



August 2022

Abstinence No Matter What

Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana and Beyond

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Aging in Program

Having established healthy life-styling in younger

years has a definite advantage to colossal behavior changes in senior years. I have learned that the basal metabolic rate declines 7% every decade. The amount of processing, the variety and availability, and the creativity of marketing and advertising of food stuffs has dramatically increased. Shoppers beware! Add to this the increased incidence of illness and injuries that often accompany aging. Relocating and loss of independence, even when needed and positive, are monumental changes.

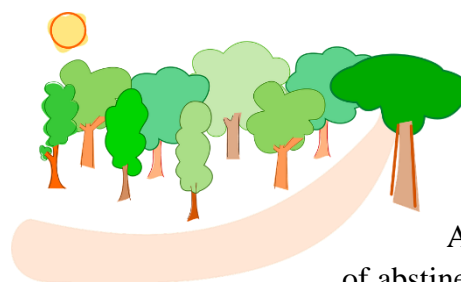
There seems to be this law of psychology that says, I can't change; it's too hard. However, with the Steps, Fellowship, and years of practicing change, I have a Power Source and network of OA buddies to meet the unknown circumstances without overwhelming fear. My trust meter reads high. I have files of journaling pages in my memory bank with proof of God's love and care for me.

I find our slogans easy access to hurried decision making. Just stay in the moment, Nanc. Make the next right choice. Keep it simple, Sweetie or Silly, depending on the situation. I also utilize words of wisdom from various sources, like Therese of Lisieux: Even when alone, be cheerful, remembering always that you are in the sight of the angels.

For me, abstinence is sane eating and successful living. God has gifted me with freedom from an

oppressive disease and I do not return gifts. The past year has been especially challenging, but awareness of God's presence brings me joy in difficult times. My plan is to continue taking all the actions that have brought me peace with the food and in the situations that surround me.

— N.J./Illinois



The Best Possible Path

After several years of abstinence and many recent months of relapse, abstinence has taken on a new and deeper meaning for me. Planning what I eat and eating what I plan provides that abstinence that brings peace of mind when I end my day knowing I have followed that path.

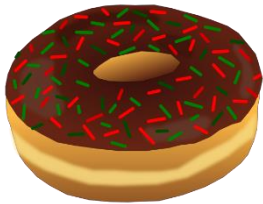
From time to time the disease whispers to me that this program is too difficult. That it is asking me to go against my nature and that is just too hard. What I have come to realize is that the difficulty lies in following that path of least resistance which leads to physical, emotional, and spiritual weakness in my life. It is in the simplicity of awareness and letting go that this program offers that I find the best possible path for my life. It is not the path of least resistance, but the path of least reliance on myself alone that brings true peace and health in my life.

“Step Three” from *Overeaters Anonymous Twelve Steps and Twelve Traditions* in essence discusses the “diet plan” in weight loss programs vs. abstinence in OA. On page 18 we read, “They (weight loss programs) gave us diets to follow but made us responsible for adhering to them.” “In OA... we are shown a

program of recovery that addresses the emotional and spiritual nature of our problem in addition to the physical.”

The clarity of mind and spirit that comes through abstinence brought about as a result of relying on a power greater than myself is definitely a life style worth fighting for. My prayer and goal today is Abstinence No Matter What!!!

—Jan C



I Must Put the Food Down

I have an illness that is physical and spiritual in nature. I am a compulsive overeater and without this program I would have eaten myself to death. This program enabled me to have a spiritual awakening that relieves me of the mental obsession that

had gripped me for decades.

In this wonderful program I was given life-saving information. I learned that I had a physical addiction to certain food substances and that if I ingested them, it would set off the phenomenon of craving. Lack of power was my problem because, on my own, I could not put those substances down. So having this information was great but putting it into practice was not quite so easy. I had to find access to this power, a POWER greater than myself.

Going to meetings, listening to speakers, reading literature has been so important in my recovery but the one thing I know is that I MUST put the food down. There is no way around it. I must put down my alcoholic foods because if I'm in the food I am not connected to my higher power. The power that enables me to stay stopped!! There's no way of getting around it. My abstinence has to be primary because without it I cannot access the Power that saves me from this dastardly disease.

