

# The Butterflyer

The September, 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.

## CARRYING THE MESSAGE—CHALLENGES

Everything we do can be difficult IF we rely on ourselves! Our power/control/micromanagement of our lives is a delusion! The surrender process that is described in Steps One, Two and Three will lead us to the peace of mind that working the rest of the Steps will offer us.

Just getting out of bed when isolation beckons us to stay in bed can be a terrible challenge for us. Returning to the kitchen to “graze” all evening is a very difficult problem. Just going through the check-out lane at the grocery store (even if you are buying groceries on your food plan) can be an unbearable challenge. Attending a birthday party can be very hard for us. Carrying on a conversation with someone we disagree with can be an awful experience. All of these challenges can result in resorting to our addiction to soothe our stressed selves.

We can prepare ourselves, fortify ourselves with the POWER available in Step Two: the Power greater than ourselves who can restore us to sanity. Talk to that Power, ask for the help to get through challenging situations BEFORE you get there!! There is great relief available at the moment you turn to that Higher Power and give Him the problem facing you. You are not alone at that moment. He is there to carry the burden for us. We can deal with any situation, even those most difficult, with the help of our Higher Power. All we have to do is ask Him for the grace or strength to walk through the situation with Him.

## ASK MS BUTTERFLYER



**Question:** If an OA group does not allow non-abstinent members to vote at group conscience meetings, does this violate any OA Traditions or Concepts of Service (namely, Tradition Three and/or Concepts Three, Four, and Twelve)?

**Answer:** The Third Tradition, whose spiritual Principle is Identity, relates only to requirements for membership. Many groups institute attendance and/or abstinence requirements for participation in group conscience meetings and serving the group.

Concept Three, “The right of decision, based on trust, makes effective leadership possible,” allows the delegation of these decisions to the group, as long as doing so doesn’t affect OA as a whole.

Concept Four, “The right of participation ensures equality of opportunity for all in the decision-making process,” allows all members to participate *as long as they fulfill any requirements that may have been set by the group*.

Concept Twelve (e) states: “No service action shall ever be personally punitive or an incitement to public controversy.”

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

## UPCOMING TOPICS

October—The Glue that Holds Us Together: Service

November—The Glue that Holds Us Together: Traditions

### Editorial Statement

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### NEW 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**  
**September 15, 2018**  
**10-11:30AM**

## Step Nine By NJ

God's peace is not everyone getting along on the outside; it is peace within. I am doing the next right thing, following God's direction as best I can. Installment payments on false guilt and false shame, my doing more, doing it better to please others or make up for not being smart enough, or too shy, or my inability to control food is ridiculous. OA has brought all that to my attention. I had living problems, the food moved in, and then by God's grace I was introduced to the Twelve Steps to correct my deviation from the narrow path.

I have definite guidelines for how and when to make amends. I cannot rush, I must have forgiven, and I keep the words simple and straightforward. I look for grace, compassion, harmony, and peace, even with the big hurts that may have been illegal or immoral. My relationship with God is the most important, not a reconciliation with the person who hurt me that I am making amends for my part. I want peace in my heart, no guilt or remorse. I do not have to spend time with people who hurt me, but I do want to see them as fallible human beings, deserving of human dignity, just like me. God does that for me so I can pray for them and respect their right to be wrong. How could I say the Our Father and not really mean what I say? I do not want a divided conscience. I want the quiet and confidence on the outside to reflect the peace inside.

### HANDY LINKS - HOW TO WORK THE TRADITIONS



Here is a link to a podcast on how to sponsor a sponsee through the traditions. It doesn't matter if you are a sponsor or a sponsee. This link is for you.

The speaker has a great sense of humor. I bet you see some of yourself in her.

Remember to practice these principles in all your affairs.

[Click Here](#)

<https://oa.org/files/mp3/Sponsorship-9-Debbie-edited.mp3>

### Twelfth-Step-Within— Help Bring OA to Those that Cannot Attend



I am the group representative and treasurer for the Sunday night Candlelight meeting in Oak Park. I have been in OA for 14 years. A good part of my sanity in recovery is service work. I have always kept things at the local level with duties such as keeping the key to open up, setting up tables, newcomer greeter, meeting leader, secretary, script/phone list keeper, treasurer, and occasionally speaker to share my story. I decided it was time for me to move forward and be a group representative to the CHI-WIF Intergroup. I was willing to take time from my weekend once a month to see how I can support OA as a whole. I was pleasantly surprised to see familiar faces and a welcoming /supportive group. This actually helped me support my local group even more with increased knowledge of resources available to individual OA members and our meeting.

At our July CHI-WIF meeting, one of the newly elected officers informed the group that she would be out for unexpected surgery for several months. She suggested using technology such as Skype or calling in so that she could maintain contact with the group and continue to complete her duties as an elected official. That had me thinking about a member in our group who also had surgery, keeping her from attending meetings. I'll let her tell the story... [Continued](#)

### 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 *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)



CONTINUED FROM 12-STEP WITHIN...

