

**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](mailto:Shinypenny906@gmail.com)

# WINGING IT

**FALL 2020**

## **Making it Through the Pandemic One Day at a Time**

Coming out of a two-year relapse, I knew that using food as a way to cope was not an option for me. My abstinence was too new and hard won to squander it on my drug of choice. My approach was to double-down on working the Program because I knew I didn't have another recovery in me.

OA is a Program of action and I repeat the healthy behaviors I've learned, over and over, substituting them for old unhealthy habits. These new behaviors ensure physical, emotional and spiritual sanity time and again.

Praying for the guidance of my Higher Power, I take the first three steps daily because I am always powerless over food, cannot recover by myself and know my Higher Power does for me what I cannot do for myself. I especially love the Third step prayer, turning my will and my life over, a daily, continual surrender.

I work my Program earnestly, but try not to approach it as a work or school assignment hoping for a promotion or top grade. The Pandemic may not have an end date, but neither does my forty years of OA experience.

I use the tools because they strengthen my commitment, not because I have to. Calling my sponsor regularly, following my food plan, making phone calls, attending Zoom meetings and reading and writing all contribute to my well-being. I also try to find creative ways of doing service, often anonymously.

I try to give myself credit for what I am doing well and don't beat myself up for not losing weight fast enough or whatever. There is no such thing as a perfect Program. I believe I am a beautiful, imperfect child of my Higher Power, a human being, not a human doing, regardless of what I weigh or how I feel. My Program is organic, always growing and changing.

I am grateful that OA provides a structure, a "design for living, that really works" (from The Big Book of Alcoholics Anonymous). It has guided and sustained me during the good and difficult times in the past and continues to do it. It is my armor, the only antidote I have for compulsive eating.

Kate F.

***SAVE THE DATE!***

**OVEREATERS ANONYMOUS SPRING RETREAT**

***March 12 – 14, 2021***

**RECOVERY**



Sponsored by Suburban North Intergroup (SNI)  
— at the “PORT” in Frankfort, IL and/or online —  
Watch for more information!

# Member Articles

## "Is it Odd or is it God?"

How important is that connection with another fellow? I didn't realize how important it was to interact with those we would normally see at face to face meetings. It's been a wonderful adventure going to so many different Zoom meetings, workshops, and convention all over the world. I always come back to my roots (home group) How fortunate that we have so many choices. A few weeks ago, I had the privilege of aiding a group switch to Zoom that had not been meeting due to the pandemic. Many were attending other zoom meetings in the interim. I joined the meeting to make sure we had all the numbers and such correct. It was very moving to see a fellow member gratefully state their relief in seeing their fellow regular member. I had taken this for granted because from the onset I have been interacting with fellows from my regular meetings via Zoom. Together we can.

Your trusted servant,

Deanna B.

## "Doing Hard to Make Life Easier"

By the time covid-19 hit and meetings shut down, I had already gotten involved with online video OA meetings and the phone meetings. I was abstinent from my "alcoholic foods" and attending my local home groups and face- to-face meetings.

My recovery from relapse started in January of 2019; at 4ft 11in tall, I was 160lbs. I was angry all the time and telling my pain story to anyone who would listen willingly or not! I was pretending to be okay in the meetings and blaming others and circumstances for my problems. I had "tiny God syndrome." I had no Spiritual connection to God, others or my inner self. I was in hell and dragging others there with me.

My older brother died (who was intricately involved with a lot of my early childhood sexual and drug abuses). Three weeks later my dog of 10 years died. I found out my husband had someone else and our whole marriage was a lie. January 31st of 2019. I lost my home and stuff when I left him. That was the beginning of the end of my old life of hell from Compulsive Overeating. I began to recover from its physical, emotional and spiritual consequences to myself and others around me.

I finally got the gift of desperation. I started working The program and stopped working My program. I went back to reading, understanding and applying the principles of the Big Book of AA first and OA 12&12 as written word by word, paragraph by paragraph, page by page. I put down all substances, foods, and behaviors that triggered the allergy and thereby triggered obsession. I got a co-sponsor and began daily practice of sending

my food and tools to use that day. We followed the directions as written from the book of Alcoholics Anonymous. We focused on the solution.

