

CSSI Bulletin Board



OA Newsletter - March, 2010

“We were prey to misery and depression”

“We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people...” *Alcoholics Anonymous p. 52*

“I recently learned that these are the bedevilmments I have heard about but didn't really know anything about. In my B.B. I have "me" in the margin next to the underlined words of the above quote because they described what I was like before program. This is the description of my spiritual malady. Through working the steps abstintently, I have recovered from the illness. I'm have been healed but not cured. On page 64 the B.B. says; "When the spiritual malady is overcome, we straighten out mentally and physically.” *JC*

Please contact mkrnowak@sbcglobal.net with your favorite Big Book quote and what it means to you. Join us in our inter-group Big Book study.

Workshops/Retreats - ✓ Mark Your Calendar:

1. Mar 19-21 - “Before you Take 1st Compulsive Bite” Spring Retreat - Portiuncula Center for Prayer - 9263 W. St. Francis Rd - Frankfort, IL - Contacts: Mary Ellen - 708-857-8528 or Grace R. 708-747-2622 - (Flyer on Region 5 website - www.region5oa.org)
2. March 27 – 10am-3pm – OA Big Book Study-Back to Basics
Chicago High School for Agricultural Sciences – 3857 W. 111th St. (111th & Pulaski) - Chicago, IL 60655 (Flyer on Region 5 website - www.region5oa.org)
Contacts: Janet C. - 708-246-4866 or Sarah B. 708-466-2489
3. April 26 – 10 am – 20th Anniversary Open Meeting - Mokena Community Library – 11327 W. 195th St. – Mokena - 3 Speakers – Contact: Mary 708-479-9451

12th Step Support:

Call or email another struggling OA member on the 12th of every month.

- * Be sure to check out the new PODCASTs on www.OA.org. They make it possible to both listen to and to download these podcasts to your Ipod/MP3 player.
- ** Westmont(50702) - Bethel Lutheran Church – 36 N. Grant St - Special focus meeting for Anorexics & Bulimics - but all are welcome - Contact: Kathy E. 630-567-7297

***** New Expanded Newsletter – Includes CSSI Treasurer & Secretary Reports**

* Newcomer Information Sessions - Intro to OA - All are Welcome

See *INTRO* inside.

CSSI Officers:

Chair: Ree L. 630-322-9511
jmlahey@sbcglobal.net
Vice Chair: Beverly P. 773-874-9459
mynana7837@comcast.net
Secretary: Position available
Treasurer: Linda L. 708-757-0799
coastrcraze@att.net

CSSI (#9539) Mailing Address:

PO Box 62
Park Forest, IL 60466

Meetings every 1st Thursday
Palos Heights Community Center
6601 W 127th St (W. of Ridgeland)
7:00 PM

CSSI Website: www.region5oa.org/Illinois/chicago_suburban_sw

Changes to Region 5 website? - Contact Leslie Ptak at Webmaster@Region5Oa.org

World Service Office 

Address: P.O. Box 44020 - Rio Rancho, NM 87174-4020 - Phone: 505-891-2664
Fax: 866-891-4320 - Web site: www.oa.org - Email: info@overeatersanonymous.org

Region V: PO Box 47187 - Indianapolis, IN 46247-7187 - www.region5oa.org - 866-465-8376

OA Chicago Area Hotline: 708-346-0000

Note to All TREASURERS

Please write GROUP number on all checks
Remember – 60% to CSSI, 30% to WSO and 10% to Region 5

Contributions Last Month:

Wednesday - Kankakee (#49518 - \$60)
Thursday - Burbank (#04667 - \$90)
Saturday - Park Forest (#11921 - \$120)

Delegate Fund:

Saturday - Park Forest (#11921 - \$10)

Miscellaneous:

None

TAPE RENTAL (from the Region V Tape Library):

Region V Tape Library P.O. Box 222 Cincinnati, OH 45201-0222
Tape catalog at oasfvalley.org

Adopt-A-Meeting

Does your meeting need support? Notify CSSI rep or Janet: 000-246-4866 / jccadc@sbcglobal.net

Submit News Events/Ideas/Comments to:

Mary N. – (815) 834-1826 - mkrnowak@sbcglobal.net

DEADLINE for news - 3rd Wednesday of month prior to issue

CSSI TREASURER'S REPORT

Thursday, March 4, 2010

Previous Balance on Hand: \$6,086.46

Income:

Group Contributions:

#49518	Wednesday	Kankakee	\$60.00
#4667	Thursday	Burbank	\$90.00
#11921	Saturday	Park Forest	\$120.00

CSSI Delegate Fund:

#11921	Saturday	Park Forest	\$10.00
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Miscellaneous Income:

Interest from Checking Account Feb. 2010	\$0.24
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Total Income: \$280.24

Expenses:

#1868	Mary Nowak (Bulletin Board copies)	\$46.00
#1869	Marina Fruth (copies-minutes)	\$3.60
#1870	Janet Campbell (seed money March workshop)	\$86.00
#1871	Linda Lulewicz (copies for March workshop)	\$14.00
#1872	Region V	\$25.00
#1873	WSO	\$90.00
#1874	Turning Point (Phone)	\$20.00
#1875	Palos Hts. Rec Ctr (March rent)	\$36.00

Total Expenses: \$320.60

Balance on Hand: \$6,046.10

Prudent Reserve: \$2,000.00

Operating Fund \$4,046.10

Respectfully Submitted by: Linda Lulewicz, CSSI Treasurer

MINUTES
OA CHICAGO SUBURBAN SOUTHWEST INTERGROUP
February 4, 2010

Beverly P. Vice Chair, convened the meeting at 7:00 pm. with the Serenity Prayer.

INTRODUCTIONS - (present –14):Beverly Perry (Vice Chair), Linda Lulewicz (Treasurer), Marina Fruth (Acting Secretary), Mary Nowak (Mon & Thur. Joliet), Dolsa Sciaky (Thur, Palos/Sun, Mokena), Mary Jo Allison (Tues, Burbank),Al Korpalski (Sat, Orland Park), Cathy Miglieri (Tues, Burbank) ,Rita Jackson (Sat, Washington Park), Joyce Hempen (Sat, Park Forest), Betty Lombard (PIC Committee-Thur, Burbank), Janet Campbell (Thur, Burbank) Mary Hefferman (Mon, Mokena), Grace Roth (Mon, L.C.M.H.)

12 CONCEPTS OF SERVICE – Concept 1 read by Al K.

REPORTS:

Minutes Marina Fruth read the minutes of the January 7, 2010 meeting. Minutes accepted as read.

Treasurer Report – Linda Lulewicz read the Treasurer’s Report.

Previous Balance	\$5,579.80
Income	\$ 813.66
Expenses	\$ 307.00
Balance on Hand	\$6,086.46
Prudent Reserve	\$2,000.00
Operating Fund	\$4,086.46

No additions or corrections. Report accepted as read.

COMMITTEE REPORTS:

Public Information Committee – The Tribune was notified of two open meetings in February. An article was published in the Tribune in January about binge eating. Comments in the article from a former O.A. member portrayed a negative image of O.A. Betty L. composed a short message regarding the article to WSO asking if World Service should address this, or to give the fellowship guidance how to address. It was also suggested that individual members could respond to the article sharing their positive OA experience, strength and hope.

Newsletter – Mary would like create an expanded BB newsletter to be sent to the Region V website that would include the previous months CSSI minutes and treasurers report. She asked that electronic copies of the minutes and treasurers report be sent to her. The expanded newsletter will be brought to CSSI for approval.

OLD BUSINESS:

Workshops—Flyers for the O.A. Big Book Study to be held on March 27, 2010 at the Chicago High School for Agricultural Science in Chicago were available. Janet C. requested \$100.00 seed money for the workshop. Hosts are still needed for the following workshops:

July—Sponsorship
September—Body Image

Saturday Park Forest will host the Day of Reflection on November 21st. Thank you☺

Intergroup Strategic Planning – Beverly P. contacted all the meetings to update meeting information and get feedback. To date there are 23 meetings in CSSI. The Friday night Martin Temple meeting is struggling. Members have committed to keep the meeting open. Beverly asked the groups what they think keeps groups from not attending CSSI meetings. The reply was that CSSI was boring.

She asked contacts to go back to their meetings and ask what we could do to get more attendance and get back to her. So far no one has called back. Linda L. shared that each meeting needs to check their meeting listing on the World Service meeting list to correct the “open” meeting status that was mistakenly put in. If the meeting is a “closed” meeting the group secretary can change from the “open” status to “closed” on-line.

Telephone System—Linda L. reported on the last 30 days of Hotline calls: Total of 9 calls, 3 hang ups, 6 wanted to know about meetings in their areas. Linda will continue taking Hotline calls through February. Marina F. will take March calls.

NEW BUSINESS:

World Service Business conference agenda questions were read. Each question was voted on if it should be included on the agenda.

OPEN FORUM:

Concern was voiced that only 9 calls were received on the OA Hotline. The question was raised if the OA hotline number is available in phone books and if the message is getting out there that a Hotline number is available. The importance of the PI Committee was discussed and that we must continue to carry the message to the still suffering Compulsive Overeater. Prof. packets are available

Beverly adjourned the meeting at 8:20 pm with The Lord’s Prayer.

