

# CSSI BULLETIN



# MARCH 2025



## 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:** ANTHONY C.  
CSSICHAIR@GMAIL.COM  
773-456-7718

**VICE CHAIR:** MARGARET K.  
708-870-7125  
CSSIVICECHAIR@GMAIL.COM

**SECRETARY:** MARY ANN P.  
708-705-1608  
CSSISECRETARY20@GMAIL.COM

**TREASURER:** DAVELLE B.  
773-791-5873  
TREASCSSI@GMAIL.COM

## NOTE to all Treasurers

· **Please write GROUP number on all checks**

· Remember – 60% to CSSI, 30% 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](mailto: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 # 484  
3400 W 111th St.  
Chicago, Illinois 60655



**REGION 5 – ADDRESS:**

To send contributions  
to Region 5:  
Region 5  
Overeaters Anonymous  
P.O. Box 221224  
Shaker Hts. Ohio 44122

**Literature Share**

“Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food or sunshine. And for the same reason. When we refuse air, light or food, the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions and our intuitions of vitally needed support.”

AA Twelve Steps and Twelve Traditions, p. 107

Step Eleven doesn't have to overwhelm me. Conscious contact with God can be as simple, and as profound, as conscious contact with another human being. I can smile, I can listen, I can forgive. Every encounter with another is an opportunity for prayer, for acknowledging God's presence within me.

Today I can bring myself a little closer to my Higher Power. The more I choose to seek the beauty of God's work in other people, the more certain of His presence I will become. A.M.

Group & Individual Contributions for FEBRUARY 2025		
#4737	Tuesday - Burbank - Our Savior - 7:30 PM	\$ 117.00
#4667	Thursday - Burbank Our Savior - 10:00 AM	\$ 169.00
#14691	Friday - Palos Heights - 10:00 AM	\$ 306.00
#46915	Saturday - Orland Park - 8:30 AM	\$ 429.39

**Check out this website:**

[oaspeakers.org](http://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.aa.org/podcasts/](http://www.aa.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](mailto:cssiBulletin@gmail.com)



## Zoom and Phone Meetings

Check out [www.aa.org](http://www.aa.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.** (Weekly rotation of OA Literature)

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-Rotating Steps, Traditions, 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) **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)

Meeting ID: 830 0191 1068 - Password: abstinent

Phone in information: +1 312 626 6799 US (Chicago)

Meeting ID: 830 0191 1068 - Password: 7958443378

**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.  
**Contact:** Colleen 773-684-5840

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,** Mtg. Rm. A, 350 N. Wall St., Kankakee, 60901  
**Contact:** Jeanne H. 815-954-3678 or Tracy M. 815-295-0250

7:30 PM **Oak Forest (45986) Redeemer Lutheran Church, THIS MEETING IS 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) Salem United Church,** 9717 S. Kostner  
 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

# Overeaters Anonymous



## Spring Retreat

March 28 - 30 2025

Join us for a weekend of hope and recovery.



- Speakers
- Meditation
- Large & Small group sharing
- Fellowship
- 4 Meals
- Recovering from Relapse

### *A Design for Living Happy, Joyous and Free*

**Registration:** 1/5/2025 - 3/8/2025

**Contact and Payment:** Mary R. - Payments can be made by check mailed with form (see below) or Zelle to 630 310-2989 or [mvroberts777@gmail.com](mailto:mvroberts777@gmail.com)

**Where:** Portiuncula Center for Prayer (The Port) 9623 W St. Francis Rd., Frankfort, Illinois 60423

**Cost:** Single \$199 Double \$179 (includes room and meals)

Full Commuter: \$134 (includes meals) Saturday Only Commuter: \$67 (includes meals)

Special Meals \$3 per meal

Return this form and payments to: Mary R. 808 Wimbledon Ct. Bolingbrook, IL 60440 or emailed if using Zelle payment method

Name:			
Address:			
Phone:		Email:	
Single <input type="checkbox"/> Double <input type="checkbox"/>		Roommate:	
Commuter <input type="checkbox"/> Saturday Only <input type="checkbox"/>		Amount Enclosed:	
Special Meal Request: \$3.00/meal Vegan _____ Gluten Free _____ Other _____			
Add me to the contact list <input type="checkbox"/> Available to help <input type="checkbox"/> Will donate to clothing exchange <input type="checkbox"/>			
Emergency Contact Name & Number: _____			

Confirmation will be sent via email.



IF YOU'RE

 DRAGGLED

 WILDERED

 LABORED

 GRUDGING

 REFT

ATTEND THE REGION 5 ANNUAL CONVENTION

BE ALIVE IN '25

MILWAUKEE AREA INTERGROUP OF  
OVEREATERS ANONYMOUS  
PRESENTS:

**REGION 5 ANNUAL CONVENTION**

BE ALIVE IN '25



**SAVE THE DATES: MAY 23-25, 2025**

**BROOKFIELD SHERATON HOTEL  
BROOKFIELD, WI**

# CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.  
Welcome home!*



**Save the Date!**  
**August 21-23,**  
**2025**



To be kept up to date with the latest  
convention news, email  
[CONVENTIONINFO@OA.ORG](mailto:CONVENTIONINFO@OA.ORG)



## **Public Information and Professional Outreach (PIPO) Summary and Request**

The PIPO committee has a new chairperson, Gina M., and we're working to continue projects and start new ones.

The committee has been reaching out to local universities and colleges to spread the good news about OA, trying to identify the group at each university that is responsible for supporting students with an eating issue.

Do you, or anyone you know, work or study at a local university or college? If so, can you contact us and let us know who we can reach out to?

Thanks for your help!

Email the committee at: [ginamcnally3451@gmail.com](mailto:ginamcnally3451@gmail.com)