

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!

Emails requested by:

May 15, 2015

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

FEBRUARY 2015 — JUNE 2015

WINTER / SPRING
2015

As We Head from Winter to Spring: Where is the Hope?

Hopefully, we can find the Hope we need in Overeaters Anonymous (OA).

Hope from a Tool?

Having an Action Plan is one of our nine (9) tools of recovery. If we take the same actions that have worked so well for other OA members, we stand a good chance at being successful in this program. There's Hope in that. Applying the Twelve Steps of Overeaters Anonymous in all of our affairs can lead us to the recovery we crave. Action plans are as varied as food plans and individual members. The beauty of this tool (as is true of many other tools), each member gets to choose what their Action Plan will look like and how it will function in their lives to support the structure of recovery we're all striving to build.

H.O.P.E.

Hearing Other People's Experience
- heard at an OA meeting

Hoping To Answer the Question: What Is "Too Much?"

The miracle of the OA program and freedom from the obsession describe my experience perfectly. I came into program in 1990 or 1991. I can't remember which year because I was befogged by overeating. Back then, I grazed my way through life. I ate what I thought my body needed or what I felt like eating, which was a lot and often. I would eat a huge, well-balanced meal in a restaurant, and then walk down the street to get something sweet. With the sweet taste still in my mouth and my blood sugar soaring, I would search for something salty and crunchy. After I ate that, I would need protein to make me feel better. This went on

day after day. I was 40 pounds overweight and didn't understand why.

I was also a compulsive exerciser, spending 90 minutes each day on a treadmill. I walked a mile on my lunch hour and another three miles after work. I exercised to lose weight but never lost more than 10 pounds. I would look at myself sideways in the mirror and not understand why a dedicated athlete had such a big belly! I always looked like I was five months pregnant.

I am not sure how I got to OA. I have always felt an affinity with Alcoholics Anonymous, even when I didn't know any alcoholics. I knew I had a problem with food, but I wasn't sure what the problem was. I started going to one OA meeting a week, arriving late and leaving early, never raising my hand to speak, but knowing that I belonged there. Most of what I heard went in one year and out the other. I recall that the phrase "rigorous honesty" sent shivers up my spine whenever I heard it.

Finally, in 1997, at age 34, I made the move that would change my life. I asked someone who had helped others to become abstinent to sponsor me... She showed me what food plans were and what recovering OAers did with them. She insisted I stick to a plan and warned me against "fat serenity." She listened to me complain about how I was hungry 10 minutes after a meal, and she let me complain about the "humiliation" of calling in my food to her every morning. Then she told me to do it anyway. She had no respect for my body-image issues. She told me that abstinence and working the Steps would solve that. When I complained that walking down the street and seeing my
(continued on page 2)

SAVE THE DATES:

SUBURBAN NORTH INTERGROUP RECOVERY EVENT

Enjoy speaker(s), group sharing, fellowship, and more

June 6, 2015
1 p.m.—4 p.m.

Vernon Township
2900 N. Main Street,
Buffalo Grove, IL

Contact Carolyn F:
cwinfos@sbcglobal.net



TURNING POINT INTERGROUP

“SPRING HOLIDAY”

Sunday, April 5, 2015
10:00 am - 4:00 pm

“MEMORIAL DAY”

Monday, May 25, 2015
10:00 am - 4:00 pm

Presence Our Lady of the
Resurrection Hospital
5645 W. Addison
Chicago, IL 60645

Addison St. 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.)

(continued from page 1)

reflection in store windows made me feel like a fat freak, she told me to stop looking in store windows. She said it was none of my business what people thought of my stomach or my arms or my thighs, and she told me to follow my food plan. I white-knuckled the food plan, going back to the nutritionist to try and convince her to give me an extra serving of something, anything—to no avail.

I took the Third Step with my sponsor, reciting the Third Step Prayer in her favorite chapel. She told me to exercise only 30 minutes a day, and I stopped over exercising. I read OA literature and made at least three phone calls a day to people who were almost strangers! I did a Fourth and Fifth Step with her and continued to follow my food plan.

I have experienced miracles I can only attribute to the actions I have taken. The real miracle is that I did not believe these actions would work for me. I only did them because my sponsor told me recovering compulsive overeaters did these things. I began to feel relief from the white knuckle abstinence and even from the food obsession at times. I lost all 40 excess pounds and have kept them off for nearly five years.

