

CSSI BULLETIN



SEPTEMBER

2026



ALL ARE WELCOME!

JOIN THE CSSI MONTHLY MEETING
EVERY 1ST THURSDAY OF THE MONTH AT 7 P.M

- C** - Camaraderie/Conversation: Join in vital OA discussions/decisions.
- S** - Service is Slimming: Ensure your Abstinence by upping your service
- S** - Spirit of the Fellowship: Work together toward common goals.
- I** - Ideas, Innovation, Involvement: CSSI needs yours! Join Us!

CSSI BOARD MEETINGS ARE ON ZOOM!

JOIN ZOOM MEETING

[HTTPS://US02WEB.ZOOM.US/J/82671247303?](https://us02web.zoom.us/j/82671247303?pwd=NVLKTDQ5NMNSBU1YNHNVBGVMTTDDJQT09)
[PWD=NVLKTDQ5NMNSBU1YNHNVBGVMTTDDJQT09](https://us02web.zoom.us/j/82671247303?pwd=NVLKTDQ5NMNSBU1YNHNVBGVMTTDDJQT09)

MEETING ID: 826 7124 7303

PASSWORD: cssi

ONE TAP MOBILE

+13126266799,,82671247303#,,,,,0#,,778206# US
(CHICAGO)

TO PHONE IN: +1 312 626 6799 US (CHICAGO)

MEETING ID: 826 7124 7303

PASSWORD: 778206

REMINDER: MUTE YOUR PHONE WHEN YOU ARE NOT
SPEAKING TO AVOID BACKGROUND NOISE.

CSSI OFFICERS I.G. # 09539

CHAIR: MARY ANN P.
CSSICHAIR@GMAIL.COM
708 705 1608

VICE CHAIR: NANCY N.
CSSIVICECHAIR@GMAIL.COM

SECRETARY: MARY M.
630 660 0093
CSSISECRETARY20@GMAIL.COM

TREASURER: BARB K.
773-419 5173
TREASCSSI@GMAIL.COM

WSO REP: ELLIE H

NOTE to all Treasurers

- **Please write GROUP number on all checks**
- Remember – 50% to CSSI, 40% to WSO and 10% to Region 5 - (Please enclose a self-addressed stamped envelope if you want a receipt OR send YOUR email address to treascssi@gmail.com for an electronic receipt). Please send any checks you may have to the CSSI PO Box address below:

*PLEASE NOTE - :

Contributions to CSSI should be sent to:
CSSI

Box # 44

9249 S CICERO, OAK LAWN, ILLINOIS 60454
ZELLE Contributions to: treascssi@gmail.com

WORLD SERVICE OFFICE-ADDRESS

Contributions to World Service Office should be sent
to:

World Service Office
P.O. Box 44727
Rio Rancho, NM 87174-4727

NEW REGION 5 – ADDRESS:

Contributions to Region 5
should be sent to:
Region 5
Overeaters Anonymous
P.O. Box 22175
Louisville, KY 40252



Literature Share

"Abstinence is easier..."
Lifeline Sampler (1985) p. 22

When I am abstinent, I get to eat a variety of colorful and nourishing foods at planned food encounters. When I am abstinent, I get to feel good, free from the bondage of the scale. When I am abstinent, I get to eat moderate food portions without the fear of being a fat mom. When I am abstinent, I get to live my life in peace with the food, free from the siren song of food thoughts. When I am abstinent, I get to go to bed without hunger and wake up grateful for a new day without regrets of yesterday's choices. When I am abstinent, I get to see, feel, and hear the presence of a loving God without the symptoms of an oppressive disease, now in remission.

Abstinence is easier because all I have to do is accept my disease and trust the process. I no longer have to starve followed by an eventual calorie catch up. Abstinence is easier because it breaks open my protective shell allowing me to accept my quirks and failures and connect with others. Thank you, Creator God, for the gift of the Twelve Steps and the Fellowship of Overeaters
Anonymous.

Bulletin Announcements and Quotes

Email your meeting announcement or favorite Big Book or other conference-approved literature quote along with your comments to:
cssiBulletin@gmail.com

	Group & Individual Contributions for AUGUST 2026	
#9539	Thursday - CSSI 30 th Anni Celebration	\$116.00
#46915	Saturday - Orland Pk - 8:30 AM	\$366.63
#57518	Tuesday - Burbank - 6:30 PM	\$158.00
#4737	Tuesday - Burbank - 7:30 PM	242.00
#4737	Tuesday - Burbank - 7:30 PM	\$37.00
#4667	Thursday - Burbank - 10:00 AM	\$112.50

**Check out this
website: oaspeakers.org.**

You can listen for FREE to recordings of past speakers from the 6:30 P.M. Burbank Newcomers Meeting and the 7:30 P.M. Burbank Regular Meeting.
What a great resource!

**Check out OA Podcasts at:
www.oa.org/podcasts/**

There are many podcasts available on many different topics including:
Unity, Sponsorship, Service, Step Work, OA Literature (and more!)



Zoom and Phone Meetings

Check out www.oa.org for possible phone and online meetings!
Below is a list of LOCAL CSSI ZOOM & HYBRID meetings!

Sundays – Chgo. HS of Ag Science – 11:00 A.M. (Big Book) ZOOM ONLY NO LONGER HYBRID
Zoom Link: <https://us02web.zoom.us/j/85988712155?pwd=UzVGZ1VyZGg4UXNFUXkwZm8rYk9nUT09>
Meeting ID: 859 8871 2155 - Password: cssi9
Phone in information: +1 312 626 6799 US (Chicago)
Meeting ID: 859 8871 2155 - Password: 270061

Mondays – Mokena Library (800676) – 10:00 A.M. (Weekly rotation of OA Literature)
Zoom Link: <https://us02web.zoom.us/j/83955605122?pwd=OXg1d21sMGhGUTBUWERSaTNaS2hoUT09>
Meeting ID: 839 5560 5122 - Password: 062028
Phone in information: +1 312 626 6799 US (Chicago)
Meeting ID: 839 5560 5122 - Password: 062028

Tuesdays – Chicago Hyde Park Unison Church – 5:30 P.M. THIS MEETING IS ON A TEMPORARY HIATUS UNTIL FURTHER NOTICE
Zoom Link: <https://us02web.zoom.us/j/89658399954?pwd=Wldpa053RGdWSGg0MnZJTnNUUXdaZz09>
Meeting ID: 896 5839 9954 - Password: cssi5
Phone in information: +1 312 626 6799 US (Chicago)
Meeting ID: 896 5839 9954 - Password: 416510

Tuesdays – Burbank – 7:30 P.M. (Speaker Meeting, Big Book, and Qualify. 5th Week of the month is an open Speaker Meeting with three speakers.)
Zoom link: <https://us02web.zoom.us/j/86996270525?pwd=WU50V0Y3RDg0RDV1OU9MMmxsSEppdz09>
Meeting ID: 869 9627 0525 - Password: cssi8
Phone Information: +1 312 626 6799 US (Chicago)
Meeting ID: 869 9627 0525 - Password: 485920

Wednesdays - Oak Park – 7:00 P.M. (Big Book & OA Brown Book) **NOTE: ZOOM ONLY**
Zoom Link: <https://us02web.zoom.us/j/88383275977?pwd=QjBGTGpvU2VpT2c5VXIOTGWRnY1dz09>
Meeting ID: 883 8327 5977 - Password: cssi2
Phone in information: +1 312 626 6799 US (Chicago)
Meeting ID: 883 8327 5977 - Password: 630009

Fridays - Palos Heights - 10:00 A.M. (Big Book) Hybrid meeting
Zoom link is:
<https://us05web.zoom.us/j/830019110682pwd=ENTk1d3B1T3dhYUNINGp5SU9LNFF0QT09>
Meeting ID: 830 0191 1068 • Password: 795843378
Phone in information: +1 312 626 6799 US (Chicago)
Meeting ID: 830 0191 1068 - Password: abstinent

Saturdays – Orland Park – 8:30 A.M. (12 & 12 Study)
Zoom Link: <https://us02web.zoom.us/j/89369985582?pwd=TC9FeXpnZ25Da2Vkb0MyRkQ2SnZRdz09>
Meeting ID: 893 6998 5582 - Password: cssi7
Phone in information: +1 312 626 6799 US (Chicago)
Meeting ID: 893 6998 5582 - Password: 361154