Respectfully Submitted,
Marina Fruth, Acting Secretary

CSSI Meeting List

SUNDAY

- 11:00 am** **Chicago (36275)** Chicago High School for Agricultural Science - Rm. 150
3857 W. 111th St. – driveway opposite Hamlin St. (Far door behind bldg.)
Varied format (Step study/Big Book) **Contact: JoAnn 708-703-1950**
- 3:00 pm** **Mokena (40607)** St. John's United Church of Christ 11100 2nd St. - Format varies
Contact: Jay 708-499-5665 ♿

MONDAY

- 10:00 am** **Mokena (34566)** Mokena Library 11327 W, 195th St. – Format Varies.
Contact: Michelle S. 815-806-9570 ♿
- 11:30 am** **Evergrn Pk (13296)** - Little Co. of Mary Hospital – 95th & California – 6th floor
Contact: Grace R. 773-445-0831 (Was Elim Baptist mtg.) ♿
- 7:00 pm** **Joliet (49833)** 1st Presbyterian Church – 805 Western Avenue (Western & Raynor)
Rm. 201 – 2nd floor - Big Book Study. **Contact: Mary N. 815-834-1826 or Joan 815-592-9600** ♿

TUESDAY

- 5:30 pm** **Chgo (31397)** Hyde Park Union Church - 1169 E. 56th St. - ♥ ♿
Contact: Colleen: 773-684-5840
- 6:30 pm** ***INTRO* Information Session which is an Introduction to OA**
Burbank, IL Our Savior Lutheran Church (Speaker) - 8607 Narragansatt. – Open mtg.
every 5th Thursday – **Doors close at 6:30 pm - Contact: Janet C. 708-246-4866** ♿
- 7:00 pm** **Crete (47667)** - Crete Library - 1177 Main St. (Rte 1) - (Steps / Abstinence)
Contact: Mary Helen B. 708-754-4268
- 7:30 pm** **Burbank (04737)** Our Savior Lutheran Church (Speakers) - 8607 Narragansatt.
Contact: Janet C. 708-246-4866 ♿

WEDNESDAY

- 10:00 am** **Chicago (48491)** Martin Temple 6930 S. Cottage Grove (East of Dan Ryan) – Big Book Study.
Contact: Dawn 773-536-3180
- 7:00 pm** **Kankakee (49518)** – Riverside Med. Ctr (Comm Rm C) 350 N. Wall St.
Contact: Jeanne H. 815/932-5276 ★
- 7:30 pm** **Oak Forest (45986)** Pathway United Methodist Church - (159th
& Lorel) 5400 W. 159th Street - **Contact: Agnes 708-385-7241**

Mtg needs love ★ New meeting ♿ Wheelchair accessible

***INTRO* - Newcomer Information Session - All are Welcome!**

CSSI Meeting List

THURSDAY

- 9:30am** **Burbank (4667)** Our Savior Lutheran Church 8607 Narragansett - Babysitting is available, Speaker, Open meeting every 5th Thursday **Contact: Anna K. 708-496-1359** ♿
- 6:30pm** ***INTRO* Information Session which is an Introduction to OA**
Joliet, IL First Assembly of God 1741 Essington Rd. – **Contact: Bill F. 630-247-0030** ♿
- 7:15pm** **Joliet (47796)** First Assembly of God 1741 Essington Rd – Reg. OA Literature meeting.
Contact: Bill F. 630-247-0030 ♿
- 7:30pm** **Oak Lawn (40848)** Salem United Church - 9700 S. Kostner (North entrance)
Recovery - “A New Beginning” literature used - **Contact: Kathy P. 708-430-3542** ♿ ♥
- 7:30 pm** **Palos Park (00900)** – Peace Memorial Church 10300 W. 131st St. - Big Book and AA 12 & 12 Study – **Contact: Cindy P. (708-612-1927)** ♥

FRIDAY

- 10 am** **Palos Heights (14691)** Palos Hts. Christian Reformed Church – 7059 W. 127th St. (East of Harlem – Behind Citizens Fin. Services) Babysitting available – **Contact: Judy 708-349-1428**
- 6 pm** **Chicago (20190)** Martin Temple, AME Zion Church - 6930 S. Cottage Grove – Upper Level Classroom One - **Contact: Joyce 773-821-5389**
- 7 pm** **Oak Lawn (33054)** Salem United Church, 9700 S. Kostner - Step Study
Contact: Jan O. 708-425-2760 ♿

SATURDAY

- 8:30am** **Orland Park (46915)** Calvary Church - 15101 S. 80th Ave. – (1st light West of Harlem) - Step & Trad. Study – Open speaker meeting every 5th Saturday - **Contact: Pat A. 708-535-7498**
- 9 am** **Park Forest (11921)** Faith United Protestant Church - 10 Hemlock (West side of Western / N. of Sauk Trail) - Step Study - Reg. & Teen mtgs - **Contact: Claudia 708-534-2164** ♿
- 10:15am** **Chicago (01232)** Washington Park Field house - 5531 S. Martin Luther King Drive (E. of Dan Ryan Expressway) - Go to room on 2nd floor - **Contact: Jane 773-324-7923**

**** If you would like the zip code added to your meeting list, please notify the newsletter editor (see back page – Mary N.)**

♥ Meeting needs love ★ New meeting ♿ Wheelchair accessible

***INTRO* - Newcomer Information Session - All are Welcome!**