

The November, 2016 Newsletter of Overeaters Anonymous for Chicago Western Intergroup Far-Out CHI-WIF. http://www.chiwifoa.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

How is Literature Produced or Changed

Ideas about topics for OA Literature often originate from OA members who brainstorm with other members. The first suggestion is to check the OA-Approved Literature List, and see if there is any existing literature on the topic being discussed. There is a link to that list below. If there is no existing literature that covers that particular topic, then contact the Chi-Wif Intergroup for direction. The officers of the Intergroup can suggest the next step, which will include connecting with our Region 5 Trustee, Linda J. for further information. She can supply the form necessary (or direct the members to the OA link which contains the form), for submission to the Literature Committee Chair of World Service Business Conference.

There is a distinction between OA-Conference Approved Literature and OA-Board Approved Literature. Conference Approved Literature has successfully been presented by the Literature Committee to the WSBC, and it has been determined that it has broad applications to the Fellowship as a whole. There are books, pamphlets, and wallet cards, as well as some AA literature, on that list of Conference Approved literature.

Literature which is Board Approved has been deemed acceptable for OA by the Board of Trustees, and include materials such as Manuals for Service, Traditions and Concepts, The Fourth Step Inventory Guide, and the To The Teen Questionnaire.

Please refer to the OA Guidelines OA-Approved Literature List to clarify the officially approved literature for use at OA meetings. If you have any questions, your IG officers are available to answer any concerns you may have.

<u>Click Here</u> for a link to the OA Guidelines OA-Approved Literature List or go to

 $https://oa.org/files/pdf/oa_approved_literature_list.pdf$

ASK MS. BUTTERFLYER

Question: Is there an abstinence requirement for sharing?

Answer: OA has no ninetyday requirement to have a voice at a meeting. In our Bylaws and Tradition Three, a group cannot require anything for membership beyond a desire to stop eating compulsively. This gives members a voice. If you feel a group does not honor this Tradition, perhaps you should speak with your intergroup or region officers. Trustees are available to speak with groups or to provide "Service, Traditions, and Concepts" workshops to talk about these questions.

Do you have a question for Ms. Butterflyer? Send it to MSButerflyer@yahoo.com

UPCOMING TOPICS

December

Twelfth Step Within

2017 Topics: HOW IT WORKS

Editorial Statement

Certain material contained in this newsletter is protected by copyright; please observe all copyright regulations. Items submitted for publication cannot be returned, may be edited, and may be reprinted by other anonymous groups without permission. The opinions expressed here are those of the writers and not necessarily of OA as a whole.

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CHI-WIF Officers

Chair ~ CJ M 708-218-1904

Vice Chair ~ Vacant

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 November 19, 2016 10-11:30AM

Good Samaritan Hospital Downers Grove, IL 60515 CAFETERIA OAK ROOMS

By NJ - NEUTRALITY

I hear "carrying the message" to the still suffering compulsive overeater in all my tradition study. Do I have a favorite tradition? Perhaps, it would be Tradition Ten with the underlying principle of neutrality.

My first acquaintance with neutrality was in *Alcoholics Anonymous* Step Ten. I am blessed to be living in a "position of neutrality – safe and protected" for many years. God has granted me protection from myself, a daily reprieve from food obsession contingent on "fit spiritual condition." Living in God's will is an adventure, often challenging and never boring. Resting on past achievements is not allowed. We are in a unique position to offer recovery to newcomers and those around the tables who are struggling with all the varied symptoms of food obsession.

In another area of my life, a physical therapist told me to keep my foot neutral to decrease nerve pain. Avoiding flexion and extension seems counter intuitive for muscle flexibility, but avoiding pain in my back and leg adds to my quality of life. God was working through this health professional to keep me safe in a "position of neutrality."

Once thought of as less important, Steps Six and Seven became major with the passage of time and awareness of my defects like inappropriate responsibility. Staying in my own yard, even up on the porch and away from the fence, is my visual when being drawn into other people's business. Inside or outside the classroom of Overeaters Anonymous, I can listen, but refrain from offering an opinion or advice, even when asked.

This is particularly difficult within the family where the line between compassion/helping and individual responsibility/enabling gets blurred. Tradition Ten assures me I have personal freedom of thought, however, a "position of neutrality" on outside issues preserves family unity and avoids public controversy. I carry the message when I live each day well, using the Traditions as a roadmap.

HANDY LINKS -

Guidelines for Anonymity in the Digital World



Digital communication is an important way OA members share fellowship and carry the message. Use the new *Guidelines for Anonymity in the Digital World* to honor our Traditions and protect your own and others' anonymity when posting about your experience, strength, and hope online. <u>Click here</u> to download, and share the link in virtual and face-to-face meetings.

https://oa.org/files/pdf/Anonymity-Guidelines-V2-proof.pdf

IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region V Website <u>www.region5oa.org</u>
OA Website www.oa.org

Chi-Wif Website www.chiwifoa.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532

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



BYLAW BYLINE

Intergroup Funding



Intergroup is mostly funded by contributions from our member groups (meetings), although we can raise additional funds through occasional activities (e.g., selling something at conferences or Intergroup Sponsored Workshops) or take direct donations from OA members up to \$1,000.