Saturdays – Park Forest – 10:00 A.M. THIS MEETING HAS CLOSED

Saturdays – Washington Park – 10:15 A.M. NOTE: PHONE IN and IN PERSON - NO Zoom
Video Phone # - 717-908-1726 - Access Code: 6822920#



IN-PERSON Meetings

MONDAY

7:00 PM **Chicago (50754) Sunlight of the Spirit Club - NEW ADDRESS:** 1440 West 59th St.

Contact: Bob A. 773-284-7588

TUESDAY

5:30 PM **Chicago (31397) Hyde Park Union Church, 1169 E. 56th St.** **THIS MEETING HAS CLOSED**

12:00 PM **Crest Hill (57989) Alano Club, THIS MEETING HAS CLOSED**

6:30 PM **Burbank NEWCOMER MEETING (57518)** All are Welcome!
Our Savior Lutheran Church, 8607 Narragansett
Speaker meeting

Contact: Al 708-969-0525

7:30 PM **Burbank Regular Meeting (04737),** Our Savior Lutheran Church, 8607 Narragansett
1st and 3rd Tues. - Speakers; 2nd and 4th Tues. - Big Book Study **Contact:** Beverly P. 773-874-9459

WEDNESDAY

9:30 AM **Orland Park (53693) St. Francis of Assisi Catholic Church, 15051 S. Wolf Rd.**
Contact: Janet S. 708-243-0968

7:00 PM **Kankakee (49518) Riverside Main Campus, THIS MEETING HAS CLOSED**

7:30 PM **Oak Forest (45986) Redeemer Lutheran Church, THIS MEETING HAS CLOSED**

THURSDAY

10:00 AM **Burbank (04667) Our Savior Lutheran Church, 8607 Narragansett**
(CLOSED Meeting) *(Speaker Meeting-Rotating Steps, Traditions, Big Book, and Qualify.*
5th Week of the month is an open Speaker Meeting with three speakers.)
Contact: Mary Jo A. 708-499-0013

FRIDAY

10:00 am **Palos Heights (14691) Palos Heights Christian Reformed Church, 7059 W. 127th St.**
Big Book Study **Contact:** Judy 708-903-3595

3:00 pm **Hazel Crest (53622) 2 Carrington Court, Hazel Crest, IL**
Contact: Janice 708-692-5779

7:00 pm **Oak Lawn (33054) New Hope United Church of Christ, 9717 S. Kostner, (PLEASE enter through the double glass doors in the center of the building right off the parking lot.)**
Step Study **Contact:** Mary K. 708-717-2828

SATURDAY

8:30 am **Orland Park (46915) Faith United Methodist Church, 15101 S. 80th Ave.**
(CLOSED meeting) Speaker Mtg. Every 5th Saturday
Step and Tradition Study **Contact:** Peggy C. 708-532-0335

10:15 am **Chicago (01232) Washington Park Field House, 5531 S. Martin Luther King Dr.- 2nd Floor**
Note: This is an in person AND phone in meeting **Contact:** Carmen W. 773-965-8140

SUMMARY OF CSSI BOARD POSITIONS AND COMMITTEES

(See the CSSI Policies and Procedures Manual for expanded position descriptions.)

1. Duties of the CSSI Chairperson:

- a. Preside at all regular and special Intergroup meetings.
- b. Prepare agendas for all Intergroup meetings.
- c. Cast the deciding vote in a tie.
- d. Attend standing committee meetings as needed.
- e. Serve as WSBC Delegate and Region V Representative.
- f. Serve as a signee on all bank accounts.
- g. May not chair a CSSI committee.
- h. Obtain and maintain a debit card as described in D.1.a–f.
- i. Retain documents from the past two (2) years.

