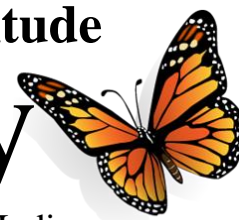




December 2021

An Attitude of Gratitude

# Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

<b>Zoom Meeting Passcode Changes</b> .....	pg 4
<b>Favorite Big Book Quotes</b> .....	pg 5
<b>Share Favorite Slogans</b> .....	pg 5
<b>Next Newsletter Topic</b> .....	pg 5
<b>Treasurer's Report</b> .....	pg 5
<b>Intergroup Meeting Minutes</b> .....	pg 6
<b>Need Help Finding a Sponsor?</b> .....	pg 7
<b>Like to Check Out Intergroup?</b> .....	pg 7
<b>Intergroup Meeting List</b> .....	pg 7

## Intergroup Meeting Changing Zoom Info, Day and Time

In an effort to allow more people to attend the Intergroup meeting, the Intergroup voted to change its meeting day and time to the last Monday of the month at 8pm. This started with the October 25<sup>th</sup> meeting. As before there will be no Intergroup meeting in December. In May we will change the date to avoid Memorial Day.

Additionally, we have had to change the Zoom meeting information. The most current information can be found on the Intergroup Meeting List at:

<https://3riversOA.org/meetings>



### Seeing the Light

Being thankful while living in bondage to self does not measure up to the “attitude of gratitude” found when the barrier of food has been removed. Awareness of the presence of God is enhanced, heightened, seen with new eyes. I am remembering an early morning meditation many years ago using the story of Bartimaeus of Jericho.

Living in darkness and great need, the blind Bartimaeus was begging along the roadside as the Lord traveled to Jerusalem. Bartimaeus pleaded for attention from the noisy crowd, and then for pity when he realized the prominence of the passerby. Imagine his surprise when the Master Healer was standing in front of him asking, “What do you want me to do for you?” The blind man answered, “Master, I want to see.” Immediately he received physical sight through his eyes of faith. Whatever there was before has clarity and understanding.

I am one of many who has said, “Everything has changed, but nothing has changed.” I am referring to the work situation, professor at the night class, difficult neighbor, or struggling teenager. Violence and poverty at the time of Bartimaeus did not go away because of his miracle of sight, but his life changed because he understood God had a better plan. Bartimaeus made a decision to follow God’s guidance and direction.

At my first Overeater’s Anonymous meeting, I learned that I had a disease of the mind, that God was interested in anything that concerned me, and that he would manage my food and weight if I let him.

I had been begging for relief from the mind chatter. I met the Master Healer among strangers in a room with folding tables and chairs. I had physical sight but was blinded by the number on the scale. Relieved of guilt and shame, I could focus on the Steps, Tools, and Traditions instead of fighting with the food.



Although I still travel in the darkness of the unknown, I ask to see God’s presence in every person and situation throughout the ordinariness of my days. I do not

want to miss the blessings he sends me, especially the ones disguised as interruptions and challenges.

P.S. Every day I tell God: *Thank you for my OA buddies, people to talk to, listen to, and for writing so I don't have to chew.*

— N.J., Illinois



## Gratitude in All Things

As I reflect on my 7 decades on this earth, I think of all the triumphs and losses that have occurred in my life. As I look back over my life and I begin to really consider all the things that I have been through, I can only say that I have been truly blessed and in the words of an old Gospel song, "I have a Testimony".

I lived a dual life as a child. In school I was ridiculed and teased because I was fat. I never felt that I fit in, but in my family and church, I received special attention because my sister and I were the Pastor's kids. We were treated extra special when we visited our ancestral hometown, in Alabama.

The realities of the world would soon hit me, when I left the warm and safe environs of my home and church. I entered a world that would judge me by my looks initially. A world that made assumptions about me without knowing the first thing about me. Some of my experiences were harsh and cruel. The experience of overt and institutional racism became a make or break situation. Little did I know that a power greater than myself was even then looking out for me. In spite of being told negative things, being over looked and unfairly treated, I managed to achieve my life's career goals.

Thankfully, God lead me to Overeaters Anonymous and I can truly say, the quality of life I have today is infinitely better than anything I could have imagined. I'm grateful for every challenge I've been presented because if I never had a problem, how would I know that God could solve them. How would I know what Faith in God would do?

I'm grateful for so many things today and I am striving to live in a perpetual state of gratitude. The experiences, opportunities and blessings are too vast to innumerate. I will just say thank you God for a good life. I value most, my relationship with God that is growing, as a result of being in Overeaters Anonymous. To enjoy the simple life and to live a life that is pleasing to my God it's my goal.

