

THE NEWSLETTER
FOR OVEREATERS
Anonymous
Suburban
NORTH INTERGROUP
(SNI) 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?

Send email to
shinypenny906@gmail.com



WINGING IT

SPRING 2019



Recovery Roadmap: *A Spiritual Journey*

The hardest thing I ever had to do was to let go of my self-will and turn my life over to the care of God. It has also been the best thing that has happened to me since I discovered OA. Through my first honest prayer, I sought knowledge of God's will for me and the power to carry that out. But I didn't know how to really pray. So I started simply by talking to God. Then I would sit quietly and just let my thoughts and feelings drift in and out of my mind and heart. That gave me time to hear what God might be saying back to me.

Many times when I've been sitting quietly, I have had some intuitive thoughts or ideas about how to handle a problem that is troubling me. Situations I thought were impossible have miraculously worked out because I remembered to let go of MY will, and let God's will be done. - Voices of Recovery 11/1

The stories of many OA members disclose that the existence of God became real to them only when they experienced surrender and spiritual awakening in this program. A number of these individuals had always believed in God, and some were active members of religious demoninations before coming to OA.

One does not need prior belief, however, to have a spiritual experience. In the OA literature and at meetings, we find atheists and agnostics who describe their surrender of the problem and acceptance of a spiritual solution in the same terms.

Spiritual experience is open to all. If it does not come immediately, be willing to wait in the knowledge that it will come as a result of working the steps.

- For Today 8/5

Where is that Spiritual feeling?



Sometimes I don't feel that wonderful spiritual feeling that I had when I was newer in the program. Where did it go? I had it yesterday. I just can't get that veil of protection, comfort, and direction that I have when I am in conscious contact. It can't be a lack of trust for that is centered deep in my heart. I long for the feeling of being spiritually connected and in a total state of trust and acceptance. I long to see my world bubbling in miracles each moment. Have I lost my spirituality? Am I being somehow directed to return to step three? Am I losing my recovery? Why can't I find God's grace? Where have I gone astray?

In truth, my spiritual status is just as God has directed. It is in my actions. It is in each healing word I share with a friend. It is in each kind thought I send to someone in trouble. It is there each time I help my neighbor or carry the message or volunteer my time. It is letting in the car trying to merge into your lane. It is in the patient understanding I have with someone who is still suffering with our disease.

Living the spiritual solution takes action. It begins with kind words, then moves to kind thoughts and deeds. It rests at last in my heart with the warm feeling that I have made this world a little bit better place. That is the best spiritual feeling I can imagine.

- Leslie F.

SAVE THE DATES

April 6

SNI Road To Recovery,
Libertyville Civic Center

April 13

OA Intergroup Recovery,
Elmhurst

May 6 - 11

WSBC
Albuquerque,
New Mexico

July 20

All Illinois day
9-4. Dacatur
area "First ever"
coordinated by
regions 4 - 5

August 9 - 11

Big book
retreat, Techny
(Northbrook)
Sponsored by
Chicagoland Area
intergroups

September 27 - 29

Region 5
Convention
Hyatt Regency
Milwaukee, Wi

• • 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



Seeking the Spiritual Path



LEARNING TRUST

When I first came into OA, I believed my life was in order. I felt happy with my food; I just wasn't happy with my food. I had everything else under control, except that I didn't drive. I rarely had on unpleasant feeling. As soon as I became the least bit uncomfortable, I pulled food around me like a blanket. I was happy, happy, happy. The only other emotion I could express was rage. I lived like a baby in a fantasy state, while trying to run my family's lives. The first lesson I learned in OA (after admitting I was a compulsive overeater) was that I had no power over my loved ones' lives and that I was responsible for making choices about my own life.

Although I came to OA with a faith in a loving God, it took years to put my trust in that God.

Food finally drove me to the point where I knew that if I didn't fully surrender, all was lost. I mark my recovery from that day in October 1978 when I stood at the bottom and totally "let go and let God".

Today I know that God has given me the twin gifts of abstinence and sanity, and that my

responsibility is to open my heart and mind to the steps of this program. My daily choice is whether or not I will accept those gifts.

Almost without fail, I start my day with step eleven, which directs me to improve my conscious contact with God, as I understand God, through pray and meditation. Throughout the day, I attempt to practice the principles of my program in all my affairs, carrying the OA message by example rather than coercion. I am deeply grateful for the places I can go to hear OA spoken by my fellow recovering compulsive eaters around the world.

Thank you all for being there for me and with me.

-Anonymous

Reprinted from Common Bond Newsletter Sept/Oct 2007

SNI THANKS YOU FOR YOUR GROUP'S CONTRIBUTIONS:

Your \$ goes towards SNI recovery events, the newsletter, outreach/service and expenses for World Service Business Conference delegates and Region Assembly representatives.