2. Duties of the CSSI Vice Chair:

- a. Serve in the Chairperson's absence.
- b. Attend standing committee meetings as needed.
- c. Contact registered groups in February and August to update meeting information.
- d. Send monthly minutes, treasurer report, CSSI Bulletin, and handouts to meetings without representation.
- e. May not chair a CSSI committee.
- f. Welcome new representatives, provide a *CSSI Representative Handbook* if needed.
- g. Keep a handbook log. (November 2017)

3. Duties of the CSSI Secretary:

- a. Keep minutes for all CSSI meetings and provide copies to Intergroup Representatives, the Region V Trustee, and Region Chair.
- b. Retain minutes from the past two (2) years.
- c. May not chair a CSSI committee.
- d. Maintain a monthly CSSI attendee/visitors spreadsheet with names and phone numbers; provide it to the Nominating Committee Chair by June 10, with June and July updates before nominee selection.
- e. Maintain the Secretary's laptop and keep digital records current.

4. Duties of the CSSI Treasurer:

- a. Maintain CSSI checking/savings accounts, serve as a bank signee, require one (1) signature, complete monthly audits with a second person, and submit monthly financial reports.
- b. Chair the Budget Committee.
- c. Prepare an annual financial review showing July 1–June 30 income, expenses, and net balance; present it at the August CSSI meeting.
- d. Keep the treasury balance under fifty thousand (\$50,000) dollars to avoid a governmental audit.
 - Keep reports for three (3) years and retain the original nonprofit status file. Make monthly contributions to WSO and Region 5; calculate donations from Balance on Hand: 2% to WSO and 1% to Region 5.

5. World Service Business Conference Delegate(s)/Region V Representative(s):

- a. Attend regular CSSI meetings.
- b. Attend WSBC and Region V Assemblies.
- c. Serve at two (2) year term.
- d. Serve no more than two (2) consecutive terms or five (5) years.
- e. Submit written WSBC and Region V Assembly actions to Intergroup Representatives.
- f. Receive reimbursement for registration, transportation, lodging, and meals for Region Assembly and WSBC; driving reimbursement is limited to fuel or IRS-standard mileage.
- g. Allow a non-delegate to use an unused portion of a Region or WSBC room at CSSI expense to gain experience.

6. COMMITTEES

Standing committees may be established as needed to support Intergroup purposes effectively. Committee Chairs must have one (1) year of current abstinence, serve two (2) year terms, and serve no more than two (2) terms. New Chair terms begin with WSBC Delegate/Region Representative elections in even-numbered years.

1. Newsletter

- a. Distribute the *Bulletin Board* electronically to group representatives.
- c. Update Region 5 and OA websites with meeting changes and cancellations.

2. Public Information

- a. PI may spend up to five hundred (\$500) annually for OA materials at public information events.
- b. PI event participants must follow WSO Public Information Service Manual guidelines and have six (6) months of abstinence.

3. Twelfth Step Within Committee – Current Chairperson: Bill H. 708 545 4548

- a. *Bill is asking for 2 people to co-chair this committee with him. This is a valuable service that can boost attendance at meetings. There will be future updates in this bulletin.*
- b. Carry the OA message to members within the fellowship who still suffer.
- c. Lead efforts such as workshops, meeting marathons, outreach to newcomers and struggling members, OA holiday awareness, and use of TSW materials from OA.org or Region/World TSW committees.

4. Bylaws/Policy and Procedures

- a. Track CSSI P&P/Bylaws changes from monthly meeting minutes.
- b. Check with the CSSI Chair and Region 5 Rep/WSBC Delegate for Region 5 or WSBC Bylaw changes affecting CSSI.
- c. Update the manual and *CSSI Representative Handbooks* by August of the following year.

5. Other committees deemed necessary for Intergroup work.

8. SPECIAL COMMITTEES

The Board may designate special committees needed for CSSI welfare and operations.

1. Nominating

- a. Form a nominating committee by June to seek candidates for the August election.
- b. Include at least three (3) committee members.
- c. The Intergroup Chairperson may not serve on the committee but may provide background information and input when requested.

REDEFINING BODY IMAGE THROUGH THE 12 STEPS - AN OVEREATERS ANONYMOUS WORKSHOP



JOIN US FOR AN AFTERNOON OF BODY
MEDITATIONS, WRITING EXERCISES,
SPEAKERS, RAFFLES, AND
FELLOWSHIP!