I worked the steps in order. I got better by being honest, open and willing, with the help of other people with The Recovery. I had no power especially using food and compulsive self-reliance.

I learned to tolerate painful feelings, shame, anger, and fear. My problem was not food. My problem is me. I needed "a new way of living" and of "acting on life rather than reacting to it." from the OA 12&12. I let go of my old ideas and life.

I got sponsees. We began to be changed. They kept me abstinent and totally raised my spirit as did sponsors and OA friends. I took actions the text book of Alcoholics Anonymous gave me to do.

When fear gripped everyone around me and there was no solid information to hang onto, I focused on Recovery more than ever. I made a decision that I would trust my Higher Power to see me through; God either is or he isn't. If I got sick and died, I would face it head on.

I took action on Traditions 1 of Unity, and 10 no outside issues. I made the decision to talk about recovery with people and not focus on the news story of the day. Politics, the pandemic, race riots are all real issues of our day. My recovery is above everything else. I believe we are more than our fears, resentments and opinions. I was led by Higher Power to have an open mind. In step one, I admitted I was powerless over Covid-19 and all the rest. My life and my feelings were manageable by me. I came to believe that Higher Power could keep me safe and sane if I listened and focused on what his will might be. I turned the whole mess over to God and practiced belief. I needed to stay in the now. Moment by moment I was okay. I just did the next right thing being considerate, honest, God-centered, and courageous.

I focused on the growth of my own character in steps four and five since I had time for reflection. 6,7,8,9 - I began to pray for the Scientists, Doctors, Politicians and Nurses that they do what is needed to help. I focused on being in myself a little less. I discovered where I could be helpful to others and that created my own relief.

I lost 55 pounds and the compulsion was lifted. Everything I lost was replaced by infinitely better things provided by my Higher Power who I learned to include in my life through an awakening in the step work.

I am so grateful to Recovery. When the OA 12 and 12 came out and we began using that only because it was easier to relate to, I relapsed.

I knew easier. What I needed to learn was how to do hard, easier. The instructions are in the Big Book. The steps in OA 12&12 taught me how overeating relates to the addiction. I am Eating disordered. I will keep coming and learning. This is my experience and does not represent OA as a whole! Without OA I wouldn't be here. With OA I can have the Promises.

Kathy P.

# Roving Reporter

*Winging It* “visited” a few virtual meetings, asking OA fellows, “How has COVID-19 affected your program?”

Since COVID 19 my recovery has been much more challenging since I am constantly in and out of my kitchen as I work from home. Out of sight has been out of mind! This temptation is serving as a reminder to be in sync with God and continually asking for the willingness to be willing. Consciousness inspires me to plan and pray for my abstinence moment by moment.  
- Rich B.

“Things do not change; we change” ~ Henry David Thoreau~ We've all heard the new cliché for COVID 19. Now COVID 19 refers not only to a virus and the disease it spreads, but also to the weight gain that has crept up on even “normal” eaters much like the Freshmen 15 did back when I was in college. Does this mean as a compulsive overeater I am doomed to gain weight? With help from my Higher Power and the support of my fellow sufferers on Phone conferences and in Zoom rooms, the answer is no. I am not the same person I was before coming into OA. I have changed. Eating food compulsively is no longer my first response to everything. Does this mean that I have skated through these difficult times unscathed? Of course not! My peace and serenity have taken a real hit at times. Thankfully again I do have my Higher Power, support from my sponsor and friends in the program, the program tools and the program itself to help me through these tough spots. Now more than ever, when I am upset about something, I realize that it is my attitude or outlook that must change. Indeed, it is the only thing I have the power of changing. - Linda A.

I came back into the program on 4/30/2020. I have found the ZOOM meetings to be very helpful. In the past I struggled getting to meetings because the meetings closest to my home had closed down. Other meetings were a much longer drive. I'm attending more meetings each week, getting to know more people and doing all I can to participate in the meetings (leading, reading, sharing). I am grateful that my abstinence has been restored 'for today'. The program is helping me cope during these difficult times. - Pat G.

I have been in program for a little over five years. I knew that I had a strong network of support in program that would be there for me no matter what. I knew we all cared about each other, I just didn't know how that would take shape during COVID social distancing. It's been amazing. Despite all the hardships, a silver lining for me has been our weekly well-attended zoom meetings and my daily OA calls. My sponsor, sponsees, and other OA friends have helped me stay sane, abstinent, and socially engaged during this scary time. I am thankful for program and for the technology that brings us together. - Kathryn L.

