

CSSI BULLETIN



AUGUST

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 - NEW ADDRESS:
Contributions to CSSI should be sent to:
CSSI

Box # 44
9249 S CICERO, OAK LAWN, ILLINOIS 60454
ZELLE Contributions to: treascssi@gmail.com

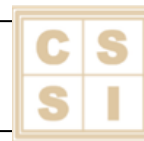
WORLD SERVICE OFFICE-ADDRESS

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

"I take a STOP..."

Overeater's Anonymous 3rd edition, p. 97

Acronyms grab my attention, like STOP: Spiritual Time Out Please. Food planning is an important tool and sets me up for success, but I wanted peace with the food. I wanted freedom from the mind chatter. I was afraid of food, afraid of being a fat mom. I had nutrition facts and copious health information, but calories, fat grams, sodium, and weight consumed my thoughts.

I know the difference between diet and meal plan - perception, attitude change. My thought process needed an exorcism. I needed to exchange fear for faith and realized I could not eliminate the fear any more than I could turn down the volume on food thoughts. This is where literature, sponsorship, meetings, and telephone enter my life by way of OA connection.

I have often heard, "You are what you think." I needed to dial into a different station for my thoughts. Replace the voice of the food demon with voices of recovery. I can't win in a conversation with the disease, so STOP, take a spiritual time out please. I have no control over thoughts that flit into my awareness, but I can choose thoughts of hope, gratitude, and especially helping others. God does not leave us alone. Plug into the Power Source.

N.J.

	Group & Individual Contributions for JULY 2026	
#53693	Wednesday - Orland Pk - 9:30 AM	\$248.50
#800561	Tuesday - Brbnk Zoom - 7:30 PM	\$170.00
#57518	Tuesday - Burbank - 6:30 PM	\$177.50
#4667	Thursday - Burbank - 10:00 AM	\$130.00
#14691	Friday - Palos Has - 10:00 AM	\$184.25
#33054	Friday - Oak Lawn - 7:00 PM	\$76.20
#36275	Sunday - Chgo AG HS - 11:00 AM	\$50.00

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

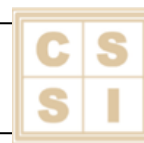
You can listen for FREE to recordings of past speakers from the 6:30 P.M. Burbank Newcomers Meeting and the 7:30 P.M. Burbank Regular Meeting.
What a great resource!

**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!)

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



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?](https://us02web.zoom.us/j/85988712155?pwd=UzVGZ1VyZGg4UXNFUXkwZm8rYk9nUT09)

[pwd=UzVGZ1VyZGg4UXNFUXkwZm8rYk9nUT09](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?](https://us02web.zoom.us/j/83955605122?pwd=OXg1d21sMGhGUTBUWERSaTNaS2hoUT09)

[pwd=OXg1d21sMGhGUTBUWERSaTNaS2hoUT09](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?](https://us02web.zoom.us/j/89658399954?pwd=Wldpa053RGdWSGg0MnZJTnNUUXdaZz09)

[pwd=Wldpa053RGdWSGg0MnZJTnNUUXdaZz09](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?](https://us02web.zoom.us/j/86996270525?pwd=WU50V0Y3RDg0RDV1OU9MMmxsSEppdz09)

[pwd=WU50V0Y3RDg0RDV1OU9MMmxsSEppdz09](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?](https://us02web.zoom.us/j/89369985582?pwd=TC9FeXpnZ25Da2Vkb0MyRkQ2SnZRdz09)

[pwd=TC9FeXpnZ25Da2Vkb0MyRkQ2SnZRdz09](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

DOOR PRIZES &
GIVEAWAYS!

CSSI 30th Anniversary

First In-
Person
Meeting &
Social!

Thursday, Aug. 6th
Doors Open 6:30pm
Palos Heights Rec. Center
6601 W. 127th St.
Meeting: 7:00 – 8:00pm
Socializing till 8:30pm

- Share your favorite slogan
- Vote for Service Positions
- Learn what CSSI does
- Meet other members –
carry the OA message!

CALL MARY ANN FOR MORE INFO
708.705.1608





An OA and CSSI Sponsored Event

Body Image Workshop

Bring a lunch

Saturday
AUGUST 15

10:00 am to 1:00 pm

Registration starts at 9:45 am

Palos Heights Christian Reformed Church
7059 W 127th St, Palos Heights, IL,

60463

\$5 donation suggested

Hosted by the Friday OA Palos Heights Meeting

This workshop is OPEN! Bring a friend!

**Questions? Call or Text Michelle H. at 815-341-0664 OR
Nancy G. at 708-288-1291**



Flutter into Freedom:

Region 5 2026

OA Convention

September 4th-6th, 2026

***Hosted by Midwest
Crossroads Intergroup***

Email: convention@mci-oa.org

All events are in-person

[Printable 2-sided mail-in Flyer](#)

The Scholarships Deadline has passed.
Pre-registration closes on Saturday. August 1st.
After August 1st pay in-person at the convention.

Make hotel reservations directly with:
Crowne Plaza Hotel by the Indianapolis Airport

Online [Hotel Reservation](#)

OR call 317-244-6861 and mention "OA Convention Room Block".

Special Room Rates \$109 + tax Thursday night, Sept 3rd -
Saturday night, Sept 5th.

Choice of: 1 King Bed or 2 Queen Beds

Smoke-free property

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** _____



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.