



July 2022

All About the OA Tools



# Monarch Monthly

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

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## Why I Write

I did not write the October 13 entry in Voices of Recovery, but I could have because it states everything I have found true in my living experience. I pulled a 5-subject spiral notebook off the shelf after returning from my first OA meeting over forty years ago. Why? Because a stranger at the meeting said, “You are emotionally eating and need to write.” I didn’t know what that meant, but I wanted freedom from incessant mind chatter!

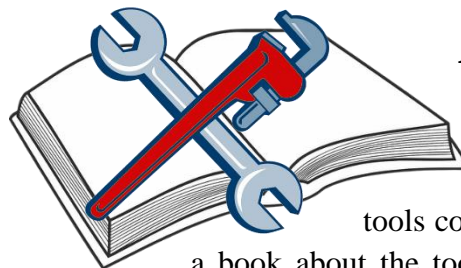


I write on scraps of paper or brown paper towel, just a few words for later when I have the minutes and more paper. My writing may take the form of prose, but lists, dialogue, or poetry are common. I do favor legibility and capitalization, but punctuation is optional when the words are flowing. I cannot describe the thrill that comes from discovering the sense of clarity and direction that leaps off the page in reading my writing aloud. I remember one time when the “jewel” was in the last sentence. I remember another time reading it to an OA buddy because I was still puzzled after my 3-day period of letting it marinate. Inspired by the Holy Spirit, she said, “Could it be....?” There was my answer, which brings me to another favored tool, calling and sharing my writing.

I have a vertical relationship with God and a horizontal relationship that includes my program buddies. God knows my needs and hears my prayers but sharing them multiplies the joys and diminishes the difficulties. We were never meant to trudge through life

alone. Writing is my #1 tool, but sharing it with others, who understand and accept me, enhances my recovery journey.

—N.J./Illinois



## A Book of Tools

Each of the OA tools could be a chapter in a book about the tools of recovery. I want to share briefly about each one

**Plan of eating.** My daily plan of eating creates limits on what I eat. It's a safety net and a fence around food. Over the years it has become a way to make decisions that come up in daily life about unexpected food decisions.

**Telephone.** Talking to others about food and life decisions is extremely important. I need support and encouragement to live life well and happily.

**Sponsorship.** Having sponsees is a great gift. I am honored and blessed to accompany a recovering woman as she learns and lives life in the 12 steps. I have a spiritual director who helps me live my life as a woman of God each day.

**Writing.** As I write my 10th step each evening, I see the highlights of the day. I see where I was at my best, I see where I felt uneasy. Each helps me grow and celebrate life today.

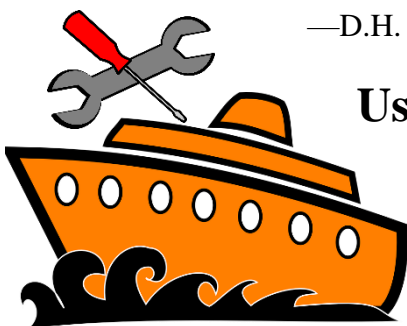
**Meetings.** My home meeting is a safe place to learn and love and grow with a precious group of dear friends. I have been attending my home group for 25 years and by the grace of God I have never left.

**Anonymity.** What I hear here, who I see here in a meeting or call stays here. I am safe and I keep others safe.

**Service.** I serve as treasurer and take a turn as leader of my home group. I contribute to the meeting.

**Action plan.** I have a plan for each day. I write my plan for tomorrow each evening as part of my daily 10th step. It gives my time focus and helps me organize my time.

**Literature.** I read OA literature each morning during my morning routine. I remind myself I am a compulsive overeater today.



—D.H.

## Using the Tools on Vacation

The tools of recovery help me stay abstinent wherever I am.

Recently, I was traveling for ten days and these are some of the tools I used.

**Meetings and literature:** These are two of my favorite tools. Because of my location and lack of WiFi most days, I only attended one in person meeting and one Zoom meeting. However, I read our literature every day.

**Action plan:** I can't say I enjoy writing/updating/using this tool, but I need to pay attention to my plan every day. While traveling, I could always find delicious food that was on my food plan and I exercised every day. Prayer/meditation, expressing my gratitude and doing my bedtime 10th Step review are vital to my recovery. I can (and do!) practice this part of my action plan wherever I am.

I did not use these tools.

**Writing:** Because I was not able to talk to my OA friends, I know it would have been helpful if I wrote about my thoughts and feelings, but I didn't. This is the one tool that I am (for NO good reason!) seldom willing to use.

**Relating to my sponsor and sponsees and doing other service:** These are a necessity that I could not do during this trip, but I was glad to reconnect as soon as I got home.

I am very grateful for the tools of our program and the freedom and joy they bring me, at home or far away!

—JH



## Tool Junkie

I am a tool junkie. I love tools and not just out in the workshop but in the kitchen, too. Hand tools, power tools, bring them all on!

What makes a tool a

tool? I mean what do tools do for us? If I think about something simple like a hammer, it enables us to pound in nails. Ever tried pounding in a nail without a hammer? It makes me grateful to whoever invented that tool. How about that food processor? I can throw in some almonds and in a minute, they are finely ground. I'm not sure if I could do that good a job with a chef's knife and I know it would take a heck of a lot longer.

