

The Butterflyer

The January 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.

ARE YOU A COMPULSIVE EATER? 15 QUESTIONS MAY TELL YOU

When OA started, there was little awareness of other types of eating disorders. The name, Overeaters Anonymous might lead someone to think the program is only for overweight people. Over the years, we have modified much of our literature to use terms like compulsive eater or compulsive food behaviors in an effort to make our mission more inclusive.

When first coming to OA, it is important for you to determine if, in fact, you are a compulsive eater or exhibit compulsive food behaviors. OA developed a quick questionnaire to help you decide. If you answer yes to a number of these questions, it may be possible you are one of us. If you are, we invite you to check us out. Next month we will talk about meetings and what to expect.

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense — whether positive or negative — do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

Here is the link to the questionnaire on line: <https://oa.org/newcomers/how-do-i-start/are-you-a-compulsive-overeater/>

Or [Click Here](#)

UPCOMING TOPICS

January 2017—Are you a Compulsive Eater?

February—What to Expect at an OA Meeting?

Editorial Statement

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CHI-WIF Officers

Chair - Dave C 630-778-0226

Vice Chair - Vacant

Secretary - Vacant

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

January 21, 2017

10-11:30AM

Good Samaritan Hospital

New Beginnings By NJ

Typically, January 1 is a day of new beginnings, but any date or time is worthy of a fresh start. All it takes is a brief prayer. "Help" is sufficient. Now, this moment, is a new place you have never been before. Courage and humility pave the way for change. The Foundation Steps, Steps One, Two, and Three cannot be glossed over, even for the church-goers.

Admission of a diseased mind, psychologically impaired, can be a high hurdle. Then the perceptions of God learned as a child must be explored. And a decision, firm resolution, to let go trigger foods and behaviors for an unknown journey can conjure up strange forebodings.

Am I really insane? When it comes to food, my emotions demanded I chew mushrooms or grapes off the front seat of the car. Distracted driving, eating food not washed, is one example of my intellect not engaged.

I believed in an all-powerful Creator God available for crises, not the trivial as food and weight management. He gave me a brain, I liked math, and assumed I was on my own to figure out calorie distribution with diet and exercise. New information from a fellowship of men and women came in the form of stories of recovery. Hope renewed when surrounded by people who understood the affliction of mind chatter. God was walking with me in this room full of strangers.

Support meant power to me, just like the little lady bugs imported from Japan to save the orchards in California. I was no longer alone. I wasn't a failure. I just had a disease, and now a treatment plan outlined in Alcoholics Anonymous and the AA Twelve Steps and Twelve Traditions. My new beginning was January 12, 1982.

HANDY LINKS -

From Slip or Relapse To Recovery



Twelfth-Step-Within - Encouragement



The WSBC Twelfth Step Within Committee recently added one new and one updated resource to oa.org.

New to OA is the downloadable action plan: [From Slip or Relapse to Recovery](https://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf), a tool for any OA member who is struggling with abstinence and a resource for any sponsor to help a sponsee return to recovery.

<https://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf>

Next, [Been Slipping and Sliding? A Reading and Writing Tool](https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf) has been updated to include pertinent quotations from Overeaters Anonymous, Third Edition.

<https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf>

Those who give Twelfth-Step-Within service encourage other OA members to become or remain abstinent, to work the Twelve Steps and to give service to the best of their ability. Doing this service increases the quantity and quality of recovery in our Fellowship, thereby assisting our own spiritual journey.

Twelfth-Step-Within does not focus on attracting new members; it explicitly supports the ones we already have. Anyone who is abstinent and working his or her own recovery can do this service. No special qualifications are necessary; only willingness is needed.

Taken from the *Twelfth-Step-Within Handbook*, OA Board-approved 2010

IMPORTANT CONTACT INFO:

OA World Service Office (505) 891-2664

Region V Website www.region5oa.org

OA Website www.oa.org

Chi-Wif Website www.chiwifo.org

Addresses

CHI-WIF—PO Box 4419, Lisle, IL 60532

PO Box 1087 Lombard, IL 60148-2375 (New Address)