I must pray, prepare, and protect my food because if I don't take my abstinence seriously, I will die. Like a diabetic must take his insulin or a cancer patient must take chemotherapy, I must treat my abstinence just as

seriously because it is a matter of life and death. No matter what incident or occasion is going on if I'm not abstinent I'm not truly present today. Today I thank God for the gift of abstinence and I cherish it with all my heart. Abstinence No Matter What!!

—Nancy R

I Never Left OA



I am not a poster child for long term back to back abstinence. My time in OA has been punctuated by more relapses than I can remember. But one thing I did do right was to keep coming back. In my 33 years in OA, I never stopped coming to meetings. That is the only reason that I am 90 pounds less today than when I first came to OA and why I have maintained most of that weight loss for 33 years.

Sometimes it seems like I have to relearn things I already knew, repeatedly. I guess maybe I'm learning them on a deeper level than last time. The last time I was trying to regain my abstinence, I couldn't quite figure it out. I tried doing all the program things I did before. No luck! I kept slipping into relapse. Then I tried praying to God turning over my abstinence every day. Still no luck. Finally, I asked my sponsor what he would suggest. He responded "abstinence". I was kind of irritated at him. I was trying to get abstinent! I was asking him what things I needed to do to make it happen. I sent him a snarky email. He gave me a call. He explained that for himself, he got and stayed abstinent by not eating any of his binge foods no matter what. There weren't any OA tricks that suddenly took his desire for excess food away so he could then be abstinent. The program helped him to continue being abstinent but he had to start the ball rolling by being willing to be abstinent.

The light began to dawn on me. Did I really want to be abstinent? Well, yeah, as long as I could continue to have a little sugar now and then. Duh.. no, I guess I wasn't really willing to be abstinent. I definitely didn't want to give up my binge foods!

Then I went to an OA meeting on willingness. Suddenly I started to remember all sorts of things I had temporarily forgotten. My first sponsor told me it was much easier to stop at zero than at one. What a revelation that was for me when I was new to OA. I had never thought to just stop eating my binge foods. It was amazing how much easier that was than stopping at one. Next my first sponsor told me I didn't have to want to do the things that OA suggested. I just had to be willing to do them.

Did I want to give up all my binge foods again? Hell, no! Was I willing to give them up in exchange for abstinence, recovery and all its benefits? Well, yes, I guess so. I do want those benefits and I want to be free of the consequences of compulsive overeating. So yes, I am willing to give them up today, to be abstinent today. And that is how my current block of abstinence began.

-K.G.



September Newsletter



The Spiritual Part of OA

The September Monarch Monthly topic will be "The Spiritual Part of OA."

How does it help your recovery? How did you find your Higher Power? Describe your unconventional Higher Power.

How has the OA program changed your spiritual life? Share an unforgettable OA spiritual experience.

How do you Work the Program as an Atheist or Agnostic? Share your experience.

Which stories in OA's *Seeking the Spiritual Path* book have been most meaningful? How has the book assisted your recovery?

Articles are due Thursday, August 25th. Thanks for making our newsletter great! Send articles to: newsletter@3RiversOA.org

Intergroup News

Bank Account Register

Three Rivers Intergroup

July-2022

Initial Balance: \$2,544.66

Current Balance: \$2,894.46

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	6/28/2022	Beginning Balance				\$2,544.66
	7/5/2022	7th Tradition Contribution	FW Mon #03792		\$234.03	\$2,778.69
	7/5/2022	Contribution Refund	FW Mon #03792		\$243.00	\$2,535.69
	7/11/2022	7th Tradition Contribution	FW MonN #57032		\$66.00	\$2,601.69
	7/18/2022	7th Tradition Contribution	FW Mon #03792		\$243.00	\$2,844.69
	7/25/2022	7th Tradition Contribution	Gosh Sat #22495		\$49.77	\$2,894.46
						\$2,894.46
						\$2,894.46
						\$2,894.46
						\$2,894.46
	7/25/2022	Ending Balance				\$2,894.46
Totals				\$0.00	\$349.80	\$2,894.46

