



February 2022

OA Recovery Slogans



# Monarch Monthly

The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

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## Using Slogans in Difficult Situations



Slogans are a way to keep recovery close when there is a difficult situation I am facing.

Today I am feeling anxiety about a work supervisor requesting a change in a choice I made. Today I pick up the slogans and see what fits.

**Just for Today.** I can make a change and adjust the situation that caused the request. It is not a commentary on my qualifications as a person to have a difference of agreement.

**How Important Is It?** A request for a minor action to reverse a previous decision is not a big thing. In the past, hearing of an authority figure's request for a behavior change would send my anxiety up and cause me to look for help and relief in excess food. Today, I do not seek excess food. Instead, I wrote about my feelings and am sharing how I use a few slogans to help myself feel stable and safe.

**Live and Let Live.** I don't agree with the request of the authority figure. However, it is not a difficult

request to follow. It is a minor thing. This person's style of communication is offensive and seems rude to me. However, that is not my concern today. My concern is my own behavior and the need to do the right thing in every situation I am faced with. This is "Living" with integrity and humility today. I let other people behave as they see fit. I am only responsible for my behavior.

**Let Go and Let God.** I let God help me with my feelings. This caused fear to rise up in my mind. In the past, keeping an authority figure happy was critical for my mental, emotional and physical safety. Today, none of that is true. I let go of these old feelings of fear and trust that my loving God is protecting, guiding and directing me today through these uncomfortable feelings. I am safe today, mentally, emotionally, physically and spiritually.

This is 100 percent because of the recovery I have found in the 12 step program of OA. I am very grateful today for my recovery and refuse to use excess food to manage my emotions. I have slogans, tools, steps, literature, recovery friends and much more to help me today. Thank you, 12 steps and thank you OA.

— Debbie H



## Not a Rose Garden

The longer I am in OA, I learn more and have greater appreciation for the wisdom of our slogans.

One slogan that I did not like or understand at first was **FAKE IT TILL YOU MAKE IT**. That made me feel like I was not being honest and I was hiding my "true self". When I tried it several times, it worked! It was helpful to "act as if" and with time, this became a

helpful tool as I practiced my new ways of responding to life.

Two slogans that have helped me during COVID are **YOU CAN ONLY CHANGE YOURSELF** and **ACCEPTANCE IS THE ANSWER**. Oh, there is so much I want to change these days, like the status of the pandemic and what people do and say. A gift of our program is learning that there is little I can change except **ME** and there is much that I must simply accept. Two things that have helped me are the Big Book chapter (page 407) *Acceptance was the Answer* and the Serenity Prayer. An important part of this prayer is asking for the courage and wisdom to change what I can.

**AN ATTITUDE OF GRATITUDE** is the slogan that helps me with whatever the day brings. Earlier this week, I was in bed with my annual vertigo episode. I felt terrible, but I was very grateful for the help of my husband, medication, many hours of deep sleep and knowing I would feel better every day. Today I am overflowing with gratitude as I look out my window at the beautiful snow and sunshine.

Our program does not promise us a "rose garden". I enjoy some days more than others, but every day I can experience joy and serenity because I am learning to understand and **LIVE** our precious slogans!

— JMH, Goshen



## How Can I Choose Just One?

There are so many slogans, how can I choose just one or just a few? I was looking through the slogan list on our Intergroup website (<https://3riversoa.org/oa-slogans>). Here are some of my favorites.



**Holding a resentment is like drinking poison and expecting the other person to die.** I was kind of shocked by this one the first time I heard it. But when I thought about it for a second, I

realized that it brought together all I had learned in OA about resentments into one sentence.

Before OA I held lots of resentments. I didn't think "those people" deserved to be forgiven! But in OA I found out that those resentments were killing me, not "those people"! I held onto my resentments with a passion never realizing the tighter I held them, the more I was poisoning myself. Today I am thankful that OA has taught me that I am the one who loses when I hold resentments. Forgiveness isn't a gift for "those people" but it is a gift to release me from continuing to drink the poison of resentment!