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



ANNOUNCEMENTS

Sunday, December 25 10:00 am—4:00 pm	HOLIDAY MARATHON Sponsored by Turning Point Intergroup. Meetings start every hour. Community First Medical Center (formerly Presence/Our Lady of the Resurrection) 5645 W. Addison St. Chicago, IL 60634 (on Addison St. just west of Central Ave.) Centennial Conference Room A (on 7th floor) Click Here
Sunday, January 1 10:00 am—4:00 pm	HOLIDAY MARATHON Sponsored by Turning Point Intergroup. Meetings start every hour. Community First Medical Center (formerly Presence/Our Lady of the Resurrection) 5645 W. Addison St. Chicago, IL 60634 (on Addison St. just west of Central Ave.) Centennial Conference Room A (on 7th floor) Click Here
Sunday, January 1 6 pm—7 pm CST	TALK WITH THE TRUSTEE Phone: 641-715-3818 Pin: 925619#
Saturday, January 7 1:00 pm—4:00pm	OA ACTION PLAN WORKSHOP FOR RECOVERY Presented by Darien, Tuesday 5:30 pm. Our Lady of Mount Carmel, 8404 Cass Avenue, Darien IL Contact: Mary R. (630) 310-2989 Click Here
Sunday, January 8 2:00 pm—3:00 pm CST	SERVICE AND MY RECOVERY Phone: 641-715-3818 Pin: 925619#
Saturday, January 21 10:00 am—11:30 am	CHIWIF INTERGROUP MEETING All are welcome! We have many vacancies and need your help Click Here
Saturday, January 21 10:00 am—3:00 pm	CSSI WORKSHOP Faith United Methodist Church, 15101 S. 80th Ave., Orland Park, IL
Friday, January 27— Sunday, January 29	TOO CLOSE FOR COMFORT: INTIMACY, SEXUALITY, & OA RECOVERY A weekend workshop hosted by Turning Point Intergroup Karen G. at (312) 804-2065, or Kerry M. at (773) 208-0823
Saturday, January 28 1:00 pm—4:00 pm	KEEP IT SIMPLE—USE THE TOOLS Presented by St. Charles, Tuesday 7:00 pm Presence Mercy Medical Center 1325 N. Highland, Aurora (McAuley Rm) Rose: 630-888-5864 Debbie: 847-695-2181 Click Here

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

Tuesday, 7pm Riverside Meetings Need Support ♥

It Works When We Work It!

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion. Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see a fellowship grow up about you, to watch loneliness vanish, to have a host of friends – this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. Alcoholics Anonymous – Chapter 7 – Working With Others – Page 89

My interpretation of these two paragraphs at the beginning of the chapter - Working With Others, tells me that working with others is essential to my recovery! I need to work with newcomers and others in the fellowship to share the message of hope and recovery in Overeaters Anonymous in order to keep my own recovery alive and well.

There are so many ways that I can work with others. The most important message that I can share is the message of recovery that lives in the 12 Steps of Alcoholics Anonymous. To help someone to work through the 12 Steps is a privilege. The healing is in the Steps. To walk with another member through the 12 Steps is an honor and a privilege and also helps me to maintain my abstinence. When I first started to sponsor people and work with them on the Steps, I know that they helped me more than I could ever help them. My desire to be able to continue as a sponsor and to help others was a great reason for me to remain abstinent because I never wanted to have to tell someone I could not sponsor them any longer because I had lost my abstinence. That was a great gift in my life and continues to help to keep me abstinent.

I can also work with others at the meeting to help to set up the meeting or put things away at the end of the meeting. Being an Intergroup Rep for my meeting led me to ongoing service with my fellows at the Intergroup level where we sought to strengthen our fellowship and the groups. Service at the Intergroup led to service at Region 5 and at the World Service Business Conference – now “this is an experience you must not miss” – What a joy it is to gather with our fellows from around the world and do the business of OA and join together to learn ways to strengthen the fellowship and to take those ideas home.

Please consider serving as the meeting representative to the Intergroup for your meeting in 2017. Your experience, strength and hope and talent can help the Intergroup in so many ways. I highly recommend this service. It can change your life and kick your recovery into high gear as you learn How It Works when you give service above the meeting level.

CJ M.

Ask Ms. Butterflyer



(From 2016 OA AskIt Basket)

A member in my region went looking for literature on anorexia and bulimia on the OA website. Is there any in print? Where can it be found? Online?

Great question. I double-checked with a friend who has recently started a meeting for anorexics and bulimics in my area. She also happens to be the Intergroup Literature person. My friend recommends the “Focus on Anorexia and Bulimia Packet” at bookstore.oa.org (SKU 725). She also says there are many stories of recovery by people who suffered from anorexia and bulimia in the new Overeaters Anonymous, Third Edition (SKU 980). Overeaters Anonymous, Third Edition is also available as an audiobook, an ebook in Kindle and Nook formats, and a downloadable MP3 file. The packets are only available as paper packets.

OA COMPUTER LINKS



VISIT THE CHIWIF WEBSITE <http://www.chiwifo.org/>

[Click Here](#)



Chicago Western Intergroup Far-Out
CHI-WIF

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

[Click Here](#)

OA News and Information for the Professional Community

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](#)

[November 2016](#)

FREEDOM FROM BONDAGE

OVEREATERS ANONYMOUS REGION 5



<http://www.region5oa.org/wp-content/uploads/2016/12/FreedomFromBondage2016.11-1.pdf>

A STEP AHEAD NEWSLETTER—4th Quarter 2016 <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](#)



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](#)

