



April 2021

Finding My Higher Power

Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

Favorite Big Book Quotes	pg 3
Region 5 Newsletter Blog	pg 3
Can't Read the Newsletter Online?	pg 3
Sunday Morning Coffee & Recovery Mtg ...	pg 3
Need Help Finding a Sponsor?	pg 4
Treasurers Report	pg 4
Like to Check Out Intergroup?	pg 4
Intergroup Meeting Minutes	pg 5

3 Blocks to My HP



When I read the topic for our newsletter this month, I automatically thought of page 55 in the Big Book. In the chapter

We Agnostics it explains that God (my Higher Power) was always there, but He was blocked by three specific things. The Big Book says, "...for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there." If we look at these three things individually, we can see how the inventory process helps us become unblocked.

The first is calamity or bad things that have happened to us. I know for myself, growing up in an abusive home, there were many harms done to me. I was able to put all of the resentments down on paper and heal from it by continuing to work the 12 steps on a daily basis.

Then there is pomp, or my ego, my self-importance. By working through the last column of the resentment worksheet I am able to find my part in anything that's disturbing me. It's really a gentle way to level my pride and remember that I will never be more than a flawed human being, just like everyone else on this earth.

Lastly, there's worship of other things. This one can be very sneaky. I like to think I don't worship other things, but I do.

I'm worshipping other things any time I'm putting something before God. Sometimes it's as simple as my time or money or activities. I like to believe that I get to decide what or how to spend these currencies. The truth is that none of it is mine. It's only on loan and I need to worship the Giver, not the gift. These, I find, usually come out in the fear part of the inventory. I'm afraid I won't have enough time, or money, or afraid I won't be able to do what I want to do and I'm gently reminded that self-reliance doesn't work. I must surrender all to Him.

Therefore, after finding our Higher Power, may we all remain unblocked from our Loving Creator by continuing the inventory process on a daily basis. And as my sticky note next to my prayer chair says, "There is God, and the rest is just clutter."

— Jodi C.



More Than Power

I grew up believing God was all-knowing, all-powerful, and ever-present. However, it wasn't until midlife with the removal of the food barrier that I felt loved by Creator God. Through the Twelve Steps and the camaraderie of other recovering compulsive eaters, I experienced God's mercy, His greatest attribute.

While reading in "We Agnostics," I became aware that the scale was my golden calf. I had been going to the scale every day monitoring the fluctuating ounces that would determine my self-worth for the next 24 hours. I was devastated! I had become a slave to the scale. I want to note that this incident was 26 months after I stopped that behavior, because at my first meeting I learned I had a disease and God would take care of my food and weight, if I let Him.

The God of my childhood is the same God in my adulthood, but with more mystery and majesty. I am so grateful to have experienced God's mercy and been relieved of an oppressive disease.

— N.J., Illinois



Finding a Higher Power

I came to OA because I was sick and tired of compulsive overeating and I was grossly obese. Nothing had worked for

the long haul and here I was told the nature of my disease and that there was a solution to a problem that had plagued me my entire life.

I was told that I had to find a Higher Power that would solve my problems. Hmmm, I thought, that should be easy. Having a clergyman, as a father and being a church musician and deeply immersed in the theology of my faith, I thought this would be a cake walk.

In the early stages of my recovery, I did the perfunctory prayers and meditations and it was smooth sailing for a while. Eventually I began to struggle with my food and weight. What was wrong. I asked God for help each morning but it wasn't working.

Alas, the fear of another relapse and a 100 lb weight gain (from the other one I'd had) gave me the gift of desperation. I began a serious study of the basic text, that stated on page 45, "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve ALL YOUR PROBLEMS."

So, I had to reflect on my Higher Power and acknowledge that it was the one given to me as a child. The God of my Sunday School, the God of the sermons I heard attending church, not a God of my understanding. My disease forced me to let go of childish notions and to begin to seek, as I continue to do, a relationship with a God of my understanding. I did not have a personal relationship with the God of my youth. I respected and feared God but HE had no utility in my life. He was just there watching and recording my bad deeds and to be worshipped on Sunday and special days.

