

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:

September 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

JUNE 2015 — OCTOBER 2015

SUMMER / FALL
2015

Letting Go of Resentments

In the Sunlight

What is resentment but an itch that never stops reminding me it is there or a heartburn reminding me I have hurt feelings not dealt with? It is a feeling swept under the rug because I don't know how to deal with it except with anger and revenge.

Bill W. says resentments are "the dubious luxury of normal men" (*Alcoholics Anonymous*, p. 66). Publilius Syrus says, "The bare recollection of anger kindles anger" (*For Today*, p. 169).

How ironic! Am I not a slave to my character defects when I sweep resentments under the carpet? What is my solution?

I discover, uncover and discard my character defects. I continue to Step Nine and make amends to those I have hurt. I can get on with life free of the burden that I must get my pound of flesh, my revenge.

For Today reminds me resentments are exhausting (p. 193). It takes much planning and energy to keep anger, fear and resentment alive. I had created a false front to project an amenable persona to people, not realizing "people-pleasing has a twin called resentment" (*For Today*, p. 198).

Oh my goodness! Such energy! So much time used up when I could have been more productive and living "in the sunlight of the spirit" instead of the dungeons of self-defeat (*As Bill Sees It*, p. 5).

What has kept me back all these years? Was

I afraid my resentments would explode or like Humpty Dumpty, I couldn't be put back together again? Probably. I am again reminded "Nothing on earth consumes a man more quickly than the passion of resentment" (*For Today*, p. 212).

When reading a *Lifeline* story about resentments at an OA meeting, I was convinced my resentments were gone. Suddenly I felt an overwhelming need to cry. Anger toward my ex-daughter-in-law melted like a snowball in summer; hundred pounds of resentment slid off my back. I let go and let my Higher Power point me in the right direction. The next time I saw my daughter-in-law, I acted as if I had no hard feelings. I was free of resentment's bondage. With my HP, I walked out of the dungeon of my own creation.

Bill W. was right: "...harboring resentment is infinitely grave. For then we shut ourselves off from the sunlight of the spirit" (*As Bill Sees It*, p. 5). Today I am grateful to be walking on the path of recovery, enjoying the "sunlight of the spirit."

— Joan L., La Quinta, California, USA
(as quoted in *Lifeline* Sept/Oct 2012)

- ** How do you celebrate your abstinence?
- ** What Steps help you most to maintain abstinence?
- ** What tools save your abstinence in critical moments?
- ** Who has been your greatest influence in finding and maintaining abstinence?
- ** How are Intergroup Recovery Events helpful to you?
- ** What resentments need letting go of? ***

SAVE THE DATES:

SUBURBAN NORTH INTERGROUP RECOVERY EVENT

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

October 3, 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

“SUMMER HOLIDAY”

Saturday, July 4, 2015
10:00 am - 4:00 pm

“LABOR DAY”

Monday, Sept. 7, 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.)

Being Right-Sized

While getting a massage recently, I realized my resentments cling to me and I to them. It feels like my extra weight is the physical form of my resentments. Can I be willing to let go of them? Will that show on my body? I don't want to become focused on losing weight and have that be my major goal again, but I am curious about how real the analogy is for me.

While on the massage table, I imagined letting go of my resentments. I feel I did it in a big way. I realized that by releasing my grip on my old resentments, I let my family be human, nothing more and nothing less. It felt so good and freeing to see them that way. Then all of a sudden, I saw I was human also. It was so profound to realize the extent to which I had been out of my body and away from the present moment. I felt myself sinking into my body and resting in the liberating reality that I wasn't looking up at the rest of the world or down at it. I wasn't bigger or smaller than others. I was just human.

This realization has a scary element that tells me some of why I've held onto resentments and how resentment has served me. Being human made me right-sized. My anger and resentments made me feel like I was above or bigger than the people who hurt me. Anger and resentment have protected me from the sadness of the reality that I was hurt. I have felt at times I might crumble from the pain if I expressed it; I had to hold onto it to keep it and myself together or the pain would take over.

I felt small and powerless as a kid. My anger made me bigger — sometimes bigger than normal. If I were to let go of it, I would be small and vulnerable again. Even as an adult I've felt this way. Twice in the past two years, I have done meditations wherein I imagined letting go. The first time, I tried to imagine myself without extra weight. The second time, I did a guided meditation to let go of anger. Both times, the “me” left in my head was tiny, the size of a two-year-old.