Expense Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$10.00	\$50.00	20.0%
Public Information	\$0.00	\$500.00	\$750.00	66.7%
Region 5 Assembly	\$0.00	\$0.00	\$750.00	0.0%
Website Hosting	\$0.00	\$101.65	\$105.00	96.8%
Workshop Expense	\$0.00	\$75.00	\$100.00	75.0%
Zoom/Phone Conf Srvc	\$0.00	\$149.90	\$150.00	99.9%
Other	\$0.00	\$0.00	\$100.00	0.0%
Year End Donation	\$0.00	\$2,164.69	\$2,164.51	100.0%
Payment Total	\$0.00	\$3,001.24	\$4,269.51	70.3%

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$234.03	\$234.03	\$77.73	301.1%
Elk Mon #02327	\$0.00	\$264.87	\$518.22	51.1%
FW MonN #57032	\$66.00	\$237.00	\$251.20	94.3%
Gosh Wed #89142	\$0.00	\$163.33	\$150.34	108.6%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$194.36	\$127.48	152.5%
FW Sat #37739	\$0.00	\$163.58	\$420.46	38.9%
Gosh Sat #22495	\$49.77	\$310.21	\$498.76	62.2%
Member Donation	\$0.00	\$18.81	\$340.26	5.5%
Workshop Income	\$0.00	\$40.00	\$15.55	257.3%
Deposit Total	\$349.80	\$1,626.19	\$2,400.00	67.8%

Three Rivers Intergroup Meeting minutes

Monday, June 27, 2022 8:00 pm

Opened with the Serenity Prayer

Attendance:

Kevin G. Treasurer Represents Saturday 10:15am Goshen

Joyce Mtg Rep Represents Monday 6pm Elkhart

Added to the Agenda the treasurers item about Paypal payments that was circulated. Approved as amended.

April 25th meeting minutes approved as circulated.

Treasurer's report approved as circulated. Kevin noted that our Zoom account has been extended for another year, till June 2023.

Region 5 Representative report – Rep not present

Goshen Saturday had 1 newcomer. Elkhart Monday had no newcomers.

Newsletter: Kevin received 3 submissions for the July newsletter.

The August newsletter is on the topic “Abstinence No Matter What”. Articles are due Thursday, July 28th.

Old Business:

The Hoosier Recovery Day Viewing Party on June 25th had 7 participants, 2 from Goshen. It was great to get together with other OAers and the Hoosier Recovery Day Zoom event was excellent. Thanks to Susan H for making the arrangements with Unity Fort Wayne and for getting the technology set up!

New Business:

1. Kevin had shared how the IRS requirements on Paypal have changed in 2022. Previously, Paypal was required to report any members doing sales over \$20,000 per year. Now Paypal must report any members doing sales over \$600. Intergroup did receive over \$600 worth of donations in 2021. So far in 2022, Intergroup received about \$450 of donations. Technically the law specifies sales and excludes donations. It is unclear at this point what Paypal will accept as evidence that we receive donations and not payment for sales. Currently they are assuming our income is from sales. Given our uncertain tax status, Kevin proposed removing the option to take Paypal donations from the website and replacing it with instructions on sending a check. This will give us time to sort things out with Paypal and to possibly look at our tax status. The proposal was approved by all present.
2. Kevin also reported that the Goshen Wednesday 12:30pm OA meeting has decided to shut down. The meeting was led by a core of 3 people with occasional visitors from across the world. Given the easy access to phone/Zoom meetings across the world, it seemed to make more sense for individuals to join larger phone/Zoom meetings rather than to expend the effort to keep a small Zoom meeting going. Group funds were disbursed via 60-30-10.
3. Kevin noted he will not be able to attend the July 25th Intergroup meeting due to a vacation.

Meeting Adjourned / Closed with the Serenity Prayer

Minutes submitted by Kevin G, Treasurer, in the absence of Susan H, Secretary

Would You Like to Check Out Our Intergroup Meeting?

We meet on the last Monday of the month (except May & December) at 8pm via Zoom. All in our Intergroup area are welcome! Just click [Zoom Meeting](#). If prompted for an ID or passcode use:

ID: **966 0796 9857** and Passcode: **260574**.

Email chair@3riversOA.org ahead of time to ask for the documents that will be used in the meeting.

Need Help Finding a Sponsor?

Having trouble finding a sponsor? Now you can request help from Region 5 OA. Just go to the following link and enter your information: region5oa.org/request-for-assistance-in-find-a-sponsor

Three Rivers Intergroup Meeting List

Instead of including a meeting list that may be out of date before it is even 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 to the Three Rivers Intergroup by 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

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