— Nancy R.



## Cultivating An Attitude Of Gratitude

In this upcoming whirlwind of "The Holiday Season", I am taking the time to practice my program(s) in all of my affairs. This involves using my "tools". My meetings have changed so much during this pandemic life. I missed my face-to-face meetings. I was "forced" to learn this new thing called "Zoom". At this time I find myself so grateful for my Zoom meetings. They have helped me to keep in touch with far away friends that I used to only see at conventions. I am also able to see old friends and make new friends all over the world!

As an adult child of an alcoholic, the holidays have always packed a "double whammy" in that holidays were always about food and drink. As part of my action plan for the holidays, I take part in holiday zoom and phone marathons. I start my holiday morning off very early by setting up my computer to be on a marathon meeting and pop into the meetings often during the day as I am preparing the family meal, etc. I also set up a menu for the holiday meal and send it to those who will be coming over. If there is something they cannot have, they let me know. If there is something extra they want, they are responsible for bringing it... NOT ME.

The phone is still one of the hardest tools for me to use. It feels as though it weighs 100 pounds! I feel fear when I think about "bothering" someone even though I KNOW that when I make a call, it usually helps the one I am calling as much as

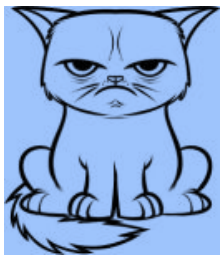


it helps me. I have a program friend that I try to call early on the holiday mornings and that helps a bit with my phone tool,

Writing is still difficult for me most times. I am afraid I do not know how to share in an "interesting" way. As a matter of fact, I am trying to dash this off just ahead of the deadline set for this newsletter. I hope I see many of you as we trudge this happy road of destiny together.



-Suzette, Garrett, IN



## Grumpy into Gratitude

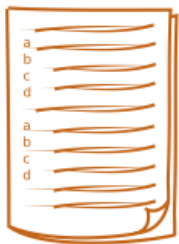
When I am grumpy about something, it helps me to start to be grateful for that very thing. Being grateful evaporates negative thinking for me. Negative thinking is an invitation to slip into eating extra food.

When I am grumpy about work, I write a list of things about my job that I am grateful for. When I am grumpy about finances, I find something that is good in that area of my life.

When I am grumpy about this disease, I think of the many wonderful people in the program and the many tools of the program. Like how writing this short piece can help me be grateful today.

Even when I am not grateful, I can pray for God to help me to be grateful.

-Bev B, Goshen, Indiana



## Listing Our Gratitudes

When I joined OA, I quickly learned to appreciate and work on my "attitude of gratitude". For many years, I have shared daily e-mails with friends in my ex-hometown, listing our "gratitudes" for the day. This helps me to pay attention to all the goodness in my everyday life. It also helps me notice the many ways that I experience the 9th Step promise that God is doing for me what I cannot do for myself.

I am grateful every day for the gifts my OA program gives me. The 12 Steps have improved the health of my body, emotions and Spirit. At this moment, I am grateful for my wise, inspiring sponsor. my sponsees who teach me so much, the e-mail message I just got from our grandson, the bright sunshine on the fall trees, that it is still warm enough to ride my bike, and for willingness to go to the gym in a few minutes when I really want to stay home and be lazy!

There have been times when I've wondered if focusing on my gratitude kept me from being honest about my unhappy feelings. Recently I realized that there is no conflict there. I can be in a boat of pain, floating down my river of gratitude. On difficult days, I am often grateful for the ways this program has helped me cope with the challenges in my life.

November is a month that many people "give thanks". My recovery depends on me nurturing my attitude of gratitude every day.

- JH

## My Magnifying Mind



Before OA, when I was compulsive overeating and my perfectionism was running rampant, I would focus on the 2% of my life that wasn't going as well as I thought it should. I basically ignored the 98% that was going well. I wanted perfection and so I focused on that 2% so I could change it, eliminate it and have my life 100% as I thought it should be.

What happened? Well, I wasn't able to change that 2%. But as I focused on what was going "wrong", it got bigger and bigger in my mind. Soon, from my perspective, my life started looking worse and worse. The more I focused on the 2%, the worse my life appeared to me. Pretty soon I was unable to even see the 98% that was going well! My mind constantly ruminated on the 2% and how I could possibly change it. The harder I tried to change it, the more difficult the task became.