I think the pandemic has hurt my program. I have felt more isolated from the people in OA. I miss the hugs and the fellowship of going for coffee after the meeting. I have not felt as connected to the program because of this. I also am very tired of zoom meetings, and really consider not even going, although I will continue because I know I need to. - Marsha

Following my food plan is the life raft that I cling to in good times and not so good times. It provides me with the stability I need to live my life free of the obsession with food, weight, shape or body size. During the current pandemic, nothing has changed for me; my food plan always provides me with freedom. Freedom to live my life, masked or unmasked. I have also enjoyed my daily walks more than ever. They let me get outside and see other people, from a distance. I feel healthier after a walk and I thank God as I understand God for helping me remember what is the most important thing in my life: ABSTINENCE!!

Belinda G.

COVID-19 and my OA program:

1. Enjoy meetings all around the world.
2. Get to more regular meetings.
3. More family times
4. Flexibility with dial-in meetings and listening while I go about my day. - Christine

# big book corner

Big Book P.62

*“Selfishness--self-centeredness! That we think, is the root of our troubles. Driven by hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.*

*So, our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must or it kills us! God makes that possible.”*

*“This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our director.”*

When I read this passage for the first-time years ago, I remember thinking to myself “Well, this doesn't apply to me because I am the least selfish person I know. I am always trying to do things for other people!” But as I continued to work my program and really listen to the words of the Big Book, I realized how blind I had been about who I was and why I did the things I did. Yes, I often did things for other people, but when I really took a hard look at my motives, I realized that I did nice things for others so that I could get the accolades that came afterwards. And if those accolades didn't come.....well, then I got hurt and resentful (would experience a build-up of human emotion) and then I would pick up the food!! Selfishness—self-centeredness! That was the root of my trouble!!

What a relief it is today to know that I don't have to play God. It definitely didn't work for me. What does work, is letting God be my director. The wonderful part is that when I turn my will and my life over to God, and I mean really turn it over (not always easy!), I get such a feeling of peace and relief that flows thru me. What a gift!! And.....I have so much more space in my brain; space that used to be taken up trying to control people, places and things. On a daily basis, I find myself reminded just how powerless I am and just how powerful God is. I can't, God can, I think I'll let God!!!!

Penny N.

**Region 6 Convention October 23-25, 2020**



# **Focus on Recovery Virtually!**

**Webinar  
Room  
features  
Keynote  
Speakers  
& Panels!**



**Zoom Meeting  
Rooms feature  
lots of  
workshops!**

**Registration \$17 USD for OAs outside of Canada/US**

**French Interpretation**

**Virtual Raffles**

**Entertainment**



**Program coming out soon!**

**For more info go to: [www.oaregion6.org/2020](http://www.oaregion6.org/2020)**



No transfers or refunds available on convention registrations paid after 07/30/2020. If you find that you are unable to attend, Region 6 appreciates your contribution to help spread the message of recovery.



# CELEBRATING ABSTINENCE

## Under All Conditions



### VIRTUAL EVENT

Saturday, November 7, 2020  
1 - 4 p.m. CST

### 5 Long-Time Abstaining Speakers Plus Sharing Time

Sponsored by Chicago Suburban Southwest Intergroup  
Hosted by Thursday Morning Burbank, IL Meeting

### ZOOM INFO:

Meeting ID: 896 2618 0100

Passcode: 824106

Dial by your location

- +1 312 626 6799 US (Chicago)
- +1 301 715 8592 US (Germantown)
- +1 646 558 8656 US (New York)
- +1 346 248 7799 US (Houston)
- +1 669 900 9128 US (San Jose)
- +1 253 215 8782 US (Tacoma)

Attendance limited to 300 Participants  
No Registration Required

Voluntary contributions can be sent to  
OA World Service Office, P. O. Box 44727  
Rio Rancho, NM 87174-4727

For more information, please contact:

**Ree:** (630) 816-8502

email at [jmlahey@sbcglobal.net](mailto:jmlahey@sbcglobal.net)