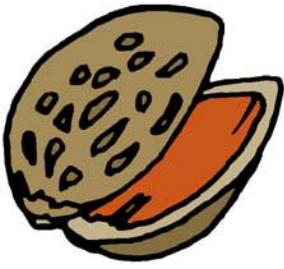
**Face your stuff, don't stuff your face.** This one feels a little too honest for me today. I've been struggling with the food. But it isn't really about the food is it? What is going on in my life that I am not willing to face right now? What am I stuffing down to avoid dealing

with it? It is never as simple as the food tastes good or I love food. When I am eat compulsively I am trying to run away from my life and what is in it. What am I running from today?



**Do the next right thing.** I am a perfectionist. Well, maybe I should say a frustrated perfectionist. I want to do things perfectly but we all know that is

not possible. There is a part of me that says, "If I can't do it perfectly, I might as well not even try." There it is, the recipe for procrastination. Sometimes I find it nearly impossible to get started on something I can't finish quickly or complete perfectly. "Do the next right thing" helps keep me in the moment. Maybe I can't finish something but I can take a little step on it. Maybe I can't do it perfectly but I can do it good enough for now. This slogan helps me start moving and somehow one step leads to another and I can get away from the paralysis of procrastination.



**Forgiveness is letting go of a better past.** This slogan really clicked with me the first time I heard it. It puts together, in a little nutshell, ideas of forgiveness, letting go, living in the now and accepting life on life's terms.

Maybe what hits me is the futility of not forgiving? Maybe I think I know how things "should" have happened in my past but what of it? I can't go back and make the past better than it was. I can only live today the best I can.

It is probably hubris to think I know how things should happen today or should have happened in the past. Honestly, my higher power has a much better track record than I do when it comes to knowing what is best for me. Thank goodness!



**Half measures availed us nothing.** There was a time when I didn't really get this one. For many things, if you do half of the work, you get half of the outcome. It works that way for mowing the lawn or cleaning out the

garage. Then I heard a slogan that put it in a way I could understand. "Being in OA but not working the steps is like having the winning lottery ticket but never cashing it in."

Now, I can understand that! Just being in OA may make me feel better and improve my social life, but it is not going to give me recovery from compulsive over-eating unless I take action and work the steps. Today I want to get everything I can get from OA and that means working all the steps!

— K.G.



## The Ring of Truth

**Keep Coming Back** rings true to me. Had I not kept coming back, I would not be experiencing the level of recovery that I enjoy today. Sometimes I did not believe that this

program would work for me, but I kept coming back. One day something happened and the pieces of the puzzle began to fall together and I became willing to give up certain foods, work the Steps and BINGO! I received the promises of the program, RECOVERY.

**One Day At A Time** makes this program doable. I can do these things today: pray for help, follow a food plan, write, accept class, call, go to meetings. I can do these actions today, even when I don't feel like it, because this is the treatment for my disease.

I hold on to **-This Too Shall Pass-** when emotions, fears, the ups and downs of life begin to get me down, I know that whatever I am going through is not going to last forever. I can ask for guidance and trust that HP will see me through.

**Keep It Simple** reminds me not to complicate things. Don't over analyze and think myself into a personal interpretation of this program, just follow the pathway. It is a simple program for complicated people.

**My ultimate OA saying is the Serenity Prayer.** It covers a magnitude of situations. I am so grateful for this design for living and enjoying life to its fullest.

— Nancy R.

## Abstinence Prayer of a Food Addict

**Higher Power, today is a new day for me.**

**With You, it can be a day of abstinence.**

**With You, I can handle anything.**

**I ask for Your Protection in case, sometime during the day, my desire to eat compulsively becomes stronger than my desire to abstain.**

**I ask for Your Protection today from anyone or anything that would interfere with my abstinence. I know that I am powerless over food and that my life can become unmanageable again.**

**I believe that you will relieve my compulsion and restore me to sanity.**

**Please help me to know Your Will for me today and give me the willingness to carry it out.**

I turn my will and my life over to You.  
Please guide me through another day of abstinence.

