

# The Butterflyer

The October, 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: Service

"Giving Back"....."Paying It Forward"....."Thank You, if there is anything I can ever do for you, please let me know!"

Overeaters Anonymous is readily accessible to all of us in this area. There are nearly 30 meetings within 50 miles of where we live. There are meetings every day of the week. We have a lot to be grateful for having such availability.

Abstinence is a gift from our Higher Power. Whether you have one day of abstinence, or 10 years of abstinence, you have a fundamental need to share your experience, SO THAT YOU KEEP YOUR ABSTINENCE. The joy of finding a solution to our illness is contagious. You have to interact with others to keep the peace of mind you found in recovery.

The first word of Step One is "WE!" No one can recover alone. No one can stay abstinent and keep your recovery to yourself. Isolation is a large part of our disease. It is NOT part of our recovery. DO SOMETHING..... help somewhere at your meeting, or at the Intergroup, or Region 5 or World Service. It takes a lot of hands to maintain a meeting space. Offer to do something – anything to keep your meeting functioning. Make a call to someone who hasn't been at your meeting lately. Type the meeting list. If you can read, you can lead a meeting – it's not hard. Try it. Talk to someone who comes in for the first time. Do something today to help.

## ASK MS BUTTERFLYER



**Question:** Rotation of service suggests that I give up my service position. I really like it and no one else seems to want to do it anyway. Do I have to give it up?

**Answer:** When we hold onto service positions too long, we hurt ourselves and others. When we are in the position for too long, we cease to grow in our program and may even become resentful.

By continuing to provide the service, we don't allow others the joy of growing. Often they do not step up to take the position because they don't want to hurt your feelings or they don't think they can do it as well. Each person brings their own experience and expertise to the position. Service rotation prevents stagnation.

For the reasons given here, Gerri M will be stepping down as the Butterflyer editor effective December 31. Please consider taking over the newsletter. It is a very rewarding service position.

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

## UPCOMING TOPICS

November—The Glue that Holds Us Together: Traditions

December—The Glue that Holds Us Together: Concepts

### 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**  
**October 27, 2018—New Date**  
**10-11:30AM**

## A New Day with God By NJ

Every seven years all of my body cells have been replaced. A new me every seven years! My body is replacing worn out cells and nourishing active cells every day. I have a different body every day!

Each day is a new beginning. What can I do today to serve others, to connect with Creator God, and make the world a better place? No matter what my limitations, I can address my physical, emotional, and spiritual status and take small steps to care for myself and the needs of others.

A frequently heard slogan "Dress up and show up" does not require leaving the house. I feel ready to greet the morning after a quiet time of prayer and meditation. I feel fresh after a splash of water to my face and shampoo to my hair. I feel energy building after hydration, breakfast, and stretches. Later, extended writing may be sooner rather than later, and let's not forget the spot checks at any time.

The phone is my lifeline for relationships. My cheery words can bring sunshine into the dull routine of a friend. When away from home, a smile or a space in line ahead of me to a stranger or a hug to an acquaintance brings happiness to both of us. Just addressing a person by name takes little effort and says, "You matter."

[Continued](#)

### HANDY LINKS - Rotation of Service Skit



Gerri M will be stepping down as Butterfly Editor after the December issue. Please consider moving into this position. The newsletter does not need to continue in this format. It can be modified as you see fit.

Attendance at a workshop featuring this Rotation of Service Skit was the God moment I needed. It is time to give someone else a chance to see how rewarding this can be.

Read over the skit and see if any of it applies to you.

[Click Here](#)

<https://oa.org/files/pdf/rotation-of-service-skit.pdf>

### Twelfth-Step-Within— How is your Membership Retention?



How is your membership retention? Have you noticed members missing lately that used to be regulars? Are you aware of members within your group that are struggling? Below are some helpful OA literature references that can be ordered at <http://bookstore.oa.org> or by calling the WSO at 505-891-2664. Have your literature rep place an order to help reach those within OA that are struggling.

Pamphlets & Packets:

- Members in Relapse
- Recovery Checklist
- Welcome Back Welcome Back, We Care! Packet

Books:

- For Today
- Dignity of Choice
- Taste of Lifeline
- Overeater Anonymous, Third Edition
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous
- The Twelve Step Workbook of Overeaters Anonymous
- OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities

Downloads at OA.org:

- Suggested Recovery-from-Relapse Meeting Format
- Guidelines for OA Events
- From Slip to Relapse to Recovery

*Each one reach one! Together we get better!*

### 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



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)

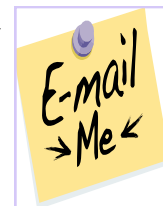
or send by regular mail to: CHI-WIF IG PO Box 4419

Articles should be received by the third week of the month.