**Rose Marie:** (708) 371-6673 (No texting)



OA REGION 1  
VIRTUAL  
CONVENTION

# SAVE

NOVEMBER  
13-15  
2020

# THE

EACH ONE  
REACH ONE  
SHARE THE HOPE

# DATE



**REGION ONE**  
**OVEREATERS ANONYMOUS**

[www.oaregion1.org](http://www.oaregion1.org)

Please join OASFVI for a

# Thanksgiving Marathon

Nov 26<sup>th</sup>

A meeting will be held every hour from  
7am through 9pm PT

ZOOM: 834 5424 6777

Password: grateful



Call in only numbers by location

+1 669 900 9128 US (San Jose)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 312 626 6799 US (Chicago)

+1 253 215 8782 US (Tacoma)

+1 646 558 8656 US (New York)

Find your local number: <https://us02web.zoom.us/j/kcYuyvdKzm>

# ONLINE OPEN OA MEETING

*"Better Together"*

[HTTPS://ZOOM.US/J/976429200](https://zoom.us/j/976429200)

PASSWORD: better

(STARTS SEPT 20)

EVERY NIGHT AT 8 PM CST

FELLOWSHIP BEFORE AND AFTER.



# Reach Out!

Following is a small sampling of OA's many phone and online meetings. For a full list, visit [www.OA.org](http://www.OA.org) and click on Find A Meeting.

Daily Meetings (all times EST)	Phone Number	Pin Number
Mon – Friday 7:00 am and 10:00 am A Vision for You (AA Big Book)	712-432-5210	876148#
Sun 8:30 –10:00 am A Vision for You Special Edition (AA Big Book)	712-432-5210	876148#
Mon – Sun 9:45 am Pacific Sunrise <i>For Today/Voices of Recovery</i>	712-432-5200	836731#
Specialty Meetings (all times EST)		
Back to Basic Meeting(virtual) begins Oct. 7, 2020 Wednesday 6:30-8pm 12 step study on 6-week cycle	e-mail Belle at <a href="mailto:Belle6340@aol.com">Belle6340@aol.com</a> to receive Zoom login info/weekly handouts	
Mon – Sun 8 pm Recovery from Relapse	712-432-5200	4285115#
Mon – Sun 9 pm 100 Pounders	712-432-5200	4285115#
Thurs 8 pm; Sat 2 pm Anorexia/Bulimia	515-604-9094	950897#
Sun 8:30 pm Men	712-770-4160	409092#

# Save the date

Event Title	Date	Location
Region 5 Virtual 2020 Assembly	Oct. 30 – Nov. 1,	Virtual <a href="https://region5oa.org/region-5-2020-fall-assembly-packet-a-2/">https://region5oa.org/region-5-2020-fall-assembly-packet-a-2/</a>
Region 7 2020 Convention (now virtual) “Anchors Aweigh!”	November 6-8, 2020	Virtual Register @ <a href="http://www.oaregion7.org">www.oaregion7.org</a>
Frankfort Retreat (at the PORT): Recovery Body, Mind and Spirit	March 12-14, 2021	Frankfort, IL/ <b>or</b> virtually
World Service Business Conference: “Looking to the Future: One Day at a Time”	April 21-24, 2021	Albuquerque, NM
2021 World Service Convention: “Walking in the Sunlight: One Day at a Time”	August 26-28, 2021	Orlando, FL