As I have found a God of my understanding, many of my religious tenets I have re-embraced as they have personal meaning to me today. I have a personal relationship with my Higher Power that is ever evolving and My God (FATHER/MOTHER GOD) helps me in all facets of my life. I have not abandoned the faith of my youth, for I love the

music and the sense of community I feel there. But my relationship with God is personal and irrespective of any religious dogma. I can truly say, I found GOD in OA.

— Nancy R.



KG, Go Home

"You need to develop your own concept of God" my first sponsor said to me. That was quite a 180 for me. I grew up

in a fundamentalist Christian community. You didn't define what God was, you were told what God was. If you didn't agree, that was your problem. Developing my own concept of God seemed awfully close to heresy.

Besides, I already had a concept of God, the one I grew up with. The only trouble was that God did not seem to help me as I was killing myself overeating. The God I grew up with was kind of schizophrenic. I was told God loved me dearly, but if I didn't toe the line morally, he would send to burn in hell for eternity. Needless to say, it seemed like a good idea to not get too close to this God. I mean if you were one of his chosen, maybe he would send you to Africa to be a missionary. Yes, it was best not to get too close.

Before finding OA, I felt like I was the only person in the world that did the things with food I did. As a teen I imagined that I was some alien space baby that had been marooned on this planet and there was no one else like me here. Maybe someday my people would come and take me home.

Then one day it happened! I found OA and learned I wasn't alone. There were so many of us that they could print books for us! Not only wasn't I alone any more, they said they had a way to recover from the overeating! At that point, I decided that there must be a loving God because he brought me to OA when I was so alone and so desperate. OA taught me about a loving God that cared about me and wanted good things for me.

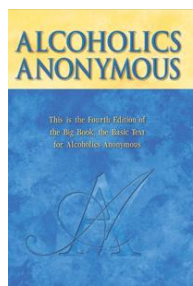
I couldn't decide how to reconcile my two God concepts. Finally, I decided to hold the two mutually exclusive God concepts for the time being. I wouldn't worry about which one was right or how they would be combined.

However, the more I was in OA, the more I had little spiritual experiences that showed me that God loved me and was bringing good into my life. Then one day it hit me! I could choose to believe in the schizophrenic God I had been told stories about growing up, the one that was

defined by interpretations of writings from 2000 years ago. Or I could choose to believe in the loving God that had brought me to OA and that was continuing to bring good things in my life. Given a choice between believing in stories about God and my own personal experiences with God, I decided it only made sense to rely on my firsthand experience with God.

My relationship with God is definitely a work in progress. Habits learned over decades are not instantly removed. But I am learning to trust HP and the people he brings into my life more every day. Thankfully, God doesn't show me everything I need to know at once. That would probably burn me out and leave me hopeless and demoralized. God seems to know I need to go one step at a time, one layer of the onion at a time. Maybe sometimes I would want more but in reality, one bite at a time is all I can handle.

— K.G.



Favorite Big Book Quotes

One of my favorite Big Book quotes is the last 9th Step promise:

We will suddenly realize that God is doing for us what we could not do for ourselves. (AA Big Book 4th Ed. Pg 84)

-Joyce H.

Big Book Quotes Needed!

Do you have some favorite quotes from the AA Big Book? We now have a section in the newsletter for people's favorite Big Book quotes. Please include the page number and a little about why you like it, if you are willing. Send them to:

newsletter@3riversOA.org and keep them coming.



Region 5 Newsletter Blog

Region 5 has started a newsletter blog on their website. It is a collection of articles written by OA members on various topics. Right now, there are about 20 articles posted. You can also write your own articles and submit them to the newsletter blog! To read some articles go to:

region5oa.org/freedom-from-bondage-newsletter



Can't Read the Newsletter Online?

Do you know of someone who can't read our newsletter online? Maybe they don't have a computer or phone capable of doing it? Maybe they have problems reading large amounts of text on a phone or computer screen? We would like to try sending them a printed newsletter via US Mail, if that would be helpful.

Please have them call me at 574-742-1042 and ask to be sent a printed newsletter.



