

THE
NEWSLETTER
FOR
OVEREATERS
ANONYMOUS
SUBURBAN
NORTH
INTERGROUP
(SNI)
ILLINOIS
REGION 5

* * *

Share With Us!

Interested in sharing your recovery, experience, strength, and hope? How about stories, thoughts, or ideas about your program? Would you like to be added to the newsletter distribution list. As your *Winging It* editor, I want to hear from you!

Info requested by:
April 15, 2016

Email your
contributions to
Chris B. at
ccnek82@gmail.com

Or send via mail to:
Suburban North
Intergroup
P.O. Box 5934
Buffalo Grove, IL 60089

WINGING IT

JULY 2015 — FEBRUARY 2016

"Winging It" Returns!

Service: For Our Common Welfare (Tradition 1)

"Our common welfare should come first; personal recovery depends upon OA unity"

Depending on the type of meetings we have attended in January, we may have come across a meeting that focuses on Tradition One (above). As a fairly new person to "the rooms" I hadn't really thought about this tradition in depth, but during our intergroup meeting it struck me that part of my disease pushes me to go against unity. I've always been a loner, a loner who gets over-involved in everything... kind of an oxymoron I suppose. But my philosophy in life before OA has always been, "If you want it done right, do it yourself".

But alas, making progress I realize this is a major part of my disease. In order to move forward in my recovery I need to be able to rely upon others. I need to accept another person's way of accomplishing a goal or completing a task as the right way - even if I would have done it a completely different way. In the moment I need to realize that sometimes my way is not God's will. Well, probably most of the time.

Working my program in OA is slowly

teaching me to listen, although I'm stubborn so it is a slow journey. But my mind is opening to the thought that in order to succeed, I need to rely on others, most of all my Higher Power, and unite with others who share my disease.

I said earlier I'm still very young in my program and perhaps I haven't hit my true bottom yet, but I struggle everyday with listening to a Higher Power and letting it take the wheel. But the first tradition reminds me that our common welfare should come first, which in essence is a Higher Power in itself. So when an opportunity to serve OA presents itself, I take it, because our common welfare should come first and my own recovery depends upon my service to support OA unity.

So as I work on projects or various service tasks, I need to remember that our common welfare should come first. This form of higher power will help guide each of us to doing what is best for OA and that in turn will move our individual recovery forward. I hope all will do the same and give what they can of themselves for our common welfare and with our actions we will all reap the rewards that recovery has to offer us.

~ Karen F.

SAVE THE DATES:

OUR NEXT SUBURBAN NORTH INTERGROUP RECOVERY EVENT

Speaker(s), group sharing, fellowship, and more

June 4, 2016
1 p.m.—4 p.m.

Vernon Township
2900 N. Main Street,
Buffalo Grove, IL
Contact Chris B:
CCNEK82@gmail.com

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TURNING POINT INTERGROUP

“SPRING HOLIDAY”

Sunday, March 27, 2016
10:00 am - 4:00 pm

“MEMORIAL DAY”

Monday, May 30, 2016
10:00 am - 4:00 pm

Community First Medical
Center
5645 W. Addison
Chicago, IL 60645

Just west of Central Ave. All events will take place in Centennial Conference Room A on 7th floor. (An OA meeting begins every hour on the hour.)

CELEBRATING PRINCIPLES OF OA TRADITIONS



unity

trust

identity

autonomy

purpose

solidarity

responsibility

fellowship

structure

neutrality

anonymity

spirituality



"No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

Rozanne S.

37th ANNUAL

OVEREATERS ANONYMOUS CONVENTION

Hosted by the Milwaukee Area Intergroup
Representing nearly fifty OA meetings in Eastern and Southeastern Wisconsin

TOGETHER WE CAN!

"I put my hand in yours and together we can do what we could never do alone." Rozanne S.

March 18, 19, 20, 2016

Friday night | Saturday | Sunday morning

Sheraton Milwaukee Brookfield Hotel

375 South Moorland Road, Brookfield, Wisconsin 53005
Call (262) 364-1100 mention "MAI-OA Convention Room Block"
or reserve online. March 1 deadline for discounted rate!
Additional details inside.



For more information

visit www.oamilwaukee.org
email convention@oamilwaukee.org or **contact**
Pat W., convention co-chair (414) 732-9278
Mary P., convention co-chair (414) 335-2690
Judy W., registration chair (414) 258-8361

WHAT SERVICE MEANS TO ME

Service is an absolute necessity for me. Service saves my life! If I didn't take on service positions, and "get in the middle" as a result, my disease would quickly get the better of me.