Every day I focused on that 2%, my concept of my abilities plummeted. Every day I focused on that 2%, my love of myself dissolved away a little more.

Every day I focused on that 2%, the world seemed more and more out to get me. Every day I focused on that 2%, my life became a little less worth living.

But all that time, my friend food was there to comfort me. “Yes, your abilities are paltry, but have some more food and it won’t hurt so much,” the food whispered into my ear. “Yes, you aren’t really worthy of love, but have some more food and you won’t feel the pain,” the food murmured. “Yes, the whole world is out to get you. It isn’t fair! But have some more food and they won’t be able to touch you,” the food sighed. “Yes, your life isn’t worth living, but have some more food and you can escape to tomorrow,” the food promised.

Then OA came into my life. I started learning that all those messages from my disease were lies. I had set myself up to be controlled by the disease by focusing on that seemingly negative 2%. I found out how while reading the “Acceptance Was the Answer” story in the AA Big Book, 4<sup>th</sup> ed (Doctor, Alcoholic, Addict in the AA Big Book 3<sup>rd</sup> ed). What really caught my mind was the concept of “the magnifying mind that magnified whatever it focused on”.



I realized that I, too, had a magnifying mind! When I focused on the seemingly negative 2%, my experience of life grew more and more negative.

This gave my disease more and more excuses to use to get me to overeat. The answer was to change my focus, to focus my mind on the positive. The more I focused on the 98% the larger it became in my mind. Nothing really changed in the outer world, but my perception of it slowly started to change, to improve. As my perception improved, I started treating the people around me better. The harder I looked for the positive in my life, the more I found. Today my life is filled with good things!

What does this have to do with gratitude? Having an attitude of gratitude is an important tool in keeping

my mind focused on the positive, on all the good happening in my life. I need to remember to be grateful for every little thing in my life.

I used to have an attitude of entitlement about my life. Why should I be grateful for the sun shining? It shines on everyone not just me. Why should I be grateful for the beautiful fall leaves? They turn colors every fall. Why should I be grateful for my health? I was healthy yesterday. Weren’t most people? Why should I be grateful to be a compulsive overeater? Who wants a killing disease?

Now I am truly grateful for all these things in my life. I live in northern Indiana. The sun definitely does not shine every day this time of year so each sunny day is a gift. The beauty of the fall leaves gives me a feeling of awe every year. Every day I am healthy is a gift because no, not everyone is healthy every day. I am even grateful I am a compulsive overeater. I wouldn’t be able to persevere in working the 12 steps if I didn’t have this disease nipping at my heels, keeping me moving deeper into recovery.

I am amazed sometimes that I can even see the good in that 2% now. I can be grateful for the boss who wanted to do everything 180 degrees differently from me. Without him I might still have the delusion I can control the people around me. I can be grateful for not being naturally outgoing or a social butterfly. Without that I might not be the calming presence I am and maybe I couldn’t be compassionate for those who are not outgoing.

Maybe focus on the positive doesn’t change the world around me but it sure changes how I experience my life in the world. Isn’t that the most important thing?

-K.G.

## **Zoom Meeting Passcode Changes**

Due to problems with Zoom bombers, we needed to change the Zoom passcode for the current Zoom meetings. To make it harder for the Zoom bombers we will no longer be publishing the Zoom links and credentials on the OA.org website. We will however, continue to publish them on our Intergroup meeting list at: <https://3riversOA.org/meetings> .

# February Newsletter

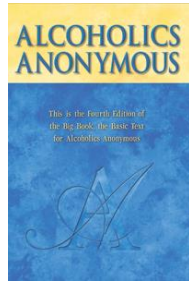


## OA Recovery Slogans

There is no January Monarch Monthly so the next issue will be February. The February topic will be. "OA Recovery Slogans."

What are your favorite recovery slogans? What do they mean to you or why do you like them? Which slogans shocked you the first time you heard them? Has your understanding of any slogan changed over the years?