WHEN: 09/12/2026 FROM 1-4 PM

**WHERE: NAPERVILLE YELLOWBOX CHURCH,
ROOM 2A/2B**

1635 EMERSON LN, NAPERVILLE IL, 60540

7TH TRADITION SUGGESTION: \$5

CONTACT FOR ?'S:

CONNIE - (331) 645-8485

HOSTED BY THE NAPERVILLE MONDAY NIGHT OA GROUP

SELF LOVE



Please join us for the very first...

OVEREATERS OVERNIGHTER

“What is the Answer?”

ACCEPTANCE then ACTION

September 26-27, 2026

Location: Check-in:

Portiuncula Center

Saturday 7:30 a.m.

9263 W. St Francis Road

Check-out:

Frankfort, Illinois 60423

Sunday 11:00 a.m.

Registration fee Includes: overnight lodging or commuter. 3 meals on Saturday and breakfast on Sunday. All Programs and Sessions. Getting to know your Higher Power in a special way.

Confirmation letter will be sent via email upon receipt of payment
if you require hard copy include self-addressed stamped envelope.

Spaces are limited so please register early.

Deadline for registration is Friday September 11, 2026.

Please cut out bottom and return registration form and check made payable to:

Pamela Mejia 8656 W.73rd Street Justice, Illinois 60458 708-446-2166 (text or calls)

Questions call or text: Mary 708-989-9451 or mih38@comcast.net

Registration Form-Fall 2026 Overeaters Overnighter. Please Print legibly

Name:	
Address:	
Phone:	Email:
Emergency Contact	Name: Phone:
	Do you want to be included in the phone list? _____ Length of Abstinence _____ Would you like to help ? _____
Accommodation:	Single (very limited):\$150.00 _____ Double:\$140.00 _____ Roommate name: _____ Full Commuter:\$130.00 _____
Special Meal Request \$4.00 per meal	Vegan: _____ Vegetarian: _____ Gluten Free: _____ Other: _____
Total enclosed	\$ _____

Your signature confirms: My participation in the weekend is voluntary and I will hold harmless the Committee members, St Francis of the Woods, Portiuncula Center from all liability and damage to personal belongings or that of a 3rd party, resulting from my participation in this event. In addition, I acknowledge that I will be responsible for paying any fine for any breaking of the facility rules and agree to pay for any damages I cause due to my actions or negligence.

Signature: _____ **Date** _____

THE RECOVERY ROAD TRIP

RECOVERY IS A JOURNEY, NOT A DESTINATION

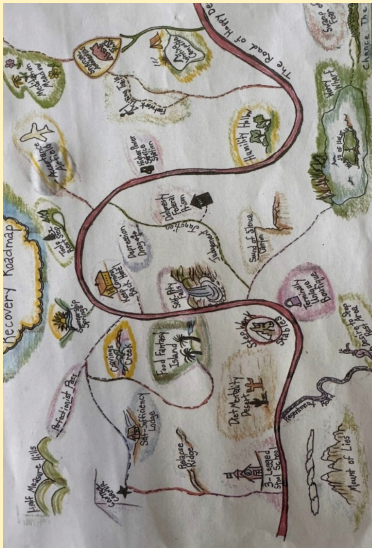
OA WORKSHOP

SATURDAY, OCTOBER 3, 2026

10:00 AM - 1:00 PM

ROAD STATS

- **VEHICLE: Abstinence**
- **GPS: Food Plan**
- **ROAD HAZARDS: Harmful Behaviors**
- **PIT CREW: Fellowship and Sponsors**



OUR SAVIOR LUTHERAN CHURCH
8607 NARRAGANSETT AVE
BURBANK, IL 60459

HOSTED BY THE BURBANK TUESDAY EVENING 7:30 GROUP

HAVE ?'S - CONTACT LORI W 708 912 0832



Conflict Resolution Worksheet

Last revised: January 1, 2025

"Individuals have the right of appeal and petition in order to ensure their opinions and personal grievances will be carefully considered." (Fifth Concept of OA Service)

For members having difficulties with others, with groups or service bodies, or wishing to appeal a decision made at any level, the following process can be very helpful to everyone involved.