So, what do these tools have in common? They both allow us to easily do tasks that would have been nearly impossible or at least very difficult otherwise. The OA tools are exactly the same. OA is about working the steps. That is how we recover. However, using the OA tools can make working the steps so much easier.

**Eating Plan:** An eating plan frees me from having to make food decisions right before a meal, a time that I am insane when it comes to food.

**Sponsorship:** Working with a sponsor keeps me from having to reinvent the wheel. I can gain from my sponsor's experience with what works and what doesn't work.

**Meetings:** Meetings help me gain from multiple people's experience, strength and hope. Listening to others gives me new ideas of how to deal with difficult situations and helps me figure out what I'm feeling or experiencing when I'm having trouble putting it into words.

**Telephone:** Thanks to the tool of telephone plus text and email, I never have to be alone. I can reach out to

someone any time of the day or night and know I'm reaching someone who understands.

**Writing:** I can't say it any better than the tools pamphlet. "Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them."

**Literature:** Literature is an amazing tool. There are not many meetings in the area that I live but by reading literature I can gain from the experience of people all over the world. It even allows me to go back in time and gain from the experience of people who are no longer alive. Now that is powerful!

**Action Plan:** An action plan helps me keep in mind the things I need to do daily for my recovery. As my sponsor said, "To fail to plan, is to plan to fail."

**Anonymity:** This tool helps us get past all those differences that don't really matter in the meetings. It helps people who would not normally mix to become a tight knit family.

**Service:** This tool has saved my bacon many a time. How many times have I not felt like going to a meeting or a workshop or a convention? Since I promised to do service however, I show up and I'm always glad I did.

- K.G.



## Anti-Anonymity?

Today I got a group email from the trainer I'm working with at my fitness center. She is encouraging a group of 6 of us to lose weight for the next 8 weeks. I agreed to be in this group so that I could have more motivation to exercise and didn't realize the huge emphasis that would be placed on weight loss. I weighed in on the first day and then at the beginning of the 2nd week. Here's the part you'll all just love -- the email to all 6 of us in the group included our weight loss percentages for the first week. That means everyone in the groups knows that I lost the smallest percentage the first

week! Yikes! The trainer feels this is "accountability" to the group, when I don't even know the people in the group and am not sure I want to be accountable to them!

I offer this as an anti-example of anonymity in OA. I'm not thrilled that the others in the exercise group know how much I lost (even though it's just a percentage). Thanks to the Tool of Anonymity, I don't have to go through anything like this in OA.

Anonymity means that I can be who I am at a meeting - just Debra, just a compulsive overeater. For the hour I'm in the meeting I don't have to be mom, boss, co-worker, spouse, employee, or anything else, but just another compulsive eater in need of a meeting. The best I have accomplished in life doesn't matter in OA and the worst I have done in life doesn't matter. Even when I leave the meeting, the anonymity goes with me. If I see people from OA, they don't report to those around me that this is how they know me.

Anonymity works well for me in relation to the people I meet in OA. I don't care if you're a doctor, a nun, a baker, a counselor, a TV actor, a realtor, a nurse, an important executive, a business owner, or a teacher (I have met all of these and many others in OA over the years) -- YOU are still "just" a compulsive overeater in a meeting. That means I can hear your story, care about you, offer help to you, receive help from you, and just be another OA with you at the meeting. Also, I don't mind if you're unemployed, homeless, a fast-food employee, a student, or anything else. If you are there to recover from this disease, then we are there together for the right reasons. I have no need to share with other people that you were at a meeting. It's a wonderful discipline for me not to have "info" on people!

Thank you OA for the tools that keep me going in this program. Thanks especially for anonymity!

Anonymously Yours, Debra



ANONYMOUS

# August Newsletter



## Abstinence No Matter What

The August Monarch Monthly topic will be Abstinence No Matter What."

How have difficult financial times challenged your recovery? What adjustments have you made to your program because of the changing economy? How have you maintained abstinence during the loss of retirement savings or a job?

How has aging affected your abstinence? What changes did you have to make to your program? What are some of the struggles or benefits to aging in program?

How do you maintain abstinence when eating out? What challenges do you face, and how do you cope with them with serenity and dignity when dining with non-compulsive eaters?

Share how you maintain abstinence on vacation. Describe the biggest challenge to your abstinence when traveling. How have you dealt with it with the help of OA? How has your ability to travel changed since joining OA?

**Articles are due Thursday, July 28th.** Thanks for making our newsletter great! Send articles to: [newsletter@3RiversOA.org](mailto:newsletter@3RiversOA.org)



## Sharing Favorite Virtual OA Meetings

With the advent of Covid-19, members have been visiting different OA virtual meetings all over the world. When it is easier to hop into a virtual meeting in the UK than get to an OA meeting 5 minutes away, OA meeting participation is going to see some changes even if Covid-19 goes away.

In the past, I felt fortunate that I usually had 3 OA meetings in driving distance. With Covid-19, suddenly every OA virtual meeting is in reach. It was kind of like drinking from a fire hose! How do you choose which meetings to try out? Well, I guess it goes back to word of mouth. What virtual meetings have other people found helpful to their recovery?

I have found two Zoom meetings very helpful. Both were originally formed in the UK so British and Irish accents abound.

The **Tuesday 9am Recovery from Relapse** meeting focuses on recovery from relