

The Butterflyer

The November 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 WHAT IF I DON'T BELIEVE IN GOD?

"Our common welfare should come first; personal recovery depends upon OA unity". (Tradition One) And so we should focus upon our commonalities, not our differences. What does make us alike?

"Our common bonds are two: the disease of compulsive eating from which we all have suffered, and the solution that we all are finding as we live by the principles embodied in these Steps." (The Twelve Steps and twelve Traditions of Overeaters Anonymous, p. ix)

Food was our Higher Power if we are honest (which we aren't!) when we come into these rooms. We are desperate and hopeless. But were we willing to take certain suggestions? Food was just a distraction when we later placed it in its proper place in our lives. The comfort is provided ended when the swallowing stopped.

Some of us used the people who had recovered as their Higher Power. They were living evidence that the Program worked. Some used the Fellowship where each individual surrenders to the wisdom, conscience and love of the program. Some use their moral intuition, their conscience as the greatness of all wisdom. Some atheists and agnostics, just stop asking the question as to whether there is a God.

OA does not tell us that we have to believe there is a God. Just remain open to spiritual growth. Step Two asks us to just be willing to believe there is a power greater than ourselves. At this point that is all that is asked of us.

"We learned that we could 'act as if.' This didn't mean we were to be dishonestly pious or pretend we believed in God when we didn't. It meant we were free to set aside theological arguments and examine the idea of spiritual power in light of our own desperate need for help with our lives." (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 14)

The Program offers a way to move forward and be different than when we walked into the room in misery. We know that the old thinking and behavior did not work for us. We can try to leave behind the wreckage that we have made of our bodies, our self-esteem, our relationships, and ourselves. We can try abstinence, the Steps, and living by the spiritual principles, slowly and to the best of our ability, we will see our lives improve one day at a time.

ASK MS BUTTERFLYER



Question: Should people be allowed to use their electronic devices during a meeting?

Answer: Obviously now one should be using any electronic device with the sound on. Phone calls should not be made or received during meetings because that would be disruptive. I think all would be in agreement on that.

The next part is much harder. We go to face-to-face meetings for the fellowship. When you bury your face in your cell phone surfing the web, writing emails, or scheduling your week, you are not in the moment and lose the opportunity to connect with others.

Others have their OA literature on their phones and use it during the meeting to follow along, for reference, or note taking.

As with all contentious issues, it is my recommendation you have a group conscious so that all may have a chance to give their opinions.

Submit your questions to
MSButterflyer@yahoo.com

UPCOMING TOPICS

December—Program Basics
OA IS RICH IN HISTORY

January - Growing Recovery Worldwide
The Translation Fund

Editorial Statement

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CHI-WIF Officers

Chair - Dave C 630-778-0226
Vice Chair - Nora K 630-750-9844
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

November 18, 2017

10-11:30AM

Advocate Good Samaritan Hospital
Downers Grove, IL 60515

CAFETERIA OAK ROOMS

Twelve Step Workshop and Study Guide By NJ

We have formed a workshop of twelve members to complete the OA Study Guide or “workbook” by the end of the year. Accelerated and intensive are adjectives printed on the cover that accurately describe the contents. It requires a lot of reading from various program literature, 2-hour sessions, and homework. By the time you read this article, we will be half-way through the Steps, spending 3 weeks on Step Four.

Homework assignments are shared with our individual sponsors and a sharing partner in the workshop, but outside the meeting time. We have taken turns leading the sessions and utilize different sharing partners within the session from week to week. We will all know more about ourselves and each other by the end of 15 weeks.

I am a longtimer and value the simplicity of page 65 in Alcoholics Anonymous. I use it for a mini-Step Four on a particular situation or relationship and in sponsoring others. In our new workbook, I see the glossary and worksheet guidelines and examples adding greater clarity to the process. I plan to write more on my use of the workbook as I travel through the remaining Steps with my OA buddies in the workshop.

HANDY LINKS - THE TOOLS OF RECOVERY



Can't make more meetings? Try a phone meeting.
Can't even get the time for that? Try recorded meetings. For a strong Big Book meeting, try A Vision For You.

You can find their website at
<http://www.avision4you>.

Here is a link to some Special Recordings:

<http://www.avision4you.info/special-editions/>

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 - Suggested Topics



Giving service is key if the OA Program is to exist. The disease of compulsive overeating is deadly and serious. Only through the help of OA, the people in it, and our Higher Power is there hope for recovery. For the still suffering overeater your service may be the lifeline they need.

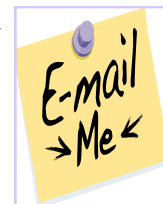
We need each other if we are to find recovery.

- S = selfless giving
- E = exchanging action for what OA has given me
- R = receiving love back for my actions
- V = variety of service keeps it interesting
- I = involvement leads to recovery
- C = commitment leads to growth in OA
- E = encouraging others to do service

Resource Used: previous CHI-WIF Twelfth Step Within Committee and added commentary

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



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://https://oa.org/newcomers/for-the-professional/>

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—3rd Quarter 2017 <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— 3rd Quarter Newsletter

[Click Here](#)