I came to realize I was overweight and had a big belly because I ate too much (that had never occurred to me before). I came to believe it’s possible to exercise too much. Now when I don’t exercise for a day, I don’t feel guilty. I love the fact that my body works and does what I want it to do. I still have a belly, but it’s much smaller, and I feel lucky to have a healthy waistline and healthy organs behind my belly. I also feel lucky I found a sponsor who had no doubt that OA would work for me, even when I couldn’t imagine it.

- L.P. Madison, WI (Used by permission; from *Lifeline*, October 2003)

From OA’s *Members In Relapse* pamphlet:

“What I got from my sponsor was total, unconditional love. Because of that, I was able to share everything with her, without judgment. That total acceptance was the most important thing for me. Love people and don’t throw them away.”

Tradition One

Our common welfare should come first; personal recovery depends on OA unity.

*The Twelve Steps and Twelve Traditions
of Overeaters Anonymous*

Am I Willing?

I am a relapse survivor. I am a recovering compulsive overeater and today I am willing.

I am willing to go to any length necessary to live free of the compulsion to overeat.

I am willing to work the Overeaters Anonymous program as suggested.

I am willing to apply the Twelve Steps, practice their principles and use the tools of OA to the best of my ability.

I am willing to rely on the God of my understanding for direction in my life.

By being willing, I am experiencing God-given abstinence.

I thank God for the strength & courage to be willing, one day at a time.

~Anonymous

I am not alone...

as a famous rock group once sang/shared:

“I get by with a little help from my friends.”

~ a member of OA

Editor's Corner...

After a somewhat prolonged learning curve, here is the latest edition of the WINGING IT newsletter. Enjoy!

- Chris B.

Scratching the Itch

I recently went to a party at my boss's log cabin, where everyone enjoyed fun and fellowship. My spouse and I broke away from the others and wandered deep in the woods, where we sat listening to the quiet. I felt close to my Higher Power and my spouse (they are not the same). Later that night I started itching. I had bug bites on much of my body. As I lay down to sleep, I prayed to my Higher Power, "God, I give you my body and all these bug bites. I know there must be a lesson in this. What is it?"

Almost instantaneously the answer came. When the bite itched, I would scratch it frantically. The itch would become more intense, and I would scratch harder. The skin would become red and swollen. I almost drew blood. Instead of scratching the itch, I needed to soothe it with cooling medication so the bites would heal.

I realized that my disease is the same way. The itch of my disease is the craving for excess food. When that craving hits, my disease wants me to feed it. When I do, the craving becomes more intense, and it soon becomes a feeding frenzy. Instead of feeding the craving with food, I pray, Read literature or write about what is really going on with me. Just as the itch of the bug bites subsides with proper care, so does the craving for excess food when I take care of myself.

I must not scratch the itch, one little bug bite and one little compulsive bite at a time.

- L.F., Springfield, Missouri (Used by permission; from *Lifeline*, October 2003)

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

Meeting Donations September-December, 2014

Date	Meeting	Donation Amount	Group #
9/5/14	Deerpath Medical, Lake Bluff, Wed 12:15 pm	\$90.00	52063
9/5/14	St. Simmons, Arlington Heights, Mon 7:30 pm	\$234.00	04179
9/5/14	Highland Park Hospital, Highland Park, Sun 10 am	\$265.00	22469
9/23/14	Niles Community Church, Niles, Mon 7 pm	\$158.40	15457
10/5/14	St. Lawrence, Libertyville, Sat 8 am	\$96.00	33402
10/5/14	St. Marcelline, Schaumburg, Wed 9:30 am	\$120.00	07972
10/16/14	Holy Trinity Lutheran Church, Elgin, Fri 9 am	\$100.80	51151
10/16/14	NW Community Hospital, Arlington Heights, Sat 2:30 pm	\$180.00	13044
11/28/14	Kenneth Young Center, Elk Grove, Wed 7:30 pm	\$103.00	45371
11/28/14	Anonymous	\$260.00	N/A
12/30/14	NW Counseling, Fox Lake, Wed 10 am	\$80.46	50681

SEVENTH TRADITION

OA groups are encouraged to send 7th Tradition contributions to Intergroup (60% of total contribution), World Service (30% of total contribution) and Region (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 428
Medinah, IL 60157**