This disease is cunning, baffling, and powerful. Somehow it manages to convince me that I don't "need" to go to that extra meeting—after all, I don't have a service commitment there this month! Never mind that I always feel better, lighter, happier, and more in touch with my Higher Power after a meeting. But my disease is a trickster. It can convince me of any lie. And the biggest lie of all is, "you don't have to stay connected to program—you've got this!" Wrong. God's got this—but only if I use my tools and stay in the middle.

And service lets me do that. Service makes me accountable to my fellows, and I really don't want to let my fellows down—they are struggling with this life-threatening disease, too. So I won't leave them hanging. I am so grateful for the opportunity to be of service!

~ Shivangi B. - from *The 12th Stepper* (January, 2016), a monthly publication of the Los Angeles Intergroup of Overeaters Anonymous

Service in Many Different Forms:

Call people you haven't seen at a meeting for a while, offer them encouragement and ask how they are doing. At a meeting, share how you are using the program to come through relapse and return to recovery. Offer to drive someone to a meeting. Let others know about holiday marathon meetings that may take place in your area. Ask a member to help you with service opportunities.

- Edited and reprinted from *Lifeline*, August 2013; Used by permission; originally published from *Serenity Press* newsletter, Serenity in the Desert Intergroup, December 2010

DO WHAT IT TAKES (emphasizing this member's service in BOLD)...

I have been in OA for 17 years. I have not had perfect abstinence, but because I define my abstinence as “doing what’s best for me,” I believe I have an OA success story to tell. I am anorexic. Nevertheless, I’m still alive, maintaining my weight and not bingeing or graduating to bulimia—all accomplished through bumpy but more often positive 17 years. I joined OA to fix my boyfriend problems, not my food. Two wonderful sponsors guided me to Step Three. At last, I had a use for that God who before had not been interested in what I ate or whom I loved. In OA, my relationship addiction and uncontrollable crying disappeared! I wrote my Step Four on the train to and from my meeting. Then my job expired, and I moved to a distant city that had one small meeting. During my 14 years in that city, I found and attended two or three other meetings, and became **treasurer, literature person, key holder, intergroup rep and workshop organizer**. When we formed a new intergroup, I **volunteered as treasurer**. I self-righteously appointed myself as guardian of the Twelve Traditions so I could get a kick out of having the last word and ending arguments by quoting the Traditions. My Higher Power hasn’t met my timetable for the removal of my character defects, which are procrastination; a slapdash “let’s get it over and done with” perfectionism; compulsive over talking; and “big-shot-ism.” They caused me to lose my job. By a miracle I got an excellent new job, but in a small town with no OA meetings. **I started one**. It had mixed fortunes with a maximum attendance of eight people, but usually only me. After learning from a resident that the lack of anonymity in my small, one-employer town probably deterred people from coming to the local meeting, **I viewed some premises in a larger, nearby town**. Having no regular strong meeting for so long and trying to present my recovery in a positive light to newcomers made me realize my recovery is inadequate. Anorexia found my back door. My new life and the absence of a car required more energetic cycling to get to work than before, and I was too scared to change my rigid, fear-of-fat food plan to match. I ended up seeing the doctor, and he sent me to an eating-disorders clinic. Ashamed, I adjusted my food plan, and the clinic psychologist told me I was stable and would probably get worse if they tried to help me more. I must be a success in their terms! Why do I **keep coming back** and how do I cope with change? I cope with change **by doing what it takes to keep coming back!**

- S.P., England, United Kingdom (Used by permission; from *Lifeline*, August 2013)

SNI thanks you for your group's contributions! Your \$ goes towards SNI recovery events, the newsletter, outreach/service and expenses for conference/assembly delegates.

Meeting Donations September-December, 2015

Date	Meeting	Donation Amount	Group #
9/29/15	Highland Park Hospital, Highland Park, Sun 10 am	\$150.00	22469
10/5/15	St Lawrence, Libertyville, Sat 8 am	\$56.40	33402
10/29/15	Algonquin Township Building, Crystal Lake, Sun 6 pm	\$154.20	52394
10/29/15	Kenneth Young Center, Elk Grove, Wed 7:30 pm	\$144.00	45371
10/29/15	Skokie Hospital, Skokie, Sun 9 am	\$352.00	22058
10/29/15	Niles Community Church, Niles, Mon 7 pm	\$93.00	15457
10/29/15	St <u>Marcelline</u> , Schaumburg, Wed 9:30 am	\$108.00	07972
10/29/15	NW Community Hospital, Arlington Heights, Sat 2:30 pm	\$226.00	13044
12/8/15	Congregation Beth Judea, Long Grove, Thurs 7 pm	\$215.40	53323
12/8/15	St. Phillips Church, Glenview, Fri 7 pm	\$60.00	53907
12/8/15	St. Phillips Church, Glenview, Fri 7 pm	\$60.00	53907
12/8/15	First United Methodist Church, Crystal Lake, Sat 10 am	\$120.00	19803
12/8/15	St. Benedicts Abbey, Benet Lake, WI, Fri 10 am	\$80.40	06854

SEVENTH TRADITION

OA groups are encouraged to send 7th Tradition contributions to:

SNI (60% of total contribution);

World Service (30% of total contribution); and

Region 5 (10% of total contribution).