God, I need you.

Amen

— Author Unknown



ARE

RED



VIOLETS

ARE

BLUE

## Our OA Fellowship Is Always Here for You!

—BobbieLee

### Zoom Meeting Passcode Changes

Due to problems with Zoom bombers, we needed to change the Zoom passcode for the current Zoom meetings at the end of November. 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> .

## March Newsletter

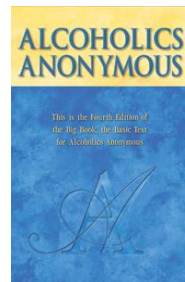


### Fighting Isolation

The March Monarch Monthly topic will be "Fighting Isolation."

Is isolation part of your disease? When have you struggled with isolation? What helps when you realize you are isolating? What tools do you use to prevent isolation?

Articles are due **Thursday, February 24th**. 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)

### Intergroup Election Results

The results of the election of Intergroup officers are as follows:

Chair: Debra M

Vice-Chair: Christina H

Treasurer: Kevin G

Secretary: Susan H

Region 5 Representative: Suzette R.

Thanks to all for their willingness to serve!

**Bank Account Register**

**Three Rivers Intergroup**

**December-2021**

Initial Balance: \$4,031.51

Current Balance: \$4,269.51

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	11/30/2021	Beginning Balance				\$4,031.51
	12/20/2021	7th Tradition	FW MonN #57032		\$109.00	\$4,140.51
	12/20/2021	7th Tradition	FW Sat #37739		\$129.00	\$4,269.51
						\$4,269.51
						\$4,269.51
						\$4,269.51
						\$4,269.51
						\$4,269.51
	12/31/2021	Ending Balance				\$4,269.51
<b>Totals</b>				<b>\$0.00</b>	<b>\$238.00</b>	<b>\$4,269.51</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	\$109.00	\$242.37	\$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	\$129.00	\$405.67	\$532.71	76.2%
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	\$238.00	\$2,315.60	\$2,160.00	107.2%

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%

**Bank Account Register**

**Three Rivers Intergroup**

**January-2022**

Initial Balance: \$4,269.51

Current Balance: \$4,483.76

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	1/1/2022	Beginning Balance				\$4,269.51
	1/10/2022	7th Tradition	Gosh Sat #22495		\$130.22	\$4,399.73
	1/24/2022	7th Tradition	Member Donation		\$18.81	\$4,418.54
	1/24/2022	7th Tradition	Gosh Wed #89142		\$65.22	\$4,483.76
						\$4,483.76
						\$4,483.76
						\$4,483.76
						\$4,483.76
	1/31/2022	Ending Balance				\$4,483.76
<b>Totals</b>				<b>\$0.00</b>	<b>\$214.25</b>	<b>\$4,483.76</b>

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$0.00	\$217.56	0.0%
Elk Mon #02327	\$0.00	\$0.00	\$455.49	0.0%
FW MonN #57032	\$0.00	\$0.00	\$0.00	
Gosh Wed #89142	\$65.22	\$65.22	\$32.92	198.1%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$0.00	\$163.15	0.0%
FW Sat #37739	\$0.00	\$0.00	\$532.71	0.0%
Gosh Sat #22495	\$130.22	\$130.22	\$598.17	21.8%
Member Donation	\$18.81	\$18.81	\$0.00	
Workshop Income	\$0.00	\$0.00	\$160.00	0.0%
Deposit Total	\$214.25	\$214.25	\$2,160.00	9.9%

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	\$50.00	0.0%
Public Information	\$0.00	\$0.00	\$250.00	0.0%
Region 5 Assembly	\$0.00	\$0.00	\$750.00	0.0%
Website Hosting	\$0.00	\$0.00	\$105.00	0.0%
Workshop Expense	\$0.00	\$0.00	\$100.00	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	\$0.00	\$0.00	\$1,605.00	0.0%

**Three Rivers Intergroup of Overeaters Anonymous**  
**Minutes from November 29, 2021**

This meeting was held on Zoom

Meeting ID: 966 0796 9857 Meeting Passcode: 260574

Zoom Link: <https://us06web.zoom.us/j/96607969857?pwd=R3Z0a0N2THkwaFQrMURCZUdzdmhzZz09>

Meeting opened at 8 p.m. with The Serenity Prayer.

