate Virtual Services. There is a link to donations on the last page of the [Butterflyer](#).

**Be sure to indicate Virtual Services in the Group Area of the form or on the memo line of your check**

**WANT TO SEE YOUR GROUP'S EVENT LISTED HERE? SEND YOUR FLYER OR INFORMATION TO  
[MSBUTTERFLYER@YAHOO.COM](mailto:MSBUTTERFLYER@YAHOO.COM)**

# OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE

[Click Here](#)



Chicago Western Intergroup Far-Out  
CHI-WIF

PROFESSIONAL COMMUNITY COURIER

[Click Here](#)

OA News and Information for the Professional Community

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—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](#)



# **Overeaters Anonymous**

**Region 5 Convention – Detroit, MI**



## **Take the Freeway of Recovery**

**September 16-18, 2016**

**Sheraton Detroit Metro Airport Hotel**  
8000 Merriman Road • Romulus, Michigan

FOR MORE INFORMATION

Bus Service Available—Registration ends 6/1/16

[Click Here](#)

[Click Here](#)

# Sortir de la recite

*Breaking Out of Relapse* has been translated into French and is now posted on the French OA website. The translation was done by a member in service.

*Sortir de la recite* (video) can be found on [francis.oa.org](http://francis.oa.org) under Membres/Groupes on the Soutane aux groupes page. Here is the link:

<http://francais.oa.org/membresgroupes/soutien-aux-groupes/#video>

IS YOUR GROUP LISTED HERE ??? Almost There. 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 group contact for people seeking information about your meeting.

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



## REMEMBER MEMORIAL DAY (It's more than a Picnic!)

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time for the nation to decorate the graves of the war dead with flowers. By the 20th century competing Union and Confederate holiday traditions, celebrated on different days, had merged, and Memorial Day eventually extended to honor all Americans who died while in the military service.

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	Jim M (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	Diane K (630)816-	(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</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

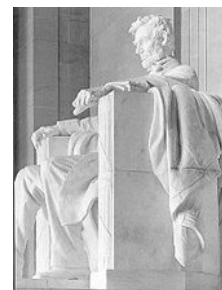
\*Include full meeting information with your payment



May 8, 2016—Mother's Day  
Pictured: Anna Jarvis



May 12, 1820—  
Florence Nightingale is born



May 30, 1922—Lincoln Memorial in  
Washington DC is dedicated