**Looking for a Sponsor/Speaker list? Contact Belinda G. @ 773-485-7899**

## Group Donations

Date	Group	Day	Time	Location	Donation
5/2/2020	54404	Mon	10:30 AM	ARC (Antioch Recovery Ctr) - Unit C - 311 W Depot St, Antioch, IL	\$ 60.00
5/16/2020	51151	FRI	9:00 AM	Holy Trinity Lutheran Church - 3rd fl - 357 Division St, Elgin, IL	\$ 36.00
5/31/2020	13044	Sat	2:30 PM	NW Community Hospital - Busse Center - 800 W Central Rd, Arlington Heights, IL	\$ 210.00
5/31/2020	56057	Thur	7:00 PM	Office Suites - Suite # 102 - 3100 Dundee Rd, Northbrook, IL 60067	\$ 150.00
5/31/2020	7972	Wed	9:30 AM	Saint Marcelline - Rm 2 - 820 Springinsguth, Schaumburg, IL	\$ 102.00
5/31/2020	7207	Sat	11:00 AM	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL	\$ 259.00
7/6/2020	22469	Sun	10:00 AM	Highland Park Hospital - 718 Glenview, Highland Park, IL	\$ 201.00
7/11/2020	7207	Sat	11:00 AM	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL	\$ 50.00
7/11/2020	7207	Sat	11:00 AM	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL	\$ 120.00
7/17/2020	51151	FRI	9:00 AM	Holy Trinity Lutheran Church - 3rd fl - 357 Division St, Elgin, IL	\$ 54.00
7/20/2020	22469	Sun	10:00 AM	Highland Park Hospital - 718 Glenview, Highland Park, IL	\$ 60.00
7/20/2020	7207	Sat	11:00 AM	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL	\$ 60.00
7/22/2020	4179	Mon	6:00 PM	Saint Simons Episcopal Church - 717 W Kirchoff, Arlington Heights, IL	\$ 28.50
7/22/2020	52377	Wed	7:00 PM	Saint Martha School - 8535 Georgiana Ave, Morton Grove, IL	\$ 28.50

**Suburban North Intergroup (SNI) Meeting List as of 9/19/2020**

**Intergroup Meeting:** Region 5 SNI #09118 meeting is held the first Saturday of month. Call Deanna B (224) 639-0899

(Send a representative from your meeting to obtain the latest OA information)

**Seventh Tradition:** Contributions may be sent to SNI #09118, P.O. Box 5934, Buffalo Grove, IL 60089-5934

**Keep this meeting list up to date, report changes by calling (855) 632-6039 or email SNI through [region5oa.org/Intergroups/SNI](http://region5oa.org/Intergroups/SNI)**

Mtg #	Time	Sunday:	Contact Person	
22058	9:00 AM	Skokie Hospital, 9669 Gross Point Rd, Skokie, IL, Rm 1119, Conference room E, down the hall <b>NOT MEETING DURING QUARANTINE</b>	Jane C.	(773) 680-3183
22469	10:00 AM	Highland Park Hospital - 718 Glenview, Highland Park, IL <b>Meeting by Zoom: (312) 626-6799 - ID 880 9941 1428 Password=1212</b>	Sarah	(847) 732-5727
52394	10:00 AM	Algonquin Township Bldg. - Mtg Rm #1 - 3702 Hwy 14, Crystal Lake, IL <b>Meeting by Zoom: (312) 626-6799 - ID 816 9757 7574 - Password = 113 421 7005</b>	Ruth V.	(847) 421-7005
57084	6:30 PM	Heritage Woods of South Elgin 3rd Fl, Multipurpose Rm, 700 N McLean Blvd, South Elgin IL <b>NOT MEETING DURING QUARANTINE</b>	Darlette P	(225) 256-4555
Mtg #	Time	Monday:	Contact Person	
89097	8:00 AM	OA Daily Check-In/Meditation <b>Meeting by Zoom: (312) 626-6799 - ID 845 3208 0379 - Password = 847 421 7005</b>	Ruth V.	(847) 421-7005
54010	10:00 AM	Congregation Beth Shalom - 3444 Walters Ave, Northbrook, IL <b>Meeting by Zoom: (312) 626-6799 - ID 348 592 801 - Password = OA</b>	Faith B	(847) 343-0818
54404	10:30 AM	Antioch Recovery Club - Unit C - 311 W Depot St, Antioch, IL <b>Meeting by Zoom: (312) 626-6799 - ID 275 548 6171 - Password = 0522</b>	Susan W	(224) 577-5022
04179	6:00 PM	Saint Simons Episcopal Church - 717 W Kirchoff, Arlington Heights, IL <b>Meeting by Zoom: (312) 626-6799 - ID 468 332 800 - Password = OA</b>	Karen M.	(847) 264-0855
15457	7:00 PM	Niles Community Church - 7401 W Oakton, Niles, IL <b>Meeting by Zoom: (312) 626-6799 - ID: 304 202 587 - Password = OA</b>	Laura W	(847) 840-2416
Mtg #	Time	Tuesday:	Contact Person	
89098	8:00 AM	OA Daily Check-In/Meditation <b>Meeting by Zoom: (312) 626-6799 - ID 845 3208 0379 - Password = 847 421 7005</b>	Ruth V.	(847) 421-7005
Mtg #	Time	Wednesday:	Contact Person	
89099	8:00 AM	OA Daily Check-In/Meditation <b>Meeting by Zoom: (312) 626-6799 - ID 845 3208 0379 - Password = 847 421 7005</b>	Ruth V.	(847) 421-7005
07972	9:30 AM	<b>HYBRID</b> Saint Marcelline, Family Rm past Rm 2, 820 Springinsguth, Schaumburg, IL (Fragrance Free) <b>Meeting by Zoom: (312) 626-6799 - ID 992 656 232 - Password = 019675</b>	Tom G	(630) 675-8971
46438	10:00 AM	Saint Matthew's Church, 2120 Lincoln, Evanston, IL <b>Meeting by Zoom: (312) 626-6799 - ID 854 9845 7063 - Password = oawed</b>	Marsha	(847) 328-6588
52063	1:00 PM	First Presbyterian Church, 700 North Sheridan Rd., Lake Forest, IL 60045 Parish House <b>NOT MEETING DURING QUARANTINE</b>	Sarah D	(847) 732-5727
35707	7:00 PM	Stillwater's AA Clubhouse, 28144 West Industrial Dr, Barrington, IL <b>Meeting by Zoom: (312) 626-6799 - ID 865-2801-4177, Password = 361671</b>	Dee	(847) 697-9411