Hello, my name is Jodie A. and I am a compulsive overeater. I have been a member of Overeaters Anonymous since May 22, 2014. I live in Oak Park.

On Wednesday, July 11, 2018, I went into the hospital for back surgery. I stayed in the hospital for four weeks and moved to a nursing home for short term rehabilitation on August 8th.

During this time I was obviously unable to attend meetings, so I was on my own regarding recovery from overeating. That is until my friend Sara S. had a brainstorm idea.

She said "I can call you and put my phone on speaker. You can put your phone on mute and you can participate in the meeting. When it's your turn to share, you can just take your phone off mute and talk. Then you can be present at a meeting without being present!"

Brilliant! There were two meetings we tried this at, Sunday evening in Oak Park, and Tuesday evening in Riverside. These meetings were two of my home meetings. They were small and welcomed the opportunity to let me join in. I did not have access to any computers or other technologies, just a phone. But I could still interact with my own home group in this way.

It felt great! I really felt I was part of the group again and not alone on this journey. I really appreciated being allowed back in my home groups even though it was just remotely. I was allowed to listen and even share where I was at.

I have really been struggling, and being allowed to join in these meetings has really helped me to get back on track. Being with my "family" at my home meetings made it that much better.

I hope to only be here at the nursing home for rehabilitation two more weeks and be back at meetings soon, so this is only temporary, but I thank HP for the cell phone technology and Sara for allowing me this opportunity.

# 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](#)



<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, September 15 10:00am—11:30am	<b>CHIWIF INTERGROUP MEETING</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms
Friday, August 31 through Sunday September 2	<b>REGION 5 2018 CONVENTION</b> Living in the Solution Convention Hosts — Central Indiana Intergroup Hilton Indianapolis Downtown 120 W. Market St. Indianapolis, IN Come for a weekend of recovery and fun. WALK INS WELCOME <a href="#">Click Here</a>
Wednesday, September 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>
Friday September 21 through Sunday, September 23	<b>JUST FOR TODAY ... PERSPECTIVES ON RECOVERY</b> Fall Retreat at Portiuncula Center 9263 St. Francis Road, Frankfort, IL Contact Peggy H Cell 708-220-8043 musicmombb@gmail.com <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.
October 27	<b>CHIWIF INTERGROUP MEETING - Different Week</b> Advocate Good Samaritan Hospital Downers Grove, IL Cafeteria Oak Rooms

## 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 !!

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



Central Indiana Intergroup of  
Overeaters Anonymous Presents

2018

# REGION 5 CONVENTION



# SOLUTION

AUGUST 31  
SEPTEMBER 2

HILTON  
INDIANAPOLIS  
DOWNTOWN

[www.region5oa.org](http://www.region5oa.org)



**"JUST FOR TODAY"....Perspectives on Recovery**  
**Overeaters Anonymous**  
**Fall Retreat**  
**September 21 to 23, 2018**

**Where:** Portiuncula Center for Prayer (The Port)  
9263 W. St Francis Road Frankfort, Illinois 60423

**Cost:** *Double Occupancy:* \$150 before August 10th \$160 after August 10th  
*Single Occupancy:* \$175 before August 10th \$185 after August 10th  
*3 day Commuter:* \$115 *Saturday Only:* \$60

**\*\* Price Includes room and meals\*\***

**Make check or money order payable to:** Peggy H *Email:* [musicmombb@gmail.com](mailto:musicmombb@gmail.com)  
*Cell:* (708) 220-8043 *Address:* 13918 E. Leamington Dr. Unit #403 Crestwood, IL  
60418

**Return bottom portion with payment on or before September 1st**

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

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

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Single** \_\_\_\_ **Double** \_\_\_\_ **Commuter** \_\_\_\_ **Roommate (If known):** \_\_\_\_\_

**Do you want to be added to the phone list:** \_\_\_\_\_

**Do you have at least 3 months of Abstinence:** \_\_\_\_\_

**Would you be willing to do service:** \_\_\_\_\_

*Confirmation will be sent by email. If you want a hard copy please send a self  
addressed stamped envelope with your payment.*

# 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.



♥ = 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 ♥	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	Yellow Box Church 1635 Emerson Ln <b>Moved Back to Yellow Box Church 6/1/18</b>	Format Varies (Closed) <b>Open Mtg on the 3rd Mon.</b>	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) — <b>Open Mtg on the 5th Tues.</b>	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 C</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

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

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



Forget-me-not flowers not only beautiful but they also symbolize National Grandparents Day in the United States.

Sunday, September 9  
[Grandparent's Day](#)



Friday, September 21  
[Gratitude Day](#)



September 30, 1955  
 James Dean dies in auto crash