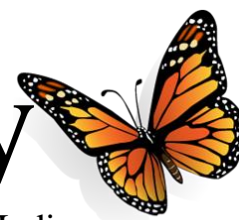




July 2021

Honesty and Recovery

Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

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The Humility Factor



Real people think and feel, talk and touch. Those words came out on a journal page after joining Overeaters Anonymous, where I had found a safe place for

full disclosure of self and my coping mechanisms for living in a messy world. The rules in my extended family and farming community were very clear: children are to be seen and not heard; peace at all costs; and do not talk back to older folks or authority figures; and three topics were absolutely prohibited – religion, politics, and weight!

You have likely surmised that I came from a fat family, riddled with hypertension, heart disease, and obesity, stuffing down feelings with food, cigarettes, and beer, regardless of membership in the Temperance League. What's a good little girl to do? I hid – quiet, shy, studied hard, helpful, listened, and obeyed the rules, so as not to make a mistake. I knew when I grew up that I would hug my children and say, "I love you," but for now, I wasn't real. I wasn't honest.

I view humility, truth, and honesty as intertwined. The opening paragraphs of "How It Works" speak emphatically of integrity: completely, rigorously, fearlessly, thoroughly, and absolutely. Am I capable of recognizing who I am and who I am not? Can I acknowledge both my assets and my limitations? Do I want to be all I can be, the best version of myself, a first class Nanc?

The only requirement for membership is a desire to give up the crutch of compulsive eating. With humility and courage, I plug into God's mercy and power. We have often heard the adage, "The truth will set you free, but first it will turn you inside out." Abandoning attitudes and behaviors of a lifetime is hard work, but freedom from food obsession is the reward, from enslavement to the scale to sane eating and successful living. Today, I am an open book, what you see is what you get.

— N.J., Illinois



The Slippery Slope

The first justification for consuming a substance NOT on my food plan was my first step onto the slippery slope of relapse. I told myself:

- a) It's technically fruit
- b) I measure it, therefore
- c) I can handle it
- d) Since it's fruit (see "a") I don't need to tell my sponsor which specific fruit is on my dinner plan
- e) I report food types and groups, not specifics
- f) Double the amount is still "fruit" and
- g) I'm still measuring it
- h) Not mentioning the specifics isn't dishonest since I haven't been asked
- i) I've at least included fruit (x2) when reporting my food plan which is true
- j) and takes care of the fact I have double the amount so I'm still being

k) honest

l) right?

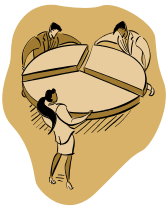
z) Help!!

My life became thoroughly unmanageable within three years and I was in total relapse, unable to find my footing in recovery. I had to get honest if I wanted freedom again, so I did get honest and it felt hard; humbling. Oh well.

Dishonesty is the antithesis of Step 1 in the OA program of recovery. My experience of dishonesty is literally stepping outside the safety zone OA and the 12 Steps provide. I got exactly what dishonest living offers - a big hot mess.

Thanks to my OA friends, my sponsor, my Higher Power, and all OA has to offer as a solution for my unmanageable life, I am working an honest program again. What I learned through that self-created mess is that honesty is the only way to have and hold onto recovery one day at a time, one meal at a time.

— MM, Fort Wayne



More Than My Share

“Where have I acted badly or dishonestly, causing me to lose my peace of mind?” (For Today Workbook, Apr 18)

This question makes me think of times when I have used a system intended to offer one special per customer to get more than my share. I can justify it, say everyone does it, but it is the critical self that I have to deal with not everyone's conscience. Saving money or getting something cheaper or free is not worth the trade-off for the guilt and self-recrimination. The bottom line is, "Does this behavior improve the quality of my life or degrade the quality of my life?"

I can't afford to give the critic in me fodder to prove I am a rotten person. The 4th and 5th steps were all about getting rid of that emotional baggage that my disease uses against me. The last thing I want to do is add some new emotional baggage. I'm not trying to be goody two shoes about it. I just don't want to give the disease a handhold back into my life.