Important Dates

February 8, Second Sunday Telephone Workshop: 3-4 p.m. EST; provided by the Board of Trustees Strategic Planning Committee and Featuring Region Chair Speakers, "Working All Twelve Steps to Recover: Step Two"; dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; Email vst4oa@hotmail.com

February 28, Unity Day at 11:30 a.m. PST

March 8, Second Sunday Telephone Workshop: 3-4 p.m. EST; provided by the Board of Trustees Strategic Planning Committee and Featuring Region Chair Speakers, "Working All Twelve Steps to Recover: Step Three"; dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; Email vst4oa@hotmail.com

March 20-22, Milwaukee Area OA Intergroup, Annual Spring Convention: "The Road to Happy Destiny"; Sheraton Milwaukee Brookfield Hotel, 375 South Moorland Road; Brookfield, WI. Judy W. 414-258-8361; email conv@oamilwaukee.org; website oamilwaukee.org

April 12, Second Sunday Telephone Workshop: 3-4 p.m. EST; provided by the Board of Trustees Strategic Planning Committee and Featuring Region Chair Speakers, "Working All Twelve Steps to Recover: Step Four"; dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; Email vst4oa@hotmail.com

May 10, Second Sunday Telephone Workshop: 3-4 p.m. EST; provided by the Board of Trustees Strategic Planning Committee and Featuring Region Chair Speakers, "Working All Twelve Steps to Recover: Step Five"; dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; Email vst4oa@hotmail.com

September 11-13, 2015: Region 5 Convention. Transformation: Being Transformed in OA. Chicago Marriott Schaumburg, 50 N. Martingale Rd., Schaumburg, IL 60173. Hotel Room Rate \$99.00/night +tax. Registration early-bird pricing until June 1st: \$99.00; (Convention and Banquet); Registration June 2nd through August 1st: \$105.00. Speakers; Clothing Exchange; Literature for sale; Market Place/Boutique. For more information: Ruth W. 847-991-5934; Dan V. 630-244-2415.

Everyone is welcome to join us at our monthly Suburban North Intergroup (SNI) meetings!

We meet the first Saturday of the month. Our next meetings will be held

03/07/2015; 04/04/2015; 05/02/2015; 06/06/2015, 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 chair Steve B. 847-571-6173 for more info. All groups are encouraged to send a representative.

2014 SUBURBAN NORTH INTERGROUP OFFICERS AND COMMITTEE CHAIRS

SNI CHAIR

Steve B.
847-571-6173,
Steveb013006@Gmail.com

SNI VICE CHAIR

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laabsjc@att.net

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Dan L.
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(Open Position)

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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