Gerri M, Editor

The *Butterfly* 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)



Continued from A New Day With God

I can give to each day as God presents the people and situations, even the police officer with a warning ticket "because you were polite." I do not have to figure things out, or keep pace with those around me. I just listen to guidance and remain ready and willing to follow the Teacher's lead. My yes makes a difference. Imagine if the whole world said yes to simple kindness and respect for others.

"Thy will be done."

## **BACK TO BASICS**

Every THURSDAY night from 7 to 8:30pm there is an OA Step Study meeting, called Back to Basics. It is based on the method that AA uses in their Beginners' Meetings. It is a four week Twelve Step study – the first week of the month we cover Steps 1-2-3, the second week of the month we cover Steps 4-5, the third week we cover Steps 6-7-8-9, and the fourth week of the month we cover Steps 10,11,12. There are sharing partners (or sponsors) available for help for the month who will use Back to Basics method.

If you have every wondered "How do I work the 12 Steps?" this is where you will find an answer. It is a method of studying the 12 Steps that can provide a framework for your OA recovery. This meeting has existed for 8 and a half years, having moved to Palos Heights at the beginning of this year.

The address is 7025 W. 126<sup>th</sup> Street in Palos Heights 60463 at St. Alexander's Church. We are in Mobile Unit #1, and there are signs directing you as you enter the parking lot.


We start promptly at 7pm. Just bring your Big Book and some writing materials. Starting the first week of the month is beneficial although you may come anytime. It is an open meeting, so if you aren't an OA member, and are curious, please come. If you have any questions, please call Belle at 630-747-7669.

## **12th Stepping the Next Generation: Communication Tips from an Elder Millennial**


Recently millennials became the largest segment of workforce at 35% according to pew research (1). Millennials are the first to spend their formative years utilizing technology on a daily basis. Most of us rarely read physical magazines, apply for jobs by mail, or write letters to friends/ family overseas. Instead we chose to access articles digitally, apply on websites, or facetime dear friends who are far from us. Somehow, based on our experiences, the accessibility of information while distant is comfortable and familiar to us. It can also become isolating which for the overeater leads to downfall.

Recently, I found myself in the midst of a discussion about how to effectively reach younger generations with the message of OA recovery. We discussed the obstacles and suggestions of texting, sending podcasts, or inspirational photos. What we realized is that the technology may present a problem for some members wishing to reach out. Here I will explain some of "how tos" of technology:

Texting links for iPhones

1. In Safari, navigate to the web page or link you would like to send
  2. Tap the share icon located at the bottom of the screen
  3. Select the Message option 
  4. Tap the TO field to type the name or phone number of the contact
- Tap the send to transmit the link

Texting links for Android

1. From the web page, long tap (hold your finger down) on the link you want to send
  2. A pop up menu will appear giving you the option to share the link, click share
  3. Select the message option 
  4. Tap the TO field to type the name or phone number of the contact
- Tap send to transmit the link

See you next time with another tip!  
-An Elder Millennial

<https://www.google.com/amp/www.pewresearch.org/fact-tank/2018/04/11/millennials-largest-generation-us-labor-force/%3famp=1>

# 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—3rd Quarter 2018 <https://oa.org/files/pdf/asa-q3-2018.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, October 6 1 pm—4 pm	<b>STEPPING THRU THE HOLIDAYS—A How to Guide</b> Suburban North Intergroup Vernon Township Building 2900 North Main St., Buffalo Grove, Illinois, 60089 For More Information: Deanna B. 224-639-0899 ddhope12@aol.com <a href="#">Click Here</a>
Friday, October 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>
October 19-21	<b>REGION 5 FALL ASSEMBLY</b> More information to follow. Come to an Intergroup meeting to find out how you can become a rep or volunteer. <a href="#">Click Here</a>
October 27 10:00 am —11:30 am	<b>CHIWIF INTERGROUP MEETING - Different Week</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
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>

## 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 Oak Park meeting is searching for a new location after a fire in the Church. Please call Sara S for meeting information until they can establish a more permanent location.