**Attendance, Positions, and Meetings Represented:**

- **Chairperson-** Debra M. – Fort Wayne. Mon. Noon
- **Vice Chair -** Dave C. – Not Present
- **Secretary -** Christina H. – Not Present
- **Treasurer -** Kevin G. - Goshen. Wed and Sat.
- **Region 5 Rep -** Suzette R. – Took notes for Christina – Thursday Garrett is restarting in Jan 2022

Today's agenda was accepted without changes; Suzette made motion and Joyce seconded. The motion passed.

Minutes from October 25, 2021 (by Christina): Kevin made a motion and Joyce seconded that the minutes be accepted. The motion passed.

Treasurer's Report was given by Kevin. Suzette made a motion, which was seconded by Joyce, that the report be accepted without changes. After a vote the report was accepted without changes.

Region 5 Representative Report: Suzette submitted a small report for the newsletter.

**Newcomer Report:**

- Elkhart Monday = 0 via Joyce
- Fort Wayne Monday noon = 0 via Debra
- Fort Wayne Monday night = NC via Jan
- Goshen Wednesday = 0 via Kevin
- Fort Wayne Thursday = Jan
- Garrett Thursday = Suzette stated this meeting is hoping to start in January
- Fort Wayne Saturday = 1 via Christina
- Goshen Saturday = 0 via Kevin

**Newsletter Report:**

- Kevin stated that articles for the February 2022 newsletter are due on January 27, 2022. The topic of the newsletter will be **Using OA Slogans**. Please let your meetings know.

**New Business:**

- Officer elections. Debra M. will be in her 2<sup>nd</sup> term as Chairperson. Christina H. will be in her 1<sup>st</sup> term as Vice Chairperson. Susan will be in her 1<sup>st</sup> term as Secretary. Kevin G. will be in his 2<sup>nd</sup> term as treasurer. Suzette R. will be in her 1<sup>st</sup> term as Region 5 Rep.
- An e-ballot will be sent by Kevin to the members in attendance at this evening's meeting. An addendum will be made to these minutes to list the results.
- Zoom meeting concerns – Kevin stated that in the short term, we have changed the passwords to the 3 Rivers meetings. We have published the information with WSO, and our site.
- Debbie is working on the radio ads for the Goshen/Elkhart area.

### **Adjournment:**

Joyce made a motion, which was seconded by Kevin, that the meeting be adjourned. We closed with the OA Promise.

### **RESULTS OF ELECTION:**

Chair: Debra M.

Vice Chair: Christina H.

Secretary: Susan

Treasurer: Kevin G.

Region 5 Rep: Suzette R.

Yours in service,

Suzette R. for Christina H.

## **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**

**Disclaimer:** The Monarch Monthly is the Three Rivers Intergroup publication for compulsive eaters. Opinions expressed here are not those of Overeaters Anonymous as a whole. In most cases, if material is edited in some way, it will be for grammar/typos. Permission to reprint articles in the Monarch Monthly is granted to all OA groups and service bodies.

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*There is a Solution*

**February 18-20, 2022**  
**2022 OA Virtual Region Convention**

[Register Here](#)

[Program Schedule](#)



**REGISTRATION IS NOW OPEN!**

**Sliding Scale: \$5, \$10, \$15, \$25 USD**

*Friday, February 18*  
*10 am EST (3 pm UTC)*

*to*

*Sunday, February 20*  
*7:30 pm EST (12:30 am UTC)*

» **Keynote Speakers**

» **Steps Sessions**

» **"Stepping Around the World" Workshops**

**Interpreted in many languages**

*Zoom information will be emailed to all registrants.*