Articles are due Thursday, January 27th. Thanks for making our newsletter great! Send articles to: [newsletter@3RiversOA.org](mailto:newsletter@3RiversOA.org)



## 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](mailto:newsletter@3RiversOA.org) and keep them coming.

## Share Your Favorite Slogans!

Please share your favorite slogans with us along with why you like them. Send to: [newsletter@3RiversOA.org](mailto:newsletter@3RiversOA.org)

### Bank Account Register

### Three Rivers Intergroup

November-2021

Initial Balance: \$3,991.51

Current Balance: \$4,031.51

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	10/26/2021	Beginning Balance				\$3,991.51
	11/22/2021	7th Tradition	FW Sat #37739		\$40.00	\$4,031.51
						\$4,031.51
						\$4,031.51
						\$4,031.51
						\$4,031.51
						\$4,031.51
						\$4,031.51
	11/29/2021	Ending Balance				\$4,031.51
<b>Totals</b>				<b>\$0.00</b>	<b>\$40.00</b>	<b>\$4,031.51</b>

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$75.00	\$217.56	34.5%
Elk Mon #02327	\$0.00	\$500.00	\$455.49	109.8%
FW MonN #57032	\$0.00	\$133.37	\$0.00	
Gosh Wed #89142	\$0.00	\$145.05	\$32.92	440.6%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$123.00	\$163.15	75.4%
FW Sat #37739	\$40.00	\$276.67	\$532.71	51.9%
Gosh Sat #22495	\$0.00	\$481.22	\$598.17	80.4%
Member Donation	\$0.00	\$328.29	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$40.00	\$2,077.60	\$2,160.00	96.2%

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$10.00	\$180.00	5.6%
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	\$0.00	\$1,209.83	\$0.00	
Website Hosting	\$0.00	\$96.30	\$100.00	96.3%
Workshop Expense	\$0.00	\$0.00	\$180.00	0.0%
Zoom/Phone Conf Srvc	\$0.00	\$99.80	\$150.00	66.5%
Other	\$0.00	\$0.00	\$100.00	0.0%
Payment Total	\$0.00	\$1,415.93	\$2,160.00	65.6%

## **OA Three Rivers Intergroup Monthly Meeting, 10/25/2021**

Meeting opened with the Serenity Prayer at 8:04pm.

This meeting was held on Zoom (ID 970 5024 1729, Password 198390).

Attendance, Positions, and Meetings Represented:

- Suzette, Region 5 Rep, Garrett Thursday
- Kevin G, Treasurer, Elkhart Monday & Goshen Wednesday and Saturday
- Debra M, Chair, Fort Wayne Monday noon
- Christina H, Secretary, Fort Wayne Saturday

Today's agenda was accepted with the following changes:

- Added to Old Business: Radio Ads
- Added to Old Business: Officer Elections
- Removed: Moving Intergroup meeting night

Minutes from 9/28/2021 were accepted without changes.

Treasurer's Report was accepted without changes.

Region 5 Representative Report:

- This weekend is Fall Assembly; it is now virtual only. Suzette will attend it.

Newcomer Report:

- Elkhart Monday = 0
- Fort Wayne Monday noon = 1
- Fort Wayne Monday night = Not Reported
- Goshen Wednesday = 0
- Fort Wayne Thursday = Not Reported
- Garrett Thursday = Meeting Not Occurring
- Fort Wayne Saturday = 0
- Goshen Saturday = 0

Newsletter Report:

- Got 3 articles for October; Kevin G is hoping to get it out mid-week.
- November - Attitude of gratitude. Articles due 11/25/2021.

Old Business:

- Officer Elections
  - Region 5 Rep - Suzette will run for her first term.
  - Chair - Debra M will run for her second term.
  - Treasurer - Kevin G will run for his second term.
  - Vice Chair - Christina will run for her first term.
  - Secretary
    - Christina cannot run again; she has done two terms.
    - We need a candidate.
  - Dave C is not running for a position at this time.
- Radio Ads
  - Debbie H is willing to handle it (she has done it before), according to Kevin G.
  - Motion passes to allow up to \$500 for Debbie H to finance and coordinate the radio ads for the Elkhart / Goshen / South Bend area.

Motion passes to adjourn the meeting early.

8:32pm, meeting closed with the Unity Promise.

Submitted by Christina H, Three Rivers Intergroup Secretary

## **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](http://region5oa.org/request-for-assistance-in-find-a-sponsor)

## **Would You Like to Check Out Our Intergroup Meeting?**

We meet on the last Monday of the month (except December) at 8pm 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](mailto:chair@3riversOA.org) ahead of time to ask for the documents that will be used in the meeting.

## **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](http://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](http://3riversOA.org) and clicking the "Donate" link. You can also mail a check. Go to: [3riversOA.org](http://3riversOA.org) and click the Contact Us link to get the mailing address.

**Region 5 Website:** [Region5oa.org](http://Region5oa.org)

**OA World Service Office Website:** [OA.org](http://OA.org)

**Three Rivers Intergroup**  
[intergroup@3riversOA.org](mailto:intergroup@3riversOA.org)  
[www.3riversOA.org](http://www.3riversOA.org)  
**(260) 203-1199**

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