The problem with holding onto resentments to protect myself from vulnerability is that I can't be right-sized and I don't allow others to be either. I bounce between the extremes of being larger than life and being too small to take care of myself. The people I'm angry with can only be what they are in my head. Healing is not possible when I'm holding resentment. The reality is that I try to make myself bigger with resentment, but I feel like the small vulnerable image of myself. I operate from that place, which means I don't take responsibility for myself.

I always want to be right-sized. I want to see people straight on, not from above or below.....

God, I am willing and ready to turn this over to you. Please help me be willing to be right-sized and to let go of anger and resentment.

— *Darcy, S. Albany, California, USA* (Quoted in *Lifeline*, Sept/Oct 2012)

Blame Game

We plan. God laughs! Oh, so true. My sponsor just told me today how much less angry I am and look these days. Could it be that letting go of many of my past resentments has mellowed me out?

I resented God foremost. He was my target. I blamed him for everything wrong in my life. Next was my mom, who did a number on me. Placing the blame on someone, anyone, took the responsibility off me. For years others caused my problems. I never had to look at or inside myself while I was blaming someone else.

Here I am after 5 years in therapy and 16 months in OA, and I'm finally getting it. I am only responsible for myself.

In OA, I found that God is there for me, not against me. In OA, I've been struggling to free myself from my codependency on my mom. I am learning to love her, not get into a tangled relationship with her.

In OA, I've been steadfast in working my recovery. I don't have time to harbor resentments or anger. These feelings take me back where I don't want to be, in a negative frame of mind. I'm learning to let go of relationships that are not right for me.

Today I say I have forgiven my mom and children for hurting me, because hurt is not only what others do to us but also how we react to a situation. Letting go and letting God has helped me move forward in my recovery.

— *Andrea D.* (from *Lifeline* Sept/Oct 2012)

Mother Lode:

When my mother passed away in March 2012, at age 101, I was glad I had been given the gift of forgiveness. Our relationship was all I had hoped for: warmly human, loving at times, impatient at others, yet always caring and empathetic. The only way I was able to come to terms with a relationship I'd wanted to heal for 69 years was to accept both of us as children of God, having different styles, but both well-meaning and hardworking. With the help of my Higher Power, sponsors and OA friends, I realized I did internalize many of her good messages and am much like her in ways that please me. I am at peace because I made my peace with God through OA.

— *Joan T. Manahawkin, New Jersey* (from *Lifeline* Sept/Oct 2012)

Editor's Corner...

*Hello everyone. Resentments. Letting go of them. Easier said than done. I used to practice what I call "Velcro" letting go. Whenever I let go (of anything) I wanted to make a loud ripping sound, basically announcing "Hey, see what I'm doing? I'm LETTING GO!!" Whether I need to physically, emotionally, or spiritually let go of something, I cannot afford to do it that way. It's too spiritually expensive. Enjoy this edition of **Winging It** as we explore what it truly means to let go of those resentments. It won't be the last time that the tool of letting go will come in very handy, I imagine...*

- Chris B.

Important Dates

Telephone Workshops:

The Second Sunday of every month from 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"; dial 1-424-203-8405 and enter access code 925619#; Stephanie D. 1-727-641-3437; email vst4oa@hotmail.com

Body Image Workshop:

Saturday, June 27, 2015 (9:30 am till 2:00 pm)
Registration 9:30 am to 10:00 am
Faith United Methodist Church
15101 S. 80th Avenue
Orland Park, IL 60462
Featuring 3 speakers and activities.
Bring your brown-bag lunch.
Presented by the Orland Park Saturday morning meeting.
Sponsored by CSSI.
This is an Open Meeting for OA members/families/friends.
We welcome all eating troubles, including: Overweight; Underweight; Restricting; Bulimia; Anorexia; Bingeing...

OA Region 5 Convention:

Transformation: Being Transformed in OA

September 11-13, 2015
Chicago Marriott Schaumburg
50 North Martingale Road
Schaumburg, IL
Ruth W. 847-991-5934
Website region5oa.org

Iowa State Convention:

"Today's the Day/Abstinence"
September 18-20, 2015
Fairfield Inn and Suites
8661 Plum Drive
Urbandale, IA
Deonne W. 515-745-1706

That God Could and Would if He Were Sought

OA 25th Anniversary Retreat
September 25-27, 2015
Portiuncula Center for Prayer (The Port)
9263 W. St Francis Road
Frankfort, IL 60423
Mary Ann V. 708-479-9534
maryannevea@sbcglobal.net