-K.G.



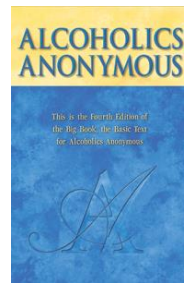
A Lie Wrapped in the Truth

Honesty is as important to me as abstinence is.

Through my years in the program I have discovered a glaring defect of character in me called dishonesty. Every time I make an excuse for overeating or eating things not on my food plan, I am being dishonest.

An excuse is a "lie wrapped in a thin shell of truth." One excuse I make is: "I have worked hard today so I deserve a treat." The truth of the matter is that I have worked hard, but the lie is that I don't need extra food just because I have worked hard. I challenge myself to keep on seeing the excuses I use and the lie part of the excuse. For me, staying honest keeps me out of excuses and keeps me abstinent.

-Bev



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.

August Newsletter



Recovery from Relapse

**Slogan: I take the first bite.
The first bite takes the second bite.
The second bite takes the third bite.
And the third bite takes me.**

The August Monarch Monthly topic will be "Recovery from Relapse." How has relapse affected your recovery? What was the first step toward relapse for you?

What was the final step toward relapse for you? What brought you out of relapse?

The **Slogan of the Month** is: **"I take the first bite. The first bite takes the second bite. The second bite takes the third bite. And the third bite takes me."**

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

Favorite Slogans

ONE DAY AT A TIME: Only Step I deals with food. The remaining Steps are the antidote to my thinking and living problem. This program has helped me to deal with the ups and downs that life brings, without compulsive overeating. Most importantly, this program has enabled me to have a connection with my Higher Power that empowers me to follow a plan of eating, just for today. Initially, the thought of not eating my binge foods was overwhelming. This program taught me I could do it for one day. That I can get through anything one day, The worse pain, hurt, grief, disappointment or fears can be dealt with, one day at a time. Living in the past and future is so exhausting but daily living is such a gift.

PROGRESS, NOT PERFECTION: Perfectionism was a big one for me. False pride and fear kept me

from participating and trying out for many things in life. Today, I just do my best. That's all that is required. The more I work this program, the clearer things become. It's like practicing a new piano piece, the more I practice, the better it becomes. The more I incorporate these 12 Steps into my daily life, my understanding and ability to implement them gets better.

IT WORKS IF YOU WORK IT: It's all academic if I don't put the program into action, DAILY! Reading the literature is important. Attending meetings is important. Making phone calls is important. Using all the tools is beneficial but if I don't work these Steps and incorporate them into my daily life, I will not receive the Promises of this Program. I will not receive the Peace that passes all understanding and I will not be able to handle life on life's terms. I will relapse and return to the Hell of compulsive overeating. If I work "IT", I am in communion with my Higher Power, who guides and directs my life. Food is no longer an option, Higher Power is. Thank You Overeaters Anonymous. Thank you God. I have a life beyond my wildest dream, problems and all.

-Nancy R

Share Your Favorite Slogans!

Please share your favorite slogans with us along with why you like them. Send to:

newsletter@3riversOA.org

Bank Account Register

Three Rivers Intergroup

June-2021

Initial Balance: \$3,336.97

Current Balance: \$3,261.14

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	5/25/2021	Beginning Balance				\$3,336.97
	6/1/2021	7th Tradition	Member Donation		\$23.97	\$3,360.94
	6/9/2021	Zoom Annual Renewal	Zoom/Phone Conf Srvc	\$99.80		\$3,261.14
						\$3,261.14
						\$3,261.14
						\$3,261.14
						\$3,261.14
						\$3,261.14
	6/28/2021	Ending Balance				\$3,261.14
Totals				\$99.80	\$23.97	\$3,261.14