52377	7:00 PM	Saint Martha School, 8535 Georgiana Ave, Morton Grove, IL <b>Meeting by Zoom: (312) 626-6799 - ID 536 132 344 - Password = OA</b>	Catherine O	(773) 631- 5099
45371	7:30 PM	Kenneth Young Center, 1101 Rohlwing Rd, Elk Grove Village, IL <b>MEETING DISCONTINUED</b>	No Contact	
<b>Mtg #</b>	<b>Time</b>	<b>Thursday:</b>	<b>Contact Person</b>	
89100	8:00 AM	OA Daily Check-In/Meditation <b>Meeting by Zoom: (312) 626-6799 - ID 845 3208 0379 - Password = 847 421 7005</b>	Ruth V.	(847) 421- 7005
56429	10:00 AM	Congregation Beth Shalom, 3433 Walters Ave, Northbrook, IL 60062 <b>Meeting by Zoom: (312) 626-6799 - ID: 891 494 189 - Password = OA</b>	Patricia	(847) 254- 9116
04723	7:00 PM	Saint Paul Lutheran Church, 2nd fl Jcrew rm, 845 N Lewis Ave, Waukegan, IL <b>Meeting by Zoom: 819 0528 8258 Password = 027053</b>	Dana T	(847) 322- 5256
56057	7:00 PM	Office Suites - Suite # 102, 3100 Dundee Rd, Northbrook, IL 60067 <b>Meeting by Zoom: (312) 626-6799 - ID 396 523 0028 - Password = OA</b>	Penny N	(847) 533- 7244
50457	7:00 PM	Lieberman Center, HR conf rm, 2nd fl, 9700 Gross Pointe Rd, Skokie, IL <b>NOT MEETING DURING QUARANTINE</b>	Mary F	(773) 401- 5567
<b>Mtg #</b>	<b>Time</b>	<b>Friday:</b>	<b>Contact Person</b>	
89101	8:00 AM	OA Daily Check-In/Meditation <b>Meeting by Zoom: (312) 626-6799 - ID 845 3208 0379 - Password = 847 421 7005</b>	Ruth V.	(847) 421- 7005
51151	9:00 AM	Holy Trinity Lutheran Church, 3rd fl, 357 Division St, Elgin, IL <b>Meeting by Zoom : (312) 626-6799 ID: 885 0443 8301 ID: Password = 0522</b>	Darlette P	(224) 256- 4555
06854	10:00 AM	Saint Benedicts Abbey - 12605 224th Ave, Benet Lake, WI (Antioch area) <b>Meeting by Zoom : (312) 626-6799 - ID: 224 735 671 - Password = OA</b>	Diana R	(847) 609- 2052
53907	7:00 PM	* Saint Philips Church - 1609 Pfingston Rd, Glenview, IL <b>NOT MEETING DURING QUARANTINE</b>	No Contact	
46082	7:30 PM	Saint Andrews Episcopal Church - Enter on Lake Street - 31 Park Ave, Grayslake, IL <b>Meeting by Zoom: (312) 626-6799 - ID: 411 553 666 - Password = OA</b>	Victoria	(224) 577- 8045
<b>Mtg #</b>	<b>Time</b>	<b>Saturday:</b>	<b>Contact Person</b>	
33402	8:00 AM	Saint Lawrence Episcopal Church 125 Church St. Libertyville, IL Rear, Basement (Fragrance Free) <b>Meeting by Zoom: (312) 626-6799 - ID 165 464 030 - Password = OA</b>	Susan M	(847) 710- 8823
48032	8:30 AM	Saint Peter's Parish (Convent) North of Church - 557 W Lake St. Antioch, IL <b>NOT MEETING DURING QUARANTINE</b>	Marian R.	(847) 395- 5609
34562	9:00 AM	Saint Matthew's Church - 2120 Lincoln, Evanston, IL <b>Meeting by Zoom: (312) 626-6799 - ID 510 636 327 - Password = 1940</b>	Marsha	(847) 409- 7588
54900	9:00 AM	First Church - 236 W Crystal Lake Ave, Crystal Lake, IL - Relapse Meets ONLY last Saturday of month <b>MEETING DISCONTINUED</b>	Ruth V.	(847) 421- 7005
19803	10:00 AM	First Church - 236 W Crystal Lake Ave, Crystal Lake, IL. Room posted on monitor. <b>Meeting by Zoom: (312) 626- 6799 - ID 816 9757 7574 - Password = 113 421 7005</b>	Ruth V	(847) 421- 7005
07207	11:00 AM	Saint Giles Episcopal Church - 3025 Walters Ave, Northbrook, IL <b>Meeting by Zoom: (312) 626-6799 - ID 8676 271 2939 - Password = 793723</b>	Joel	(773) 550- 6440
13044	2:30 PM	NW Community Hospital, Busse Center, 800 W Central Rd, Arlington Heights, IL <b>Meeting by Zoom: (312) 626-6799 - ID 511 031 426 - Password = 326990</b>	Carolyn S	(847) 921- 4148



