

# The Butterfly

The November, 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.

## The Glue that Holds Us Together: Traditions

Overeaters Anonymous is a fellowship – a community of individuals seeking a solution to the insidious disease of compulsive overeating and deadly compulsive behaviors. Because it is a community it was necessary to compose guidelines for the organization to that the individuals would be aware of the things that they can do and should not do as an OA member. The 12 Traditions are basic bylaws to help us and the fellowship mind our own business. These are very applicable to any group or organization, from our families to large workplaces. Here are very clear summaries of each of the 12 Traditions, which hopefully will make the Traditions more understandable.

Tradition #1 – Our common welfare should come first; personal recovery depends upon OA unity. To be happier, we need to work together in OA.

Traditions #2 – For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. In our group, God is in charge, and helps us help each other. There is no boss.

Tradition #3 – The only requirement for OA membership is a desire to stop eating compulsively. To be an OA member, all you have to do is **WANT** to stop hurting yourself with food.

[Continued](#)

## ASK MS BUTTERFLYER



### Question:

At some face-to-face and phone meetings, members sometimes share enthusiastically and at length about their religious leaders by specific names other than “God” and “HP.” Is this a breach of any Tradition? How might a moderator discourage this sharing, if indeed it is inappropriate?

### Answer:

I looked through the Traditions and could not find one that applied. I like to think of our members as loving and tolerant as it says in the Big Book. If the member is not quoting some outside literature but just enthusiastically describing their own Higher Power, they are not dishonoring any OA Tradition. If you find a problem with their content or their enthusiasm, ask for a group conscience and see what other members think.

(From the 2018 Ask-It-Basket)

**Submit your questions to**  
**[MSButterflyer@yahoo.com](mailto:MSButterflyer@yahoo.com)**

## UPCOMING TOPICS

December—The Glue that Holds Us Together: Concepts

TO BE DETERMINED

### Editorial Statement

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### CHI-WIF Officers

Chair - Sandy F.  
[SandyFRegion5@gmail.com](mailto:SandyFRegion5@gmail.com)  
Vice Chair - Kim  
[kdn4today@yahoo.com](mailto:kdn4today@yahoo.com)  
Secretary - Gwen C.  
[gwencarr6@gmail.com](mailto:gwencarr6@gmail.com)  
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 17, 2018  
10-11:30AM

## STAY IN THE NOW

By NJ

What does success mean to you? No binge foods? Eat like a lady or gentleman? No eating between meals? Not eating while driving, sitting in front of a screen, or standing in the kitchen?

Stay in the Now! You can do it – be a success by being responsible for the next 5 minutes. Build on that. Hang around the other successful members. Do what the longtimers do. Ask if they have a sponsor. How many meetings a week do they attend? Ask about their routines for meditation and journaling.

Just for today, with willingness and God's grace, you can look forward to learning and growing and experiencing the challenges and joys of sane eating and successful living.

Be  
Responsible  
For  
The Now

### HANDY LINKS - Sponsor Podcasts



There are a series of 9 Sponsor Podcasts and they are for Sponsors and Sponsees.

If you are thinking about sponsoring or getting a sponsor, listen to Podcast 7—What are some different sponsoring styles?

All the podcasts are valuable for anyone in OA whether you are a sponsor, thinking about being one, or thinking about getting one.

Together we get better.

<https://oa.org/podcasts/>

You may need to search Sponsorship Success

### Twelfth-Step-Within— What is the 12 Step Within Committee?



"The Twelfth-Step-Within Committee was created to reach out to those in the Fellowship who still suffer and to address the relapse and recovery of our members. The committee's purpose is to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship." Found under Groups/Service Bodies-Resources-Twelfth Step Within at oa.org

Last weekend at the Region 5 Assembly the Twelfth-Step-Within Committee reaffirmed the importance of the Each One Reach One initiative. The overriding emphasis was to keep it simple! On the 12th of each month "Each One Reach One"; one other member of a meeting you're involved with who may be in relapse, absent, or struggling. You never know what that can do to encourage a brother or sister in OA.

Equally important to any service work is your own recovery. You can't give away what you don't have. Are you abstinent? Do you work with a Sponsor, read the AA Big Book, studying and apply the 12 steps and 12 traditions to your life? This amazing program is a blueprint to a life beyond our wildest dreams! Together we get better.

Coming up next month...talk of a workshop combining area Intergrups on Carrying the Message. This workshop will be based on the OA Responsibility Pledge and present ways to carry the recovery message to others.