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

**Overeaters Anonymous**  
**Suburban North Intergroup**  
*Presents:*

**“STEPPING THRU THE  
HOLIDAYS”**

**A ‘HOW –TO’ GUIDE**

***Speakers; Group; Sharing; Fellowship; Raffle***

**Suggested Donation \$5.00**

*Other* donations appreciated: a gift, raffle item, or special service skill.

**Saturday, OCTOBER 6, 2018**

**1:00 PM to 4:00 PM**

**Vernon Township Building**

**2900 North Main Street, Buffalo Grove, Illinois**

**DIRECTIONS:**

From Chicago/Indiana area on I-294 northbound / I-94  
westbound:

Exit at Highway 22 (Half Day Road) and turn left.

Take Highway 22 west for 3.4 miles.

Turn right on Main Street.

The Vernon Township Building will be on the left in 0.4 miles.

From Milwaukee area on I-94 eastbound:

Exit at Highway 22 (Half Day Road) and turn right.

Take Highway 22 west for 3.8 miles.

Turn right on Main Street.

The Vernon Township Building will be on the left in 0.4 miles.

From Rockford area on I-90 eastbound, and

From Southwest suburbs on I-290 westbound / I-355  
northbound:

Exit at Highway 53 and go north for 7.3 miles.

Exit at Lake Cook Road and go east for 2.8 miles.

Turn left onto Buffalo Grove Road and go north for 4 miles.

Turn right onto Main Street.

The Vernon Township Building will be on the right in 0.2  
miles.

**FOR MORE INFORMATION**

Deanna B. 224-639-0899 ddhope12@aol.com

Worldwide OA website: [www.oa.org](http://www.oa.org) OA Region 5 website: [www.region5oa.org](http://www.region5oa.org)

Suburban North Intergroup phone: 855-632-6039

The Suburban North Intergroup (SNI) meets monthly. Visitors are welcome

**Next SNI Recovery Event February 2, 2019**

**And June 1, 2019**

# 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.



# 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: Loretta4lormac@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 8/2018**  
**(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>The church had a fire. Call Sara S for temporary meeting information</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) 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)	Nancy J. (630) 440-1945	(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)	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)
<del><b>Friday</b> 7:00AM—8:00AM</del>	<del>Oak Park ♥</del>	<del>Good Shepherd Lutheran Church—Back Door 611 Randolph (3 blocks E of Oak Park Ave)</del>	<del>Format Varies (Closed)</del>	<del>Mary Lou (708) 343-8360</del>	<del>(013-46432)</del>
<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)
<del><b>Friday</b> 6:30 PM—7:30 PM</del>	<del>Naperville</del>	<del>Unity In Naperville—Note New Time 1600 Shore Rd Unit G</del>	<del>Big Book &amp; Step 11 Prayer and Meditation Focus (Closed)</del>	<del>Sharon (630) 404-5882</del>	<del>(013-54526)</del>

♥ = needs support **Chi-WIF Meeting List (013-09168) Last Updated 8/2018**  
**(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 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)	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)



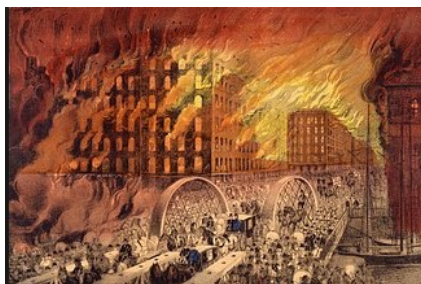
## 7th Tradition Support OA the 60/30/10 Way!

Percent	Service Body	Address	CHI-WIF INTERGROUP NUMBER IS 013-09168
60%	Intergroup*	CHI-WIF Treasurer PO Box 4419 Lisle, IL 60532	CHI-WIF CONTRIBUTION FORM <a href="#">Click Here</a> *We no longer mail receipts
30%	World Service*	World Service Office PO Box 44020 Rio Rancho, NM 87174-4020	WORLD SERVICE CONTRIBUTION FORM <a href="#">Click Here</a> for mail in form <a href="#">Click Here</a> for on-line contribution
10%	Region*	Region 5 Treasurer PO Box 1087 Lombard, IL 60148-2375	REGION 5 CONTRIBUTION FORM  <a href="#">Click Here</a> (New 2018 form — no longer mail receipts.. Send a self addressed stamped envelope or email address.)

\*Include full meeting information with your payment



October 2, 1950  
[Peanuts Comic Strip First Published](#)



October 8, 1871  
[The Great Chicago Fire Started](#)



October 31, 1860  
[Juliette Gordon Low is Born](#)