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

Date	Meeting	Donation Amount	Group #	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 (NEW ADDRESS!!!) Region 5 Treasurer P.O. Box 199223 Indianapolis, IN 46219
1/8/15	Niles Community Church, Niles, Mon 7 pm	\$154.00	15457	
2/5/15	Highland Park Hospital, Highland Park, Sun 10 am	\$175.00	22469	
2/5/15	St Marcelline, Schaumburg, Wed 9:30 am	\$119.65	07972	
2/5/15	St. Benedicts Abbey, Benet Lake, WI, Fri 10 am	\$62.40	06854	
2/5/15	Kenneth Young Center, Elk Grove, Wed 7:30 pm	\$27.00	45371	
2/5/15	St Lawrence, Libertyville, Sat 8 am	\$15.00	33402	
2/5/15	St. Matthews, Evanston, Wed 10 am	\$47.40	46438	
2/10/15	ARC (Antioch Recovery Center), Antioch, Mon 10:30 am	\$82.20	53156	
2/10/15	St. Simmons, Arlington Heights, Mon 7:30 pm	\$181.00	04179	
2/28/15	Holy Trinity Lutheran Church, Elgin, Fri 9 am	\$96.45	51151	
2/28/15	St Giles, Northbrook, Sat 11 am	\$90.00	07207	
2/28/15	Skokie Hospital Kenton Building, Skokie, Thurs 7:30 pm	\$162.00	50457	
2/28/15	NW Community Hospital, Arlington Heights, Sat 2:30 pm	\$180.00	13044	
2/28/15	Skokie Hospital, Skokie, Sun 9 am	\$458.00	22058	
3/10/15	Algonquin Township Building, Crystal Lake, Sun 6 pm	\$120.50	52394	
3/25/15	Holy Cross Lutheran Church, Cary, Thurs 7 pm	\$466.00	01391	
4/8/15	St Marcelline, Schaumburg, Wed 9:30 am	\$207.79	07972	
4/8/15	Deerpath Medical, Lake Bluff, Wed 12:15 pm	\$65.40	52063	
4/8/15	NW Counseling, Fox Lake, Wed 10 am	\$58.00	50681	
4/8/15	St Lawrence, Libertyville, Sat 8 am	\$15.76	33402	
4/27/15	St. Benedicts Abbey, Benet Lake, WI, Fri 10 am	\$30.00	06854	
4/27/15	Holy Trinity Lutheran Church, Elgin, Fri 9 am	\$62.40	51151	

Note to all Groups: From World Service Office and Region5

Donations in general throughout OA are significantly down. Per Tradition 7, keep in mind that OA is self-supporting through our individual contributions. Please remember this when making your next donation at your meetings.

All of OA humbly thanks you.

In service, Clarissa O. SNI Treasurer.

**Welcome to OA.
Welcome Home!**

**Always remember:
You are not alone.**

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

We meet the first Saturday of the month

from 10:00 a.m. — 12:00 p.m. at the

Buffalo Grove Youth Center, 50 1/2 Raupp Road, Buffalo Grove, IL.

Contact one of the members below for more info. All groups are encouraged to send a representative.

2014 SUBURBAN NORTH INTERGROUP OFFICERS AND COMMITTEE CHAIRS

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SNI VICE CHAIR

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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

- ABC:** Acceptance, Belief, Change
- ACTION:** Any Change Toward Improving One’s Nature
- ASAP:** Always Stop And Pray
- ESH:** Experience, Strength and Hope
- EZDI:** E Z Does It
- FEAR:** Face Everything and Recover
- GOD:** Good Orderly Direction
- HALT:** Hungry, Angry, Lonely, Tired
- HOPE:** Hearing Other People’s Experience
- HOW:** Honesty, Open-mindedness, Willingness
- KISS:** Keep It Simple Sweetie
- ODAAT:** One Day At A Time
- PUSH:** Pray Until Something Happens

“Believe that you can be abstinent. You will be. Believe that you can have sanity, peace of mind, and freedom to live the life you want. You will have them. Believe that you will recover. You will.”

— *For Today*, p. 354

D F D L E A H T D I U R L I T
 P O X S C I S Z M U A Y V D A
 G F V T B Z E Q V E T M X Z B
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Meeting List on Next Page

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 before attending the meeting.