### 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  
REGION 5—PO Box 1087 Lombard, IL 60148-2375



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)



## The Glue that Holds Us Together: Traditions

### Continued

Tradition #4 – Each group should be autonomous except in matters affecting other groups or OA as a whole. Every OA group makes its own decisions, but our decisions must not hurt other OA groups.

Tradition #5 – Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers. Our main reason for being a group is to tell others how OA has helped us.

Tradition #6 – An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our main purpose. We never let the OA name be used with anything that is NOT a part of OA.

Tradition #7 – Every OA group ought to be fully self-supporting, declining outside contributions. OA groups don't take money from someone not in OA. We do support ourselves by taking a collection at meetings from the members.

Tradition #8 – Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers. Ordinary people run OA, but we can hire special workers to help us.

Tradition #9 - OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those who serve. In OA we do not have lots of rules. We can work together to help each other.

Tradition #10 – Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. OA groups take no side on anything outside OA.

Tradition #11 - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication. When people see how much better our lives get, they will come to our group. We don't have to push them or brag.

Tradition #12 – Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities. We can talk about our feelings and ideas, but not about other people.

## HELP WANTED

Only one more edition of MSButterflyer. We have over 300 subscribers that depend on this newsletter. Depending on how you do it, it could take anywhere from 1 to 4 hours of your time each month. Any volunteers? I would be delighted to help you to get started.

If you have flyers for events, I can still post them on our [chiwif.org](http://chiwif.org) website.



# 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—4th Quarter 2018 <https://oa.org/files/pdf/asa-q4-2018.pdf>

**A Step Ahead**

[Click Here](#)

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— 4th Quarter Newsletter

[Click Here](#)



**OVEREATERS ANONYMOUS**  
Virtual Services Committee

**OA VIRTUAL NEWS**

<http://www.oavirtualservices.org/wp-content/uploads/2018/09/2018-VS-News-4th-Quarter-Vol.-8-web.pdf>

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 12	<b>12 STEP WITHIN CALL-A THON</b> Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible. Make at least one outreach call on the 12th of the month. <a href="#">Click Here</a>
November 17 All Day	<b>IDEA DAY—INTERNATIONAL DAY EXPERIENCING ABSTINENCE</b> Start or affirm your Personal Abstinence Today. Celebrate Abstinence with a Workshop, Retreat, or Special Meeting!
November 17 10:00 am —11:30 am	<b>CHIWIF INTERGROUP MEETING</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
November 17 1:00 pm—4:00 pm	<b>COPING THROUGHOUT THE HOLIDAY SEASON</b> Sponsored by Burr Ridge Saturday 8 a.m, Meeting Elmhurst Memorial Hospital, Elmhurst, IL Oak Room—Lower Level Park in Green Lot Contact Matt K 630-343-9668 <a href="#">Click Here</a>
November 22 9:00 am—2:00 pm	<b>THANKSGIVING MARATHON</b> Sponsored by Turning Point Intergroup Meetings start at the top of each hour Community First Medical Center, 5645 W Addison Street, Chicago Addison and Central—Free Parking
March 1—3	<b>OA Spring 2019 Retreat</b> Rocketing into the Fourth Dimension and Awakening to the Promises 9263 W. Saint Francis Road, Frankfort, IL 60423 <a href="#">Click Here</a>
July 20, 2019 9am—4pm	<b>FIRST EVER—ALL ILLINOIS DAY</b> Sponsored by Regions 4 and 5 Decatur Illinois area—More information to come. Come and feel the power of OA statewide <a href="#">SAVE THE DATE</a>

## JUST A NOTE:

There is a 3pm meeting on Sunday's at Faith United Methodist Church in Orland Park. They need people willing to do some service and support their group. The church is located at 15101 S 80th Ave.

Remember—Each one ... Reach one. What an easy, non threatening way to do service !!

The Sunday night 7 p.m. Oak Park meeting has a new meeting location. Starting this Sunday October 28th we will be meeting at Pilgrim Congregational Church UCC 460 Lake Street Oak Park, IL 60302  
 The entrance is in the back off the alley. And someone will greet you at the door.

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

# Strengthen Your RECOVERY

## Strengthen Your MEETING



Join the  
12th-Step-Within  
***Call-A-Thon!***

**WHO:** All recovering members of OA

**WHAT:** A day dedicated to carrying the message of recovery through the Twelve Steps to other OA members who still suffer

**WHEN:** The 12th of each month

**WHY:** Working with others one-on-one is at the core of the program. In order to keep our recovery, we have to give it away.