Contributions can be sent to the below mailing addresses. Thank you.

Suburban North Intergroup
P.O. Box 5934
Buffalo Grove, IL
60089

World Service Office
PO Box 44020
Rio Rancho, NM 87174

Region 5
P.O. Box 199223
Indianapolis, IN 46219

A Call For Service: A new editor for the WINGING IT newsletter is needed. If you have an interest, please contact Chris B. at CCNEK82@gmail.com.

Thanks for considering this service (and the Open Positions noted below).

Everyone is welcome to join us at our monthly Suburban North Intergroup (SNI) meetings!
We meet the first Saturday of the month. Our meetings are held from 10:00 a.m. — 12:00 p.m. at the Buffalo Grove Youth Center, 50 1/2 Raupp Road, Buffalo Grove, IL. Call SNI Chris B 847-845-7967 for more info. **All groups are encouraged to send a representative.**

2016 SUBURBAN NORTH INTERGROUP OFFICERS AND COMMITTEE CHAIRS

SNI CHAIR

Chris B.
847-845-7967
CCNEK82@gmail.com

SNI VICE CHAIR

June
laabsjc@att.net

RECORDING SECRETARY

(Open Position)

CORRESPONDING SECRETARY

(Open Position)

TREASURER

Clarissa O.
847-421-2386
clarissa2206@gmail.com

TWELFTH STEP WITHIN COMMITTEE

(Open Position)

PUBLIC INFORMATION / PROFESSIONAL OUTREACH COMMITTEE (PI/PO)

Dan L.
224-653-8104,
ParkBloom@comcast.net

WINGING IT EDITOR

(Open Position)

BYLAWS COMMITTEE

(Open Position)

New Call and Sponsor List

NAME	TELEPHONE	EMAIL	ABSTINENT SPONSOR	ACCEPTS CALLS
Susan M.	847-710-8823	Susan.m.oa@gmail.com	Yes	Yes
Carey B.	847-341-2898	ira9282@aol.com		Yes
Sandy W.	847-581-0218	wgatap1@aol.com		Yes
June		laabsjc@att.net	Yes	
Steve B.	847-571-6173	Steveb013006@Gmail.com	Yes	Yes

Recovery Word Search

E P P L A N T T H E T S R E E
D V U Y O F S E R V R I E C E
E A I O T N D W A T E C C H Y
O C U T R I R R E C A O O V E
R Y N G A G N R O W S Q V L N
H Q K E A T R U V G U K E T P
I E Q N N S N E U G R C R J V
N P L G N I E E T R E Y Y C J
I N B S Y O T C S N R X K L K
P I U M I R H S R E I Q V C C
L E X J R O Q T B E R S C C A
E E T S U R T U A A T P K V A
N K N O I G E R V R K A E K Y
S N E C I V R E S E A P R R C
G N I M O C L E W L I M H Y Q

ABSTINENCE
INTERGROUP
MARATHON
RECOVERY
REGION
REPRESENTATIVE
SECRETARY
SERVICE
TREASURER
TRUSTEE
UNITY
WELCOMING

More Conventions!

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Overeaters Anonymous
Region 5 Convention – Detroit, MI



**Take the Freeway
of Recovery**

Info: www.region5oa.org



Info: www.oa.org

Back to Basics and Newcomer's Informational Meeting

Tuesdays, Back To Basics

Tuesdays from 7:00-8:30 p.m. (Ongoing each month on Tuesdays)

Lord of Life Lutheran Church; 725 75th St., Darien, IL; Contact: Belle 630-747-7669

Thursdays, 2014 Newcomer's Informational Meeting

Thursdays from 6:45-7:15 p. m. (Followed by regular OA meeting at 7:30 p.m.)