SEVENTH TRADITION

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

SNI

(60% of total contribution)

World Service

(30% of total contribution)

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 44727
Rio Rancho, NM 87174

REGION 5
P.O. Box 1087
Lombard, IL
60148-2375

Date	Meeting	Donation	Group #
09/24/18	ARC (Antioch Recovery Ctr) - Unit C - 311 W Depot St, Antioch, IL	\$60.00	54404
09/24/18	Lieberman Center - HR conf rm, 2nd fl - 9700 Gross Pointe Rd, Skokie, IL	\$55.35	50457
09/24/18	Niles Community Church - 7401 W Oakton, Niles, IL	\$240.00	15457
09/24/18	Congregation Beth Shalom - 3444 Walters Ave, Northbrook, IL	\$60.00	54010
09/24/18	First Church - 236 W Crystal Lake Ave, Crystal Lake, IL	\$180.00	19803
09/24/18	Kenneth Young Center - 1101 Rohlwing Rd, Elk Grove Village, IL	\$101.50	45371
09/29/18	Saint Lawrence Episcopal Church - 125 Church St, Libertyville, IL	\$54.00	33402
09/29/18	Algonquin Township Bldg. - Mtg Rm #1 - 3702 Hwy 14, Crystal Lake, IL	\$351.60	52394
10/29/18	Congregation Beth Shalom - 3444 Walters Ave, Northbrook, IL	\$48.00	54010
10/29/18	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL	\$111.11	07207
10/29/18	First Presbyterian Church - Deerpath Room - 700 North Sheridan Rd., Lake Forest, IL 60045	\$90.00	52063
10/29/18	Niles Community Church - 7401 W Oakton, Niles, IL	\$240.00	15457
10/29/18	NW Community Hospital - Busse Center - 800 W Central Rd, Arlington Heights, IL	\$92.70	13044
10/31/18	Holy Trinity Lutheran Church - 3rd fl - 357 Division St, Elgin, IL	\$155.00	51151
10/31/18	Office Suites - Suite # 102 - 3100 Dundee Rd, Northbrook, IL 60067	\$125.00	56057
10/31/18	Saint Marcelline - Rm 2 - 820 Springinsguth, Schaumburg, IL	\$54.00	07972
12/28/18	ARC (Antioch Recovery Ctr) - Unit C - 311 W Depot St, Antioch, IL	\$120.00	54404
12/28/18	Saint Benedicts Abbey - 12605 224th Ave, Benet Lake, WI (Antioch area)	\$78.00	06854
02/16/19	Office Suites - Suite # 102 - 3100 Dundee Rd, Northbrook, IL 60067	\$150.00	56057
02/16/19	Holy Trinity Lutheran Church - 3rd fl - 357 Division St, Elgin, IL	\$116.40	51151
02/16/19	Congregation Beth Shalom - 3433 Walters Ave, Northbrook, IL 60062	\$37.00	56429
02/16/19	Saint Lawrence Episcopal Church - 125 Church St, Libertyville, IL	\$97.20	33402
02/16/19	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL	\$32.04	07207
02/16/19	Saint Martha School - 8535 Georgiana Ave, Morton Grove, IL	\$45.00	52377
02/16/19	Congregation Beth Shalom - 3444 Walters Ave, Northbrook, IL	\$127.60	54010

Note to all groups: Thank you kindly for your donations. This is a year-to-date listing and the dates listed for each donation are the dates the funds were deposited.

In Service, Neal M., SNI Treasurer



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

We usually meet the first Saturday of the month. Our meetings are usually 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 Deanna B. 224-639-0899 for more info. All groups are encouraged to send a representative.

- 2019 SUBURBAN NORTH INTERGROUP OFFICERS AND COMMITTEE CHAIRS**
- SNI CHAIR**
Deanna B.
224-639-0899
dohope12@aol.com
 - SNI VICE CHAIR DESIGNATED DOWNLOADER**
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Neal M.
Deanna B.
 - WINGING IT COMMITTEE**
Penny N.
Sue N.
Tina S.
shinypenny@gmail.com
 - BYLAWS COMMITTEE**
Carolyn S.
 - PUBLIC INFORMATION/ PROFESSIONAL OUTREACH (PI/PO)**
Tina M.