**HOW:** On the 12th of this month, pledge to make outreach calls to people who have found OA but still suffer from the symptoms of compulsive eating, including those in relapse and those who have disappeared from meetings.





OVEREATERS ANONYMOUS WORKSHOP  
~Keep Coming Back~

# COPING THROUGHOUT THE HOLIDAY SEASON

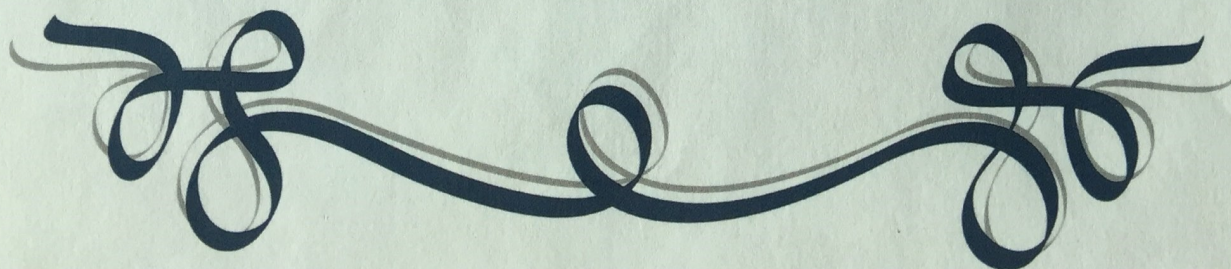
Saturday, November 17, 2018  
1-4pm

Elmhurst Memorial Hospital  
155 E. Brush Hill Road, Elmhurst, IL  
Oak Room – lower level  
Parking in the green parking lot

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Sponsored by:  
Burr Ridge Saturday 8 a.m. meeting  
Suggested Donation: \$5.00

For more information call:  
Matt K. 630-343-9668





# OA Spring 2019 Retreat

## MARCH 1ST - 3RD

### Rocketing into the Fourth Dimension and Awakening to the Promises



Sponsored by Saturday Morning Burr Ridge Meeting of Overeaters Anonymous

Location: Portiuncula Center for Prayer (The Port)

9263 W. Saint Francis Road, Frankfort, IL 60423



Come join in this spiritual weekend retreat filled with fellowship including five speakers sharing their journey through the 12 Steps and the Promises of Recovery.

Early Bird  
Room Rate  
Before Feb. 5th  
Double: \$ 159

Single: \$ 183

Commuter: \$113 full

Fri \$23 Sat \$58 Sun \$32  
RoomRate

After Feb. 20th

Double: \$ 164

Single: \$ 188

Commuter: same

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_ Check here if you wish to have your name, phone and email address included on the contact list.

**\*\*SEND CHECK AND THIS REGISTRATION FORM TO OUR TREASURER\*\***

Loretta M

9 Elizabeth Lane

Downers Grove, IL 60516

Questions? Call: Laura 708-567-9642 or Email: Loretta 4lormac@gmail.com



**\*\*MEALS PROVIDED\*\***

Breakfast, lunch, dinner on Saturday and breakfast on Sunday.

Refrigerator and microwave available for use.



♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 11/2018**  
**(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 ♥	<b>Pilgrim Congregational Church UCC</b> <b>460 Lake Street (New Location)</b>	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	Yellow Box Church 1635 Emerson Ln <b>Moved Back to Yellow Box Church 6/1/18</b>	Format Varies (Closed) <i>Open Mtg on the 3rd Mon.</i>	David S. (630) 492-7708	(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	Linda (630) 248-1146	(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)	Toni (630) 769-1314	(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> 9:00 AM - 10:30 AM	LaGrange	First Congregational Church 100 South 6th Avenue at Cossitt	Format Varies (Closed)	Jane K. (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)

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 11/2018**  
**(Closed—Means Only Open to People with Food Obsessions—No Visitors)**

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>	<b>UNKNOWN</b>	(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)	Alice S. (815) 762-5932	(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 44727 (new PO Box)**  
Rio Rancho, NM 87174-4727

10% Region\* Region 5 Treasurer  
PO Box 1087  
Lombard, IL 60148-2375

CHI-WIF CONTRIBUTION FORM  
[Click Here](#) \*We no longer mail receipts

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



November 4, 1825  
Erie Canal Opens in New York



November 17, 1869  
Suez Canal Opens



November 26, 1922  
King Tutankhamen Tomb Found