

The Butterflyer

The May, 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 ALL ARE WELCOME

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. Our primary purpose is to abstain from compulsive overeating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Most of us are aware of those statements. The BIG question is HOW exactly to we do that?? Here's the answer:

GO to your first meeting because you know there is something "weird" about your relationship with food!

LISTEN for the part that allows members to identify whether they are sponsors. ASK one for those members to help lead you through the Steps of the program.

ACCEPT and follow the directions of that sponsor.

START the conscious connection with your Higher Power – begin talking to that Higher Power and realize that ONLY that HP can change you and your thinking. You cannot change yourself. Ask your HP to get you through today sanely.

WORK through the Twelve Steps with your sponsor.

READ The Big Book and other OA literature tirelessly.

PRACTICE the spiritual principals of the Program in all of your problems, decisions and food plan.

PRAY unceasingly, attend 2-3 meetings a week, be accountable to your sponsor, keep in touch with others and find out how to live in the moment.

DO SERVICE because you will lose what you do not use.

BE GRATAEFUL to your HP and to those who have provided good examples of recovery to you on your journey.

ASK MS BUTTERFLYER



Question: What is a prudent reserve?
How much should it be?

Answer: A prudent reserve is money held back in case meeting revenues decrease. The reserve represents the amount you should keep on hand for your group to meet its day-to-day needs. It is your operational expenses for a given period of time—for example, three to six months. Expenses include such things as rent, postage, printing, literature purchase and upcoming workshop expenses. The fund should be periodically reviewed to make sure it meets the present and projected needs of the group or service body.

Money in excess of prudent reserve should be contributed to your Intergroup, Region and World Service. A suggested formula is

See the last page for recommended distribution suggestion.

*Submit your questions to
MSButterflyer@yahoo.com*

UPCOMING TOPICS

June - Program Basics
NO DUES OR FEES FOR MEMBERS

July - Program Basics
OUR PRIMARY PURPOSE

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
May 20, 2017
10-11:30AM
Advocate Good Samaritan Hospital
Downers Grove, IL 60515
CAFETERIA OAK ROOMS

ACCEPTANCE SNIPPETS

By NJ

There are a number of misconceptions about acceptance. At the top of the list, I hear it spoken about as an event and that an individual must like or agree with the situation to accept it. I do not find either of those assumptions in our literature.

Dr. Paul stated, "Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy." If you have read his story in *Alcoholics Anonymous**, you know he neither wanted to be an alcoholic or to change himself. "I was afraid to let go...there was a certain sense of security in the familiar."

Like Dr. Paul, I found the term disease a welcome relief. I wasn't a failure, moral or otherwise. I didn't lack discipline and willpower. What I had was a disease of the mind that compelled me to continue eating beyond nutritional need. That nugget delivered at my first Overeaters Anonymous meeting freed me to quit focusing on the problem/scales and to listen for what would come next – the solution.

And just as the disease was progressive, the solution was progressive. Not an event at all, but one step at a time. Dr. Paul writes about having the lenses in his glasses backwards, complaining about his marriage. He recognizes he needs to focus on Max's good qualities, but then he complains about the cigarette smoke at AA meetings and the lousy problems of the day.

Perhaps saving the best till last, Dr. Paul tells us that his serenity level is inversely proportional to his expectations, meaning the higher his expectations the lower his serenity. He went on to describe his serenity as being directly proportional to his level of acceptance. The physician has given us a prescription for inner peace.

I hope these few snippets of an AA classic, will compel you to pick up the BB and reread the wisdom of a nice guy pharmacist/physician, who admits that being an alcoholic was the best thing that ever happened to him.

**Doctor, Alcoholic, Addict in 3rd edition or Acceptance is the Answer in 4th edition*

HANDY LINKS - YOUR CONTRIBUTIONS AT WORK



In keeping with the [MSButterflyer](#) article, here is a new graphic that shows you how your donations come back to you.

Download and share [OA Seventh Tradition Cycle—Giving and Receiving](#). This new release from the Conference Finance Committee shows how every contribution, no matter the amount, helps OA to carry the message.

See the many ways your contributions support your recovery by funding the OA program at every service level of OA.

<https://oa.org/files/pdf/Seventh-Tradition-Cycle.pdf>

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 - Pedaling Together: How Sponsorship Strengthens OA as a Whole



With Spring here and Summer just around the corner, many of us will be pedaling bicycles. Though you can bike alone, I have several friends that find great joy in biking together. So it is in the OA program, Sponsorship aids in our recovery because we weren't meant to "pedal" the 12 Steps alone.

Benefits of having a Sponsor or being a Sponsor:

- **Sponsorship is important to recovery.**
- **Sponsors offer the gift of their time and listening ear.**
- **Sponsorship is training in healthy relationships.**
- **Sponsors should be abstinent and have an abstinent sponsor.**
- **Sponsors give love and acceptance.**
- **Sponsors share their experience, strength and hope.**

If you don't have a sponsor, ask yourself why not? Don't let this beautiful season of your life pass you by. Find a sponsor who has what you like and ask them how they got it. Start "pedaling" together and watch your program blossom!

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

Sunday, May 7 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, May 10 7:00 pm—9:00 pm	WORKSHOP ON THE TWELVE STEPS 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 <u>The Butterfly</u>
Monday, May 15 Deadline	PUBLIC INFORMATION POSTER All OA members can vote online to choose our new Public Information Poster to attract still-suffering compulsive eaters to our Fellowship. Click Here
Saturday, May 20 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! <i>We need your help!</i> OFFICER AND COMMITTEE ELECTIONS Click Here
Monday, May 29 7:00 am—11:00 pm	HOLIDAY PHONE MEETINGS - MEMORIAL DAY Phone: 712-432-5200 Pin: 4285115# New meeting starts every hour. <i>This is not yet published and may not take place</i>

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—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—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

This is a closed workshop for 4-12 participants. No new members may join after the Introductory Session. Participants commit to attend and fully participate in all sessions.

♥ = 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.)

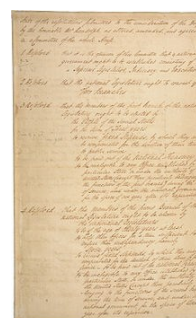
*Include full meeting information with your payment



May 5, 1865
Decoration Day (became Memorial Day)



May 11, 1888
Irving Berlin is Born



May 29, 1787
The Virginia Plan