We do not accept funds from outside parties nor provide funds to non-OA entities in accordance with OA traditions.

Intergroup funds are used for current necessities, and retention of a prudent reserve. Excess funds are donated to Region V and the World Service Office on a quarterly basis.

Next Month: Parliamentary Authority and Bylaw Amendments

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:

$\underline{MSBUTTERFLYER@YAHOO.COM}$

or send by regular mail to: CHI-WIF IG PO Box 4419
Articles should be received by the third week of the month.

The <u>Butterflyer</u> 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

| Saturday, October 29 1:00 pm—4:00 pm | YOUR DISEASE: UNMASKED Presented by River Forest Saturday Morning Meeting Elmhurst Memorial Hospital, 155 E. Brush Hill Rd, Elmhurst Park in Green Lot—Oak Room in the lower level Contact: to Luann 630-660-0051 | <u>Click Here</u> |
|--|---|-------------------|
| Monday, October 31 7 am—11:pm | HOLIDAY PHONE MARATHON Halloween—Taking the Mask Off of Our addiction Phone: 712-432-5200 Pin: 4285115# | |
| Saturday,November 5 1:00 pm—4:00 pm | COPING THROUGHOUT THE HOLIDAY SEASON Presented by Burr Ridge Saturday Morning Meeting Elmhurst Memorial Hospital, 155 E. Brush Hill Rd, Elmhurst Park in Green Lot—Oak Room in the lower level Contact: Shawna R 708/528-1429 or CJ M. 708/218-1904 | |
| Sunday, November 6 6 pm—7 pm CST | TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619# | |
| Friday, November 11 7 am—11 pm | HOLIDAY PHONE MARATHON Veteran's Day—Service as Part of Recovery Phone: 712-432-5200 Pin: 4285115# | |
| Sunday, November 13 2 pm—3 pm CST | SERVICE AND MY RECOVERY Anonymity Inside and Out | |
| Saturday, November 19 10:00 am—11:30 am | CHIWIF INTERGROUP MEETING All are welcome! | Click Here |
| Saturday, November 19 All Day | IDEA DAY International Day to Experience Abstinence Celebrated the 3rd Saturday in November, encourages OA members wor or reaffirm their abstinence from compulsive overeating. | dwide to begin |
| Saturday, November 19 7 am—11 pm | HOLIDAY PHONE MARATHON IDEA Day—Coming Out of the Shadows of Illness Phone: 712-432-5200 Pin: 4285115# | |
| Thursday, November 24 7 am—ll pm | HOLIDAY PHONE MARATHON Thanksgiving—Being Thankful for Abstinence Phone: 712-432-5200 Pin: 4285115# | |

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

Tuesday, 7pm Riverside Meetings Need Support♥

OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE http://www.chiwifoa.org/

OVEREATERS ANONYMOUS.

Chicago Western Intergroup Far-Out CHI-WIF Click Here

PROFESSIONAL COMMUNITY COURIER https://www.oa.org/pdfs/courier_bw.pdf

OA News and Information for the Professional Community

Click Here

PROFESSIONAL COMMUNITY

COURIER

REGION 5 WEBSITE (New and Improved) http://region5oa.org

Click Here



REGION 5 OF OVEREATERS ANONYMOUS

FREEDOM FROM BONDAGE—Region 5 July 2016 Newsletter

Click Here

July 2016

FREEDOM FROM BONDAGE





http://www.region5oa.org/wp-content/uploads/2016/09/FreedomFromBondage2016.07.pdf

A STEP AHEAD NEWSLETTER—4th Quarter 2016 https://oa.org/fourth-quarter-step-ahead-now-online/ Clic

Click Here



<u>BUTTERFLYER</u>—Past Issues http://www.chiwifoa.org/butterflyer-newsletter/

Click Here

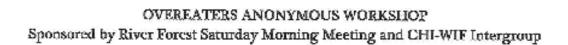


VISIT THE NEWLY RE-DESIGNED OA WEBSITE https://oa.org/

Click Here



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/



Your Disease:

Unmasked!

A Hallowe'en Workshop

Change can be scary--but we are not alone

Overeating is not a thriller

Don't trick yourself with treats!

Costumes welcome

Saturday, October 29, 2016 1-4 p.m.