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

Abstinence
Acceptance
Courage
Faith
Freedom

Higher Power
Meditation
Prayer
Serenity
Willingness

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

Suburban North Intergroup Meeting List January 2015

Mtg #	Time	Meeting Location	Contact Person	
Sunday:				
1	22058 9:00 AM	Skokie Hospital 9669 Gross Point Rd., Skokie IL- Room B719 (Basement)	Barbara	847-673-4996
2	34091 9:30 AM	Belmont Village Assisted Living Facility, 500 McHenry Rd., Buffalo Grove, IL	Lynne K.	708-767-6660
3	22469 10:00 AM	Highland Park Hospital, 718 Glenview, Highland Park, IL-	Sarah	847-432-5727
4	52394 6:00 PM	Algonquin Township Bldg, 3702 Hwy 14, Crystal Lake Meeting Room # 1	Danielle	630-253-6576
5	40829 7:00 PM	Joy Lutheran Church, 749 S. Hunt Club Rd., Gurnee, IL (House Next Door)	Victoria	224-577-8045
Monday				
6	53156 10:30 AM	ARC (Antioch Recovery Center) 311 W. Depot St, Unit C, Antioch, IL	Terri G.	847-691-1538
7	53803 5:30 PM	First United Methodist Church 201 W. South St. Woodstock, IL	Elizabeth	815-575-4283
8	50566 6:30 PM	Waukegan Alano Club, 2419 W. Washington, Waukegan- Fragrance Free	Pattie	810-618-7243
9	15457 7:00 PM	Niles Community Church, 7401 W- Oakton, Niles, IL-	Anne Cz	847-890-9350
10	04179 7:30 PM	St- Simons Episcopal Church, 717 West Kirchoff, Arlington Heights, IL-	Roger C	815-742-4504
Tuesday				
11	37421 7:30 PM	St- Andrews Episcopal Church, 31 Park Ave., Grayslake, IL- (Rectory)	Melissa	847- 573-9512
Wednesday				
12	07972 9:30 AM	St- Marcelline, 820 Springinsguth, Schaumburg, IL-Fragrance Free, Room 2	Judy R.	847/301-9505
13	50681 10:00 AM	NW Counseling, 17 West Grand, Fox Lake, IL	Debbie	847-973-1985
14	46438 10:00 AM	St- Matthew's Church, 2120 Lincoln, Evanston, IL	Marsha	847-328-6588
15	52063 12:15 PM	Deerpath Medical 71 North Waukegan Road, Suite 900 Lake Bluff	Gloria	847-602-3677
16	53161 6:00 PM	ARC (Antioch Recovery Center) 311 W. Depot St. Unit C, Antioch, IL	Terri G.	847-691-1538
17	35707 7:00 PM	Stillwater's AA Clubhouse, 28144 West Industrial Drive, Barrington, IL-	Dee	847-697-9411
18	52377 7:00 PM	St. Martha Church, 8523 Georgiana Ave., Morton Grove, IL	Wanda	847-583-0716
19	45371 7:30 PM	Kenneth Young Center, 1101 Rohlwing Rd, Elk Grove Village	Karen	847-212-0664
Thursday				
20	01391 7:00 PM	Holy Cross Lutheran Church, 2107 Three Oaks Rd., Room 201 B, Cary, IL	Ruth V	847-421-7005
21	04723 7:00 PM	St. Paul Lutheran Church, 845 North Lewis, Waukegan, IL	June Z	847-877-2393
22	53323 7:00 PM	Congregation Beth Judea 83 & Hilltop Rd, Long Grove, IL RM4LL Fragrance Free	Lynne K.	708-767-6660
23	50457 7:30 PM	Skokie Hospital Kenton Bldg. 9700 Kenton Ave. Skokie IL- Room K 310	Ricki	847-677-3098
Friday				
24	51151 9:00 AM	Holy Trinity Lutheran Church, 357 Division St. Elgin, IL-	Cora	630-202-8617
25	06854 10:00 AM	St- Benedicts Abbey, 12605 224th Avenue, Benet Lake, WI (Antioch Area)	Jackie T	262-697-1197
26	7:00 PM	St Phillips Church 1609 Pffingston Rd. Glenview, IL	Chris R.	847-583-0716
27	46082 7:30 PM	St- Andrews Episcopal Church, 31 Park Ave-, Grayslake, IL- (Rectory)	Victoria	224-577-8045
Saturday				
28	33402 8:00 AM	St- Lawrence Episcopal Church, 125 Church St, Libertyville, IL-Fragrance Free	Lenore F	847-219-5243
29	48032 8:30 AM	St- Peter's Parish, 557 West Lake St-, Antioch, IL (Convent)	Bob	847-356-2963
30	34562 9:00 AM	St- Matthew's Church, 2120 Lincoln, Evanston, IL. 4th Sat. of month Newcomer Mtg.	April	313-610-1980
31	19803 10:00 AM	First United Methodist Church, 236 W- Crystal Lake Ave., Crystal Lake, IL	Ruth V.	847-421-7005
32	07207 11:00 AM	St. Giles Episcopal Church, 3025 Walters Avenue, Northbrook, IL-	Penny	847-998-1664
33	13044 2:30 PM	Northwest Community Hospital, 800 West Central Rd., Arlington Heights, IL	Clarissa	847-421-2386

For meeting information (or changes) in the: 312, 630, 708, 773, 815, 847 & 224 areas: Contact Ruth at 847-991-5934. The websites www.oa.org, or www.region5oa.org, also have information about meetings & upcoming events. If you are looking for an Open Meeting for information, please call contact person first before attending the meeting.

Highlighted yellow means revised items.

SNI PHONE NUMBER IS 855-632-6039

Highlighted * means group needs support

Suburban North Intergroup meetings are usually held the first Saturday of the month from 10:00 A.M. to Noon at Buffalo Grove Youth Center 50 1/2 Raupp Rd. Buffalo Grove IL. All OA members are welcome. Please call Steve B. at 847-571-6173 to confirm meeting date, time, and location.