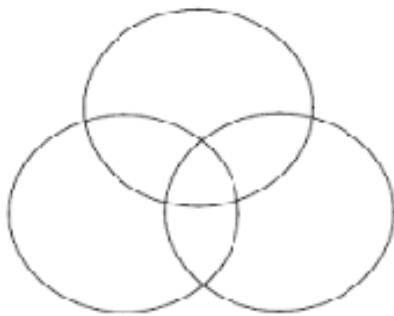
OA ***ACTION PLAN*** WORKSHOP for Recovery

Sat. January 7, 2017

1pm -4 pm

Our Lady of Mount Carmel
8404 Cass Avenue, Darien IL

Spiritual Emotional



and Physical



**Make a Plan for a Happy, Joyous, and
Free NEW YEARONE DAY AT A TIME**

Suggested Donation \$5.00

Sponsored by CHIWIF and the Tuesday 5:30 Darien Meeting

Information Call: Mary R. (630) 310-2989



OA Spring 2017 Retreat

Building a Strong Program with a Pocket Full of Tools

Sponsored by Saturday Morning Bur Forge Meeting of Overeaters Anonymous

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



A knick-knack boutique will be held at the retreat

Bring your gently used clothes, handbags, & jewelry

& return home with some treasures. Hangers 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.

NAME: _____

ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____

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 7th 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.

Mail check and registration form to:
Monika S. 173 Concord Lane Carol Stream, IL 60188

Questions: Call Monika S. @ 630 221-9876 minkes@att.net
or Laura H. @708 567-9642 lhodge@sd113a.org

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.

Too Close for Comfort:

Intimacy, Sexuality, and OA Recovery

A weekend workshop hosted by Turning Point Intergroup
for members of Overeaters Anonymous

Facilitators for this program are OA members with
experience leading workshops on this topic.

— Workshop includes —

- Program sessions Friday 6 pm, Saturday & Sunday beginning 9 am. Concludes noon Sunday.
 - 2 nights lodging (see registration detail below)
 - 4 meals (Saturday breakfast 7:30–8:15, lunch, and dinner; Sunday breakfast 7:30–8:15)
- Refrigerator accommodations available —

Dates: January 27-29, 2017

Location: St. Mary of the Lake Retreat Center
1000 East Maple Ave
Mundelein, IL 60060

Check-in begins at 4 pm

For more information, phone:

Karen G. at (312) 804-2065, or Kerry M. at (773) 208-0823

Registration Form

Weekend Single Room (\$170)..... _____
Weekend Double Room (\$140 per person) _____

Limited daily spots available:

Friday evening (\$30)..... _____
Saturday all day (\$40)..... _____
Sunday morning (\$30)..... _____

Total remitted: _____

Send this completed
registration form and
check by January 6, 2017

to: Mackie B
1343 W. Grand Ave
Chicago, IL 60642

Make checks payable to:
TurningPoint Intergroup

Your name: _____

Your E-mail: _____

Your phone: _____

Name of roommate: _____

Need a roommate? _____



KEEP IT SIMPLE - USE THE TOOLS

OVEREATERS ANONYMOUS WORKSHOP

Saturday, January 28, 2017, 1:00 – 4:00 P.M.

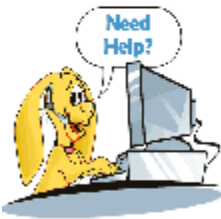
Presence Mercy Medical Center
McAuley Room – (Downstairs in the Basement)
1325 N. Highland, Aurora, IL 60506

Donation: \$5.00 (No one turned away)

For more information call: Rose.....630-888-5864
Debbie.....847-695-2181

A Donation of an item for the Raffle, to benefit O.A., is appreciated.

Sponsored by the Tuesday, 7:00 p.m., St. Charles Meeting
in cooperation with CHI-WIF INTERGROUP



I ♥ MEETINGS

SPONSORSHIP



♥ = needs support

Chi-WIF Meeting List (013-09168) Last Updated 12/2016

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 <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 3101	Varies— <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	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 on the 5th Thursday.</i>	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)

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— <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— <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	Scot (407) 913-1902	(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

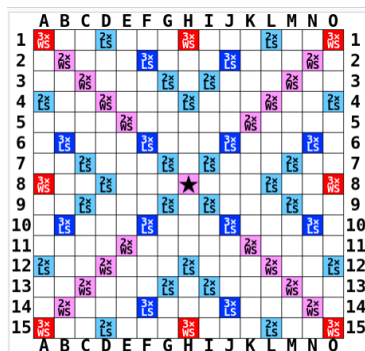
WORLD SERVICE CONTRIBUTION FORM
[Click Here](#) for mail in form
[Click Here](#) for on-line contribution

REGION 5 CONTRIBUTION FORM
[Click Here](#) for mail in form (New form coming soon)

*Include full meeting information with your payment



January 5, 1933
Begin Golden Gate Bridge Construction



January 19, 1955
Scrabble board game trademarked



January 25, 1949
Inaugural Emmy Awards Ceremony