Gray means revised item

** means group needs support*

SNI PHONE # (855) 632-6039

Suburban North Intergroup Meeting List May 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 to church)	Victoria	224-577-8045
Monday					
6	Pending	10:00 AM	Congregation Beth Shalom, 3444 Walters Ave, Northbrook, IL	Faith B.	847-343-0818
7	53156	10:30 AM	ARC (Antioch Recovery Center) 311 W. Depot St, Unit C, Antioch, IL	Terri G.	847-691-1538
8	53803	5:30 PM	First United Methodist Church 201 W. South St. Woodstock, IL	Meeting	CLOSED
9	50566	6:30 PM	Waukegan Alano Club, 2419 W. Washington, Waukegan- Fragrance Free	Pattie	810-618-7243
10	15457	7:00 PM	Niles Community Church, 7401 W- Oakton, Niles, IL-	Anne Cz	847-890-9350
11	4179	7:30 PM	St- Simons Episcopal Church, 717 West Kirchoff, Arlington Heights, IL-	Roger C	815-742-4504
Tuesday					
12	37421	7:30 PM	St- Andrews Episcopal Church, 31 Park Ave., Grayslake, IL- (Rectory next to church)	Melissa	847-573-9512
Wednesday					
13	7972	9:30 AM	St- Marcelline, 820 Springinsguth, Schaumburg, IL- Fragrance Free, Rm 2	Judy R	847-301-9505
14	50681	10:00 AM	NW Counseling, 17 West Grand, Fox Lake, IL	Meeting	CLOSED
15	46438	10:00 AM	St- Matthew's Church, 2120 Lincoln, Evanston, IL	Marsha	847-328-6588
16	52063	12:15 PM	Deerpath Medical 71 North Waukegan Road, Suite 900 Lake Bluff	Gloria	847-602-3677
17	53161	6:00 PM	ARC (Antioch Recovery Center) 311 W. Depot St. Unit C, Antioch, IL	Meeting	CLOSED
18	35707	7:00 PM	Stillwater's AA Clubhouse, 28144 West Industrial Drive, Barrington, IL-	Dee	847-697-9411
19	52377	7:00 PM	St. Martha Church, 8523 Georgiana Ave., Morton Grove, IL	Wanda	847-583-0716
20	45371	7:30 PM	Kenneth Young Center, 1101 Rohlwing Rd, Elk Grove Village	Karen	847-212-0664
Thursday					
21	1391	7:00 PM	Holy Cross Lutheran Church, 2107 Three Oaks Rd., Room 201 B, Cary, IL	Ruth V	847-421-7005
22	4723	7:00 PM	St. Paul Lutheran Church, 845 North Lewis, Waukegan, IL	June Z	847-877-2393
23	53323	7:00 PM	Congregation Beth Judea 83 & Hilltop Rd. Long Grove, IL RM6LL, Fragrance Free	Lynne K.	708-767-6660
24	50457	7:30 PM	Skokie Hospital Kenton Bldg. 9700 Kenton Ave. Skokie IL- Room K 310	Ricki	847-677-3098
Friday					
25	51151	9:00 AM	Holy Trinity Lutheran Church, 357 Division St. Elgin, IL-	Cora	630-202-8617
26	6854	10:00 AM	St- Benedicts Abbey, 12605 224th Avenue, Benet Lake, WI (Antioch Area)	Jackie T	262-697-1197
27		7:00 PM	St Phillips Church 1609 Pflingston Rd. Glenview, IL	Chris R.	847-583-0716
28	46082	7:30 PM	St- Andrews Episcopal Church, 31 Park Ave-, Grayslake, IL- (Rectory next to church)	Victoria	224-577-8045
Saturday					
29	33402	8:00 AM	St- Lawrence Episcopal Church, 125 Church St, Libertyville, IL- Fragrance Free	Lenore F	847-219-5243
30	48032	8:30 AM	St- Peter's Parish, 557 West Lake St-, Antioch, IL (Convent)	Bob	847-356-2963
31	34562	9:00 AM	St- Matthew's Church, 2120 Lincoln, Evanston, IL. 4th Sat. of month Newcomer Mtg.	Diana R.	847-970-0525
32	19803	10:00 AM	First United Methodist Church, 236 W- Crystal Lake Ave., Crystal Lake, IL	Ruth V.	847-421-7005
33	7207	11:00 AM	St. Giles Episcopal Church, 3025 Walters Avenue, Northbrook, IL-	Penny	847-998-1664
34	13044	2:30 PM	Northwest Community Hospital, 800 West Central Rd., Arlington Heights ,IL	Clarissa	847-421-2386