Sunday Morning Coffee & Recovery Meeting

Region 5 is hosting a Coffee and Recovery meeting every Sunday morning at 9am ET via Zoom. The topics are:

Week 1: OA 12 & 12 Step of the Month

Week 2: OA Principle of the Month

Week 3: AA Big Book Step of the Month

Week 4: Lead/Speaker Meeting

Week 5: Topic Meeting

For more information go to 3riversOA.org and click Events.

May Newsletter



Using a Sponsor / Being a Sponsor

Slogan: When someone is their own sponsor, they have a fool for a sponsor.

The May Monarch Monthly topic will be " **Using a Sponsor / Being a Sponsor.**" How has having a sponsor helped your recovery? Is your sponsor just like you or totally different? How has being a sponsor helped your recovery? What characteristics make for a good sponsor for you?

The Slogan of the Month for May is: " When someone is their own sponsor, they have a fool for a sponsor.."

Write about the main topic, the slogan or both. **Articles are due Thursday, April 22nd**. Thanks for making our newsletter great! Send articles to: newsletter@3RiversOA.org



Need Help Finding a Sponsor?

Having trouble finding a sponsor? Now you can request help from Region 5 OA. Just go to the link below and enter your information.

region5oa.org/request-for-assistance-in-find-a-sponsor

Bank Account Register

Three Rivers Intergroup

March-2021

Initial Balance: \$3,779.42

Current Balance: \$2,977.90

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	2/23/2021	Beginning Balance				\$3,779.42
133	3/5/2021	Region 5 Contribution	Region 5/WSO Donation	\$302.45		\$3,476.97
	3/8/2021	7th Tradition	Member Donation		\$35.00	\$3,511.97
132	3/12/2021	WSO Contribution	Region 5/WSO Donation	\$907.38		\$2,604.59
	3/15/2021	7th Tradition	Member Donation		\$23.97	\$2,628.56
	3/18/2021	7th Tradition	FW Sat #37739		\$48.25	\$2,676.81
	3/22/2021	7th Tradition	FW Mon #03792		\$75.00	\$2,751.81
	3/22/2021	7th Tradition	FW Thur #54657		\$123.00	\$2,874.81
	3/25/2021	7th Tradition	Gosh Wed #89142		\$87.09	\$2,961.90
	3/29/2021	7th Tradition	Member Donation		\$16.00	\$2,977.90
						\$2,977.90
	3/29/2021	Ending Balance				\$2,977.90
Totals				\$1,209.83	\$408.31	\$2,977.90

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$75.00	\$75.00	\$217.56	34.5%
Elk Mon #02327	\$0.00	\$170.00	\$455.49	37.3%
FW MonN #57032	\$0.00	\$25.00	\$0.00	
Gosh Wed #89142	\$87.09	\$87.09	\$32.92	264.5%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$123.00	\$123.00	\$163.15	75.4%
FW Sat #37739	\$48.25	\$103.67	\$532.71	19.5%
Gosh Sat #22495	\$0.00	\$90.00	\$598.17	15.0%
Member Donation	\$74.97	\$129.13	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$408.31	\$817.89	\$2,160.00	37.9%

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$0.00	\$180.00	0.0%
Public Information	\$0.00	\$0.00	\$750.00	0.0%
Region 5 Assembly	\$0.00	\$0.00	\$600.00	0.0%
Region 5/WSO Donation	\$1,209.83	\$1,209.83	\$0.00	
Website Hosting	\$0.00	\$0.00	\$100.00	0.0%
Workshop Expense	\$0.00	\$0.00	\$180.00	0.0%
Zoom/Phone Conf Srvc	\$0.00	\$0.00	\$150.00	0.0%
Other	\$0.00	\$0.00	\$100.00	0.0%
Payment Total	\$1,209.83	\$1,209.83	\$2,160.00	56.0%

Would You Like to Check Out Our Intergroup Meeting?

We meet on the last Tuesday of the month at 7:30pm via Zoom. All in our Intergroup area are welcome! Just click [Zoom Meeting](#). If prompted for an ID or password use ID: **970 5024 1729** and Password: **198390**. Email chair@3riversOA.org ahead of time to ask for the documents that will be used in the meeting.

Minutes for the OA Three Rivers Intergroup Meeting

Tuesday February 23, 2021

Open Meeting began at 7:30 with the Serenity Prayer.