WORD SEARCH

S	R	O	F	N	O	M	D	E	H	S	N
I	E	C	N	A	D	I	U	G	O	R	S
E	D	L	R	S	I	D	W	P	P	S	U
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- PRAYER
- SURRENDER
- ANONYMITY
- WILLINGNESS
- ATTRACTION
- PEACE
- TRADITION
- PRINCIPLES
- TRUST
- GUIDANCE
- GRATEFUL
- SPIRITUALITY
- HOPE
- CONCIIOUS
- MEDITATION

Day	Mtg#	Time	Location	Contact	Contact#
SUN	22058	9:00 AM	Skokie Hospital, 9669 Gross Point Rd, Skokie, Room B719 (Bsmt)	Barbara	847-673-4996
SUN	22469	10:00 AM	Highland Park Hospital, 718 Glenview, Highland Park	Sarah	847-432-5727
SUN	52394	4:30 PM	Algonquin Twp Bldg, 3702 Hwy 14, Crystal Lake (Mtg Room #1)	Danielle	630-253-6576
MON	54010	10:00 AM	Congregation Beth Shalom 3433 Walters Ave, Northbrook	Faith	847-343-0818
MON	53153	10:30 AM	ARC (Antioch Recovery Club), 311 W. Depot St, Unit C, Antioch	OA IG	855-632-6039
MON	15457	7:00 PM	Niles Community Church, 7401 W. Oakton, Niles	Penny N.	847-533-7244
MON	04179	7:30 PM	St Simon's Episcopal Church, 717 W. Kirchoff, Ste 100, Arlington Heights	Roger C.	815-742-4504
WED	07972	9:30 PM	St Marcelline, 8210 Springinsguth, Schaumburg (Fragrance Free, Room 2)	Carolyn	847-984-4148
WED	46438	10:00 AM	St Matthew's School, 8535 Lincoln, Evanston	Marsha	847-328-6588
WED	52063	1:00 PM	1st Presbyterian Church, 700 North Sheridan Road, Parish House Library, Lake Forest	Gloria	847-602-3677
WED	35707	7:00 PM	Stillwater's AA Clubhouse, 28144 W. Industria Drive, Barrington	Dee	847-697-9411
WED	52377	7:00 PM	St Martha School, 8523 Georgiana, Ave, Morton Grove	Cathy	773-631-5099
WED	45371	7:30 PM	Kenneth Young Center, 1101 Rohlwing Rd, Elk Grove Village	Karen	847-212-0664
THU	56429	10:00 AM	Congregation Beth Shalom, 3433 Walters Ave, Northbrook	Patricia	847-254-9116
THU	56674	5:00 PM	Suncloud Health NB #200, Skokie Blvd	Kim	847-908-1504
THU	04723	7:00 PM	St Paul Lutheran Church, 845 North Lewis, Waukegan	Pat	847-662-7996
THU	50457	7:00 PM	Lieberman Center, 9700 Gross Point Rd 2nd Floor HR Conf Rm, Skokie	Anne C.	847-890-9350
THU	56057	7:00 PM	Office Suites, Suite #102 3100 Dundee Rd., Northbrook, IL	Carol G	847-644-5986
FRI	51151	9:00 AM	Holy Trinity Lutheran Church, 357 Division St, Elgin	Darlette	224-256-4555
FRI	06854	10:00 AM	St. Benedict's Abbey, 12605 224th Ave, Benet Lake, WI (Antioch Area)	Joanne	847-973-2704
FRI	53097	7:00 PM	St. Phillip Church, 1609 Pflingsten Rd, Glenview	Chris R.	847-583-0716
FRI	46082	7:30 PM	St Andrew's Episcopal Church, 31 Park Ave, Grayslake (Rectory)	Victoria	224-577-8045
SAT	33402	8:00 AM	St. Lawrence Episcopal Church, 125 Church St, Libertyville, Fragrance Free	Susan M	847-710-8823
SAT	48032	8:30 AM	St Peter's Parish, 557 W. Lake St, Antioch (Convent)	Marion R	847-395-5609
SAT	34562	9:00 AM	St Matthew's Church, 2120 Lincoln, Evanston, 4th Sat of Mo-Newcomer Mtg	Marsha	847-409-7588
SAT	19803	10:00 AM	First Church, 236 W Crystal Lake Ave., Crystal Lake, IL. 9am relapse mtg last Sat of month	Ruth	847-421-7005
SAT	07207	11:00 AM	St Giles Episcopal Church, 3025 Walters Ave, Northbrook	Penny	847-533-7244
SAT	13044	2:30 PM	NW Community Hospital - Busse Center 800 W Central Rd., Arlington Heights, IL	Carolyn S	847-985-4148



For meeting information or changes, contact Tina M. at 312-473-9085

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 March 2019, SNI is made up of 28 groups.

**IN KEEPING WITH OUR TRADITION OF ANONYMITY,
THE PHOTOS SHOWN ARE STOCK PHOTOS, NOT OA MEMBERS**