Elmhurst Center for Health Oak Room

155 E. Brush Hill Road, Elmhurst, IL 60126 (Near Roosevelt and York Roads)

Green Parking Lot

Donation: \$5.00 (no one turned away)

For more information, contact: Kathleen C. 708 408-5702

Overeaters Anonymous Workshop

Keep Coming Back – Coping Throughout the



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Holiday Season

Saturday, November 5, 2016 1-4 p.m.

> Elmhurst Memorial Hospital Oak Room – lower level Park in the green parking lot.

Suggested Donation: \$5.00

Members share their experience, strength and hope. Please join us for the Sharing and the Fellowship

> For more information call: Shawna R. - 708-528-1429 CJ M. – 708-218-1904

Sponsored by: CHI-WIF and the Saturday 8 a.m. Burr Ridge meeting

O.A. ACTION PLAN WORKSHOP

SATURDAY JANUARY 7,2017

1-4 p.m

OUR LADY OF MOUNT CARMEL

8404 CASS AVENUE

DARIEN, IL 60561

SPONSORED BY CHIWIF AND THE

TUESDAY 5:30 DARIEN MEETING

SUGGESTED DONATION \$5.00

(No one will be turned away.)

WE CAN HAVE A

HAPPY, JOYOUS, AND FREE

NEW YEAR . . .

ONE DAY AT A TIME!

FOR MORE INFORMATION CALL:

MARY R. 630-310-2989



OA Spring 2017 Retreat

Building a Strong Program with a **Pocket Full of Tools**

Sponsured by Salurday Morning Burn Forge Meeting of Overesters Anonymous

LOCATION: Portiuncula Center for Prayer (The Port) 9263 W. Saint Francis Road, Frankfort, IL 60423

A kennomy Boutique will be held at the retreat.

Bring your gently used pathes, handbags, & jewelfy.

& return home with some tressures, flungers appreciated.

Early Bird Rate before 02/01/17

- ☐ Double Room @ 150.00
- ☐ Single Room @ \$170.00
- Commuter (no room) @ \$95.00

Rate after 02/01/17

- Double Room @ 160.00
- ☐ Single Room @ \$180.00
- ☐ Commuter (no room) @ \$100.00

Commuters must register; no walk-ins accepted. SINGLE ROOMS are limited.

| NAMÉ: |
|--|
| ADDRESS: |
| CITY/ST/ZIP: |
| PHÖNE: |
| EMAIL: |
| I would like my name, phone number and email address on the retreat phone list |
| ☐ I am available to sponsor |
| I am a newcomer to OA (less than 1 year) |
| ☐ This is my first retreat |
| February 71 is the final deadline for registrations. |
| I requested a double room and would like to share my room with: |
| Name: |
| or please match me up with a roommate. |
| Make checks payable to: Monika S. |

Friday registration opens at 6:30pm. Retreat concludes by noon on Sunday. MEALS PROVIDED: Breakfast, lunch, dinner on Saturday; Sunday breakfast. Refrigerator and microwave available for use.

Mail check and registration form to:

Monika S. 173 Concord Lane Carol Stream, IL 60188

or Laura H. @708 567-9642 lhodge@sd113a.org

Questions: Call Monika 5. @ 630 221-9876 minkes@att.net

• needs support Chi-WIF Meeting List (013-09168) Last Updated 10/2016

| 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 Open Mtg on the 3rd Mon. | Julie O. (630) 234-1655 | (013-04500) |
| Tuesday Noon - 1:00 PM | Naperville | Compass Church, 1551 Hobson Road at College/Wehrli Room 3101 | Varies— Open Mtg on the 5th Tues. | 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</i> on the 5th Thursday. | 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 reading—special focus on Steps 10, 11, 12 | Sharon (630)404-5882 | (013 -54526) |
| Friday 7:00PM—8:00PM | Bartlett | Living Lord Lutheran Church 1044 Congress Drive | Format Varies | Dwayne G (630) 433-0656 | (013-53121) |

→ needs support Chi-WIF Meeting List (013-09168) Last Updated 10/2016

| 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 | Central DuPage Hospital Behavioral Health Services, Room 208 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— Open Mtg on the 5th Sat. | 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— Open Mtg on the 5th Sat. | Laura W (708) 284-6247 | (013-32222) |

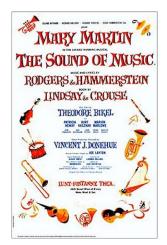


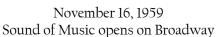
7th Tradition Support OA the 60/30/10 Way!

| Percent | Service Body | Address | CHIWIF INTERGROUP NUMBER IS 013-09168 |
|---------|-------------------|--|---|
| 60% | Intergroup* | CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532 | CHI-WIF CONTRIBUTION FORM Click Here *We no longer mail receipts |
| 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 <u>Click Here</u> for mail in form |



*Include full meeting information with your payment







November 29, 1890 1st Army-Navy Football Game