

# The Butterflyer

The May, 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 FOUNDATION OF STRONG ABSTINENCE

Strong abstinence is not perfect abstinence. No one, not even our HP, expects us to maintain perfect abstinence. It is true that "we are not saints", and it's important to keep that uppermost in our minds. Our Program is meant to be a design for living – abstinently. That includes in our food, our finances, our relationships, our sleep and work habits, in a few words – balanced living! This is definitely a hefty endeavor, but with our HP's help, and the help of our Sponsor and the 12 Steps and Traditions, we can succeed well enough to recover.

How do we build a foundation of strong abstinence??? ONE DAY AT A TIME....doing the things that help us succeed and NOT doing the things that do not help us succeed just for today.

First, you come to a meeting that teaches HOW to work the 12 Steps – preferably Back to Basics, where the instruction is doable and organized. Second, accept the help of a sponsor or sharing partner who is willing to work with you on the 12 Steps for the month or six weeks needed to complete the 12 Steps. Third, you pray like your hair is on fire, because IT IS! The benefits of the Steps are not fully realized until you complete Step 9, so you are in a sprint to the Ninth Step. The sooner you get there, the sooner the obsessive thinking will be lessened and the pain of "food battle" will be diminished. Lastly, you sit down and honestly list your binge or trigger foods AND behaviors that have driven you to insanity.

Do you wonder if it's worth ALL THAT?? Read the Promises of Step 9 on pages 83 & 84 of the Big Book. Is knowing a new freedom and a new happiness worth it? Is serenity and peace worth it? Is having a new attitude and outlook on life worth it? Is being useful and helping others experience the miracle worth it?

You decide.....and pray for the willingness to understand what is at stake here. IT'S YOUR LIFE OR DEATH. You have been slowly dying with your addiction, and now you hear and see people who are living in recovery. It was decision that took years for me to make, but now I am sure that living in recovery is worth everything I do every day for my OA Program.

## ASK MS BUTTERFLYER



**Question:** Can Intergroups pay to send people to Conventions?

**Answer:** Well, the short answer is that Intergroups are autonomous and can decide how they spend their money. If we look at the differences between Assemblies, Conferences, and Conventions, the decision may be easier.

Assemblies and Conferences are business meetings for the good of OA. Attendance at these are benefiting all OA members, not just the person in attendance.

Conventions, on the other hand do not have a business aspect. They are designed to benefit the attendee and help them grow in their program.

Because Conventions are not OA business, I would think your Intergroup would not fund an individual. Since it does not harm OA as a whole, however, your Intergroup is free to make its own decision.

**Submit your questions to**  
***MSButterflyer@yahoo.com***

## UPCOMING TOPICS

June - Building a Foundation of Strong Sponsorship

July - Building Healthy Service Bodies

### Editorial Statement

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### CHI-WIF Officers

Chair - Dave C 630-778-0226  
Vice Chair - Kimberlie 630-737-0494  
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**

**May 19, 2018**

**10-11:30AM**

Advocate Good Samaritan Hospital  
Downers Grove, IL 60515

**CAFETERIA OAK ROOMS**

## God of Springtime By NJ

Springtime has a new beginnings feel like January 1 or opening a new journal. The sun's rays cause the buds on tree branches to sprout and crocuses to peek through the soil and bloom. Springtime asks questions of me: Am I open to God's presence like my Linden tree or the hyacinth bulbs under my bay window? Do I follow God's direction as the sparrow putting her house in order for the days ahead? Do I take care of my food like the Robin?

God speaks to me in many ways, but especially in nature – awakening to the winter wonderland yesterday, the dawn chorus, the cardinal feeding his mate, and the Concord grape vine. God is ever-present, always near to me and to you. He wants to be a part of our lives, our decision making. Will I straighten the house or a relationship? Spend time in meditation or at a meeting? Do I eat at home or attend the picnic?

Life is hard. The fears of unknown tomorrows can quickly steal our peace. Fellowship is imperative. We were not made to navigate through life alone. It is not weak to need other people. It is human. I hung onto "I should be able to do this myself" in the battle with food and weight until I was emotionally spent. I am a persevering and disciplined person, but the disease of food obsession pulverized any shred of self-worth. Awards and accomplishments were meaningless. I saw myself as a failure at life because I could not maintain the fixed number in my head.

In God's perfect timing, I learned of an OA meeting from a hand printed note on a door in a medical building. I have since come to believe that Creator God cherishes me and has time for all my concerns, the trivial as well as the monumental. I have been restored to sanity as the Big Book promises, *in a position of neutrality - safe and protected.* (p. 85)

God did not leave me alone to merely survive the trials of living, but to enjoy the springtime, treasure His gifts, and thrive in love and service to others.

### HANDY LINKS - VIRTUAL SERVICE COMMITTEE NEWS



Dear friends , we are happy and sending our VSCC NEWS ( virtual services conference committee newsletter ) !!!! Please send to your meetings . In our page you can see the last newsletters and this new file !!!!