Problem solving begins "at home." It is important to start from the beginning, completing each process before proceeding to the next. If none of these processes bring satisfaction, know the appeal has been fully heard and considered. You may also want to speak with your sponsor and/or say the Serenity Prayer.

1. I am concerned about:

2. How this affects me:

3. I have taken the following steps towards resolving this concern (complete ALL that apply):
 - a. On a personal level (e.g. inventory, Higher Power, sponsor, consideration of the Traditions and Concepts of OA):

 - b. At the group level:

c. At the service body level:

d. At the Board of Trustees level:

e. Other:

OA Responsibility Pledge

"Always to extend the hand and heart of OA to all who share my compulsion;
for this I am responsible"

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Overeaters Anonymous, Inc. World Service Office Location: 6075
Zenith Court NE, Rio Rancho, NM 87144, USA Mailing address:
PO Box 44727, Rio Rancho, NM 87174-4727, USA Telephone: +1
505-891-2664



Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous

Last revised: October 23, 2020

These guidelines have been developed through the experience of OA members and the Board of Trustees, who have contributed to their creation. They reflect OA [Traditions](#) and [Concepts of Service](#) as reflected in our [OA Conference-approved literature](#). These guidelines are strong suggestions based on those who have gone before. They do not replace the local group conscience, but we encourage OA groups and service bodies to consider carefully before acting contrary to these suggestions.

The guidelines are designed to assist members in situations where an OA meeting (or meeting attendance) is being disrupted by the behavior of one or more members, within or outside a meeting, whether face-to-face or virtual. Fortunately, such disruptions are rare. The disruption can range from subtle, annoying behavior to dangerous behavior. Many times the behavior is unintentional. Here are examples of issues you may encounter in your meeting:

"My regular meeting is having a problem with a member who is disruptive. She speaks out of turn and argues with other people. People are worried and the group is losing members. What should we do?"

"My home meeting is having a problem with a member who acts in a threatening manner. People are afraid and upset; many are not coming back to the meeting. Short of legal action or contacting the police, does OA have a policy on how to handle difficult members?"

"One of our members has made inappropriate sexual advances toward another member. How should the member and the group handle this situation?"

"Some members from my home group are being particularly controlling with their sponsees and specifically saying that in order to be considered abstinent members must stop taking medication and must follow a specific food plan. How can we deal with this?"

"Can we kick a member out of a meeting and /or out of OA?"

There are no easy answers. Although OA has no written policy on disruptive behavior, we can refer to our literature and the Traditions.

- "From Tradition One in [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#): "The unity of OA is a matter of life and death to us. However, unity isn't always easy to maintain. If we as individuals did not value the common welfare of the Fellowship above our own OA would lose the strength that comes from our union of the many" (p. 92). From Tradition Three in [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#): "Occasionally groups are plagued by members who disrupt the harmony of the meetings. Even these people are not permanently barred from the group and denied the chance to recover. Of course groups must protect their members from violence or harassment.... We have found that most personality problems can best be dealt with on a one-to-one basis" (p. 109).

Tradition Five tells us that the primary purpose of every OA group is to carry the message of recovery to those who still suffer. Every member of the group has the responsibility, therefore, to keep that primary purpose in mind. If a member's actions are disruptive or dangerous, the OA group not only needs to protect itself and its members, it must also make certain that the primary purpose for which the group exists is upheld. If it doesn't, the meeting may fold and many may lose the opportunity for recovery.

How a meeting protects itself can cause conflict and controversy. Each situation is unique and should be evaluated individually. Discussing it at your group conscience meeting can help. You may find it helpful to contact your intergroup, service board, region, or the World Service Office to learn how others have dealt with such problems. [A letter from the chair of the Board of Trustees to OA members, dated October 6, 2017](#), stated, "In some cases the individuals who offer themselves as sponsors may go beyond the boundaries suggested for sponsorship. They ought only to share or suggest changes that worked for them in their journey. Sponsors should not issue orders or make demands..."

This is a long document. Please follow link below to view the complete article. This is an important issue and was brought to the attention of the CSSI Board. A conflict resolution sheet is also included in this Bulletin.