Transaction Type	Month		Proposed	
	Total	YTD Total	Budget	Percent
FW Mon #03792	\$0.00	\$75.00	\$217.56	34.5%
Elk Mon #02327	\$0.00	\$392.00	\$455.49	86.1%
FW MonN #57032	\$0.00	\$25.00	\$0.00	
Gosh Wed #89142	\$0.00	\$87.09	\$32.92	264.5%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$123.00	\$163.15	75.4%
FW Sat #37739	\$0.00	\$103.67	\$532.71	19.5%
Gosh Sat #22495	\$0.00	\$254.40	\$598.17	42.5%
Member Donation	\$23.97	\$232.07	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$23.97	\$1,307.23	\$2,160.00	60.5%

Transaction Type	Month		Proposed	
	Total	YTD Total	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	\$99.80	\$99.80	\$150.00	66.5%
Other	\$0.00	\$0.00	\$100.00	0.0%
Payment Total	\$99.80	\$1,415.93	\$2,160.00	65.6%

OA Three Rivers Intergroup Monthly Meeting 5/25/2021

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

Meeting opened with the Serenity Prayer at 7:36 pm.

Attendance, Positions, and Meetings Represented:

- Debra M, Chair, Fort Wayne Monday noon
- Kevin G, Treasurer, Goshen Saturday & Wednesday
- Joyce H, Elkhart Monday
- Jan C, Fort Wayne Monday night & Thursday

Christina H. was unable to attend this meeting, so Joyce H. was the recording secretary.

Today's agenda was accepted without changes.

Minutes from 4/27/2021 were accepted without changes.

Treasurer's Report was accepted without changes.

- Kevin will check to see when the Zoom payment is due.

Region 5 Representative Report:

- We have no representative, so no report.

Newcomer Report:

Elkhart Monday = 1, Fort Wayne Monday noon = 0, Fort Wayne Monday night = 0, Goshen Wednesday = 0, Fort Wayne Thursday = 0, Fort Wayne Saturday = 0, Goshen Saturday = 0

Newsletter Report:

- Kevin received two articles for June.
 - July articles are due 6/24.
 - Topic: Honesty: how do you work an honest program?
- Kevin is now mailing the newsletter to one person.

Old / New Business:

- Suzette R. was elected to be our new Region 5 Representative. She will attend meetings and give us a report until she can vote (when she has one year of continuous abstinence.) Intergroup will cover her expenses when she attends in person meetings.
- Someone in the Goshen area is planning a new Sunday step meeting. Details will be shared when plans are finished.

Announcements

- Debra M. will be unable to chair the June meeting and Dave will chair.

7:51 pm, meeting closed with the unity promise.

Submitted by Joyce H

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.

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

Would You Like to Check Out Our Intergroup Meeting?

We meet on the last Tuesday of the month (except December) 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.

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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OA Region 5 Convention

Saturday 10/2 8:30 AM - 9 PM EDT
 Sunday 10/3 8:30 AM - 12:15 PM EDT

- Dancing
- Fellowship
- Entertainment
- Keynote Speakers
- Panels
- Workshops

Hosted By Central Ohio Service Intergroup
 via Zoom

Service Opportunities

- Speaker/Panelist Hosting/Hospitality
 Zoom Aide Available Sponsor Other

Suggested Donation

- \$15 \$20 \$25 Other

Convention Preview

- Many Voices** Our experiences
One Solution The 12 Steps of Overeaters Anonymous

This engaging event will celebrate recovery across the diversity of compulsive eating behaviors, disease manifestations, personalities, and beliefs.

The virtual format allows us to explore the following topics through speakers, panels, and workshops:

- 12 Steps of OA
- Abstinence through Action
- Acknowledging and Accepting Emotions
- Diversity in Lifestyle and Community
- The Principles
- Sponsorship
- Many Journeys to Recovery
- Experience, Strength and Hope

Register

OARegion5.regfox.com/region-5-2021-convention
 Registration closes September 30, 2021

Payment can be made at time of registration or mail a check along with your name and e-mail address to:

Central Ohio Service Intergroup-Convention
 PO Box 14268
 Columbus, OH 43214-4268 USA

Questions: (614) 636-1554
treasurercosig@gmail.com