We invite you to visit our website  
<http://www.oavirtualservices.org/>

Newsletter: <http://www.oavirtualservices.org/wp-content/uploads/2018/03/2018-VS-News-2nd-Quarter-Vol.-6-1.pdf>

Dora- VSCC delegate co-chair  
Gerri H- VSCC trustee co-chair

#### IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region 5 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  
REGIOM 5—PO Box 1087 Lombard, IL 60148-2375



### Twelfth-Step-Within— Back to Program Basics



Intergroups, Service Boards and Individual Groups are meant to work together. Please refer to these questions as an Individual Group and if there is any way your Intergroup can support you further, please let us know.

1. Do all the groups in our geographic area know about our intergroup/service board and the services we provide?
2. Do all the groups in the area belong to an intergroup/service board?
3. Do we keep in touch with groups who don't send representatives or contributions to intergroup/service board?
4. Do we let all groups know how they can support the intergroup/service board through service and financial contributions?
5. Do we encourage the Seventh Tradition's 60/30/10 contribution formula? Do our area groups know about it?
6. Do we inform all members and groups of the structure of OA?
7. Do we sponsor OA workshops & marathons in our area?
8. Do we keep our meeting list current?
9. Do we publish a newsletter for the groups in our area?
10. Do we maintain a stock of OA-approved literature for sale? Do we encourage subscriptions and written contributions to Lifeline?
11. Do we help new members find sponsors?
12. Do we arrange a system for groups to obtain abstinent OA speakers?
13. How do we help floundering groups?

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)



# 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/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.chiwifo.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, May 19 10:00am—11:30am	<b>CHIWIF INTERGROUP MEETING</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Friday—Sunday May 18-20, 2018 Early Registration Ends December 1, 2017	<b>FINDING PEACE RETREAT</b> What is the Problem and What Does Food Have to Do with it? Sponsored by Wheeling Thursday and Northbrook Saturday Meetings Techny Towers Retreat Center, 2001 Waukegan Road, Techny, IL Contact: Carol G 847-644-5986 caroldick5042@aol.com or Betty S 847-309-8057 bettysol24@gmail.com or Penny N 847-533-7244 dpnaal@comcast.net

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

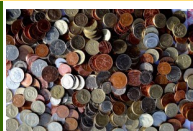
♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 4/2018**  
**(Closed—Means Only Open to People with Food Obsessions—No Visitors)**

When	City	Where	Type of Meeting	Contact	Group #
<b>Sunday</b> 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)
<b>Sunday</b> 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)
<b>Sunday</b> 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)
<b>Monday</b> 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies (Closed)	Joan (815) 899-8960	(013-45133)
<b>Monday</b> 7:30 PM - 8:30 PM	Naperville	Unity Church 1600 Shore Road, Unit C <b>Starting 4/9 moved from Community</b>	Format Varies (Closed) <i>Open Mtg on the 3rd Mon.</i>	David S. (630) 778-4902	(013-04500)
<b>Tuesday</b> 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)
<b>Tuesday</b> 5:30 PM - 6:30 PM	Darien	Lord of Life Lutheran Church 725 75 <sup>th</sup> St.	Step Study (Closed)	Sindee (630) 968-6328	(013-35752)
<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 (Closed)	Lori D. (708) 431-5491	(013-52223)
<b>Tuesday</b> 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)
<b>Wednesday</b> 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)
<b>Wednesday</b> 7:00 PM—8:00 PM	Bolingbrook NEW	Adventist Bolingbrook Hospital 500 Remington Blvd.	Big Book Study	Mandy (630)235-6241	(013-56235 )
<b>Thursday</b> Noon - 1:00 PM	Downers Grove	St. Luke's Presbyterian Church 3910 Highland Avenue at 39th Street	OA 12 & 12 (Closed)		(013-47257)
<b>Thursday</b> 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)
<b>Thursday</b> 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)
<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 (Closed)	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 (Closed)	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 (Closed) Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
<b>Friday</b> <b>6:30 PM—7:30 PM</b>	Naperville	Unity In Naperville - <b>Note New Time</b> 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 08233 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

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.)

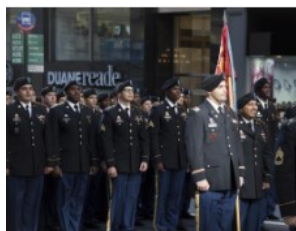
WORLD SERVICE CONTRIBUTION FORM  
[Click Here](#) for mail in form  
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM  
[Click Here](#) (New 2018 form — no longer mail receipts..  
 Send a self addressed stamped envelope or email address.)

\*Include full meeting information with your payment



Sunday, May 13  
Mothers' Day



Saturday, May 19  
Armed Forces Day



Monday, May 28  
Memorial Day