Zoom ID 97050241729 Password 198390

Attendance, Positions, and Meetings Represented

Debra M-Chairperson Monday noon FW

Dave C-Vice Chairperson Wednesday Goshen

Christina H-Secretary absent

Kevin G-Treasurer Saturday Goshen

Jodi C-Region 5 Representative Saturday FW

Jan C-Monday evening FW and Thursday FW

Joyce H-Monday Elkhart

Agenda The agenda for this evening was accepted.

Minutes The minutes from the previous meeting (1/26/2021) were approved with the one correction.
(Under newsletter report the second item should say February rather than March.)

Treasurer's Report Kevin shared and explained the document and it was approved.

Kevin explained how the report could track income/expenses to aid the proposed budget.

Newcomer Report

Elkhart Monday=1

FW Monday noon=2

FW Monday evening=0

Goshen Wednesday=2

FW Thursday=0

FW Saturday=1

Goshen Saturday=0

Region 5 Report Jodi shared information on how to register and strongly encouraged all to attend the upcoming March 12-14, 2021 Region 5 Assembly. It would be a great experience and no cost to us. She also encouraged everyone to visit the Region 5 website and become familiar with all that it offers, including a blog. Region 5 also has a Zoom meeting every Sunday at 9am that all are encouraged to attend. It was suggested that the meeting information be included in the newsletter. She asked all of the meeting representatives to share the above information with all of the home groups.

Newsletter report Kevin reported that there were 4-6 submissions for the March edition which will be coming out by March 1. Kevin plans to survey members who have submitted writings in the past to vote on the new topic for the next month's newsletter. He will give them three to four options to vote on. This procedure will allow him to receive input from others rather than choosing the topic every month on his own. Due to the newsletter currently not being printed and handed out at meetings the group discussed members who might have difficulty reading the newsletter online. It was decided that Kevin would put a notice in the newsletter that anyone who is unable to read the newsletter online could contact him and a copy would be mailed to him/her. There was concern that this might be abused and end up costing the group an unnecessary expense. Therefore, this option will be available on a trial basis.

12th Step Within Dave shared a list of varied symptoms and characteristics of members. This list reminds us that it's the same disease but manifests itself differently among members. The final reminder is that the only requirement for OA is a desire to stop eating compulsively. It was suggested, due to recycling the same information, that this section be removed from the newsletter for a while. It was suggested to add a section of favorite Big Book quotes as long as they were referenced and did not break copyright law.

Old Business none

New Business 2021 Budget approval

The 2021 budget was discussed. This budget would cover projected workshops including publicity. Our prudent reserve would be equal to one year's expenses. Any additional funds would be donated to WSO and Region 5. We will keep in mind the possibility of budgeting funds next year to send a delegate to WSBC in 2022. The 2021 budget was approved.

Announcements Kevin shared an example from the website of the Elkhart Monday meeting showing updated group resources, such as contribution link, leaders' calendar and meeting format and readings. He is willing to work with other meeting representatives if other groups are interested. It was asked to take this information back to the home groups and inquire if they would like to include their information on the website.

It was reminded that everyone should be familiar with Zoom meeting protocols, especially in the case of 'zoom bombing'. Please share the email that was forwarded to Intergroup members with others who might be hosting or leading a meeting in order to be prepared, rather than caught off guard, in the slim chance that this interruption would occur in one of our local meetings.

Close Meeting was adjourned at 8:35 with all joining in the OA Promise.

Submitted by Jodi C

Three Rivers Intergroup Meeting List

Instead of including a meeting list that may be out of date before it is sent out, we recommend you rely on the master meeting list on our website for meeting information. Please go to: 3riversoa.org/meetings.

Donations to the Three Rivers Intergroup

You can make online donations with a credit/debit card to the Three Rivers Intergroup by going to: 3riversOA.org and clicking the "Donate" link. You can also mail a check. Go to: 3riversOA.org and click the Contact Us link to get the mailing address.

Region 5 Website: Region5oa.org

OA World Service Office Website: OA.org

Three Rivers Intergroup
intergroup@3riversOA.org
www.3riversOA.org
(260) 203-1199

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