Virtual Services Committee

OA VIRTUAL NEWS

<http://www.oavirtualservices.org/>

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

Friday November 10— Sunday November 12	<p>REGION 5 OF OVEREATERS ANONYMOUS FALL ASSEMBLY Hilton Indianapolis Hotel & Suites, Indianapolis, IN.</p> <p>Visitors are always welcome. If you plan to visit, please register by November 2nd. There is no charge for visitors to register unless they wish to join us for the Saturday Luncheon, which must be prepaid (\$25). Visitor's that will be joining us for lunch will need to register by November 2nd. Visitors are also welcome to register (without lunch) as walk-ins.</p> <p>Representatives may register for \$45 through November 2nd, though there will be an early bird price of \$40 for those who register by October 15th. Representative registrations will not be accepted after November 2nd. The option for those who want to attend, but are not registered by November 2nd is to come as a visitor walk-in.</p> <p>Click Here</p>
Saturday, October 18 10:00 am—11:30 am	<p>CHIWIF INTERGROUP MEETING All are welcome! See How Your Intergroup Works Advocate Good Samaritan Hospital, 3815 Highland Ave, Downers Grove CAFETERIA OAK ROOMS</p>
Saturday, November 18 1:00 pm—4:00 PM	<p>COPING THROUGHOUT THE HOLIDAY SEASON Presented by Burr Ridge Saturday 8 am Meeting Edwards Elmhurst Hospital 155 E. Brush Hill Rd, Elmhurst, IL Oak Room—lower level—park in Green parking Lot For Information call Chris K. 708-579-0656</p> <p>Click Here</p>
Saturday, November 18 All Day	<p>IDEA DAY (International Day Experiencing Abstinence) Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.</p>
Saturday, November 18 10:00 am—2:00 pm 9:30 am Registration	<p>TIS THE SEASON—TO KEEP IT SIMPLE A Spiritual Solution for Seasonal Sanity Presented by Friday Moring Palos Heights Meeting & Sponsored by CSSI Faith United Methodist Church 15101 S. 80th Avenue, Orland Park, IL</p> <p>Click Here</p>

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

IS YOUR GROUP STRUGGLING TO SUPPLY LITERATURE?

"In an effort to help groups struggling to pay for literature, CHIWIF Intergroup is offering \$25 contributions to help build your literature supply. This money will be made available on a quarterly basis at the following Intergroup meetings: January 20, April 21, July 21, or October 20, 2018. Come to the Intergroup meeting at Advocate Good Samaritan Hospital in Downers Grove at 10:00 – 11:30 am on one of these days. Only in-person requests can be honored." Tell us how we can help your group in other ways and discover what we do.

Overeaters Anonymous Workshop
Keep Coming Back
Coping Throughout the



Holiday Season
Saturday, November 18, 2017

1-4 p.m.

Elmhurst Memorial Hospital

155 E. Brush Hill Road,

Elmhurst, IL

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:

Chris K. 708-479-0656

Sponsored by:

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

*Did you know this day is also IDEA (International Day of
Experiencing Abstinence) Day in OA?*

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 10/2017**
(Closed—Means Only Open to People with Food Obsessions—No Visitors)

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 (Closed)	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 (Closed)	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 (Closed) Candlelight Meeting	Sara S. (708) 204-8893	(013-40019)
Monday 10:00 AM - 11:30 AM	DeKalb	Senior Center 409 S Grove	Format Varies (Closed)	Joan (815) 899-8960	(013-45133)
Monday 7pm-8pm	Wheaton	St Paul Church 515 South Wheaton Ave	OA Literature (Closed)	Kim (630) 858-6295	(013-50466)
Monday 7:30 PM - 8:30 PM	Naperville	The Community Church (Yellow Box) 1635 Emerson Lane	Format Varies (Closed) <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 S101	Varies (Closed) — <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 (Closed)	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 (Closed)	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 (Closed)	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 (Closed)	Diane K. (630) 816.2288	(013-08909)
Wednesday 7:00 PM—8:00 PM	Bolingbrook NEW	Adventist Bolingbrook Hospital 500 Remington Blvd.	Big Book Study		
Thursday 10:00 - 11:00 AM	Wheaton	St. Paul Lutheran Church 515 S Wheaton Avenue at Evergreen Street	Format Varies (Closed)	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 (Closed)		(013-47257)
Thursday 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)
Friday 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)
Friday 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)
Friday 5:30 PM-6:30 PM	Darien ♥	Lord of Life Lutheran Church 725 75 th St.	Big Book (Closed) Speaker 4th Fri of the Month	Sindee (630) 968-6328	(013-00937)
Friday 6:30 PM—7:30 PM	Naperville	Unity In Naperville - Note New Time 1600 Shore Rd Unit C	Big Book & Step II Prayer and Meditation Focus (Closed)	Sharon (630)404-5882	(013 -54526)

Family Shop bake Cook decorate party family
Cook decorate party family Shop bake

"Tis the Season"

To

Keep it Simple

Progress not perfection Easy Does it How important is it?
Just for Today Let go and Let God

CSSI Annual Day of Reflection
A spiritual solution for seasonal insanity

Saturday, November 18, 2017
10:00 am-2:00 pm (9:30 Registration)
There will be a break for lunch
Faith United Methodist Church
15101 S. 80th Ave.
Orland Park, IL

Hosted by the Friday Morning Palos Heights Meeting

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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 0S233 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)	Kathleen (708) 408-5702	(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 NEW MEETING	Dekalb	Alamo Club 312 E. Taylor St	Literature Study (Closed)	Scot (407) 913-1902	(013-54618)



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

Percent	Service Body	Address	CHI-WIF CONTRIBUTION FORM
60%	Intergroup*	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532	Click Here *We no longer mail receipts Send a self addressed stamped envelope or email address.)
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 1087 Lombard, IL 60148-2375 (New Address)	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



November 3, 1846
The Artificial Leg was Patented



November 10, 1969
Sesame Street Debuts



November 24, 1947
Hollywood 10 cited for Contempt