**SNI THANKS YOU FOR YOUR GROUP'S CONTRIBUTIONS**

## **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 following 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 60148-23

***When not meeting face-to-face, please consider sending your contribution directly to the above addresses or checking with your meetings to see where else monies can be sent.***

## 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 a.m. — 12 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.

\*\*\*\*\*Currently we are meeting virtually\*\*\*\*\*

### 2020 SUBURBAN NORTH INTERGROUP OFFICERS AND COMMITTEE CHAIRS

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#### **SNI Chair**

Deanna B. 224-639-0899

[ddhope12@aol.com](mailto:ddhope12@aol.com)

#### **SNI Vice Chair**

Wanda C.

**Recording Secretary** (OPEN POSITION)

**Corresponding Secretary** (OPEN POSITION)

**Designated Downloader**

June L.

#### **Treasurer**

Neal M. 847-804-2232

[impowerlesstoo@gmail.com](mailto:impowerlesstoo@gmail.com)

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### TWELFTH STEP WITHIN COMMITTEE

open

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### WINGING IT COMMITTEE

Penny N./ Sue N.

[shinypenny@gmail.com](mailto:shinypenny@gmail.com)

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### BYLAWS COMMITTEE

open

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### PUBLIC INFORMATION/ PROFESSIONAL OUTREACH (PI/PO)

open

### HELP WANTED – INTERGROUP REPS

Every OA meeting needs a representative at the Intergroup level, both to represent the group and to learn and gather information to bring back to the group.

#### **Job Requirements:**

Attend one meeting monthly—face-to-face or virtually. (An alternative Rep can attend when you're unable.)

#### **Compensation:**

It's up to you! Pay is in program currency: Recovery!

#### **Benefits Package:**

Unlimited!! This service opportunity offers you continued learning about how OA operates at the above meeting levels to support the meetings and, most importantly, to support the work of fulfilling our primary purpose: to carry the message to the compulsive eater who still suffers.

Every OA member is welcome to attend Intergroup meetings as a visitor. Come to a meeting; check it out!