St. Luke's Presbyterian Church; 3910 Highland Avenue (at 39th Street); Downers Grove, IL

Contact: Evelyn 630-653-8608

Day	Mtg #	Time	Location	Contact	Contact #
SUN	22058	09:00 AM	Skokie Hospital, 9669 Gross Point Rd, Skokie, Room B719 (Bsmt)	Barbara	847-673-4996
SUN	34091	09:30 AM	Belmont Village Assisted Living Facility, 500 McHenry Rd, Buffalo Grove	Lynne K.	708-767-6660
SUN	22469	10:00 AM	Highland Park Hospital, 718 Glenview, Highland Park	Sarah	847-432-5727
SUN	52394	06:00 PM	Algonquin Twp Bldg, 3702 Hwy 14, Crystal Lake (Mtg Room #1)	Danielle	630-253-6576
SUN	40829	07:00 PM	Joy Lutheran Church, 749 S. Hunt Club Rd, Gurnee (house next door)	Victoria	224-577-8045
MON	53156	10:30 AM	ARC (Antioch Recovery Center, 311 W. Depot St, Unit C, Antioch	Rob W.	847-691-3377
MON	53803	05:30 PM	First United Methodist Church, 201 W. South St, Woodstock	Elizabeth	815-575-4283
MON	50566	06:30 PM	Waukegan Alano Club, 2419 W. Washington, Waukegan (Fragrance Free)	Pattie	810-618-7243
MON	15457	07:00 PM	Niles Community Church, 7401 W. Oakton, Niles	Jean H.	847-409-2866
MON	04179	07:30 PM	St Simon's Episcopal Church, 717 W. Kirchoff, Ste 100, Arlington Heights	Roger C.	815-742-4504
TUE	01391	07:00 PM	Holy Cross Lutheran Church, 2107 Three Oaks Rd, Room 201B, Cary	Ruth	847-421-7005
TUE	37421	07:30 PM	St Andrew's Episcopal Church, 31 Park Ave, Grayslake (Rectory)	Melissa	847-573-9512
WED	07972	09:30 AM	St Marcelline, 8210 Springinsguth, Schaumburg (Fragrance Free, Room 2)	Judy R.	847-301-9505
WED	46438	10:00 AM	St Matthew's Church, 2120 Lincoln, Evanston	Marsha	847-328-6588
WED	52063	12:15 PM	Deerpath Medical, 71 North Waukegan Road, Suite 900, Lake Bluff	Gloria	847-602-3677
WED	35707	07:00 PM	Stillwater's AA Clubhouse, 28144 W. Industria Drive, Barrington	Dee	847-697-9411
WED	52377	07:00 PM	St Martha Church, 8523 Georgiana, Ave, Morton Grove	Wanda	847-583-0716
WED	45371	07:30 PM	Kenneth Young Center, 1101 Rohlwing Rd, Elk Grove Village	Karen	847-212-0664
TUE	01391	07:00 PM	Holy Cross Lutheran Church, 2107 Three Oaks Rd, Room 201B, Cary	Ruth V.	847-421-7005
THU	04723	07:00 PM	St Paul Lutheran Church, 845 North Lewis, Waukegan	Pat	847-662-7996
THU	53323	07:00 PM	Congregation Beth Judea, 83 & Hilltop Rd, Long Grove, Rm 4LL, Fragrance Free	Lynne K.	708-767-6660
THU	50457	07:30 PM	Skokie Hospital Kenton Bldg, 9700 Kenton Ave, Skokie, Room K310	Ricki	847-677-3098
FRI	51151	09:00 AM	Holy Trinity Lutheran Church, 357 Division St, Elgin	Cora	630-202-8617
FRI	06854	10:00 AM	St. Benedict's Abbey, 12605 224th Ave, Benet Lake, WI (Antioch Area)	Mary Ellen	224-337-9227
FRI	53097	07:00 PM	St. Phillip Church, 1609 Pfungsten Rd, Glenview	Chris R.	847-583-0716
FRI	46082	07:30 PM	St Andrew's Episcopal Church, 31 Park Ave, Grayslake (Rectory)	Victoria	224-577-8045
SAT	33402	08:00 AM	St. Lawrence Episcopal Church, 125 Church St, Libertyville, Fragrance Free	Linda P.	847-431-4588
SAT	48032	08:30 AM	St Peter's Parish, 557 W. Lake St, Antioch (Convent)	Bob	847-356-2963
SAT	34562	09:00 AM	St Matthew's Church, 2120 Lincoln, Evanston, 4th Sat of Mo-Newcomer Mtg	Diana	847-970-0525
SAT	19803	10:00 AM	First United Methodist Church, 236 W. Crystal Lake Ave, Crystal Lake	Danielle	630-253-6576
SAT	07207	11:00 AM	St Giles Episcopal Church, 3025 Walters Ave, Northbrook	Penny	847-998-1664
SAT	13044	02:30 PM	Northwest Comm Hospital, 800 W. Central Road, Arlington Heights	Dianne	847-977-1459

For meeting information or changes, contact Ruth at 847-991-5934. The web-sites **www.aa.org** and **www.region5aa.org** also have information about meetings and upcoming events. If you are looking for an Open Meeting for information, please call the contact person first before attending the meeting.

SNI phone number is 855-632-6039

As of February, 2016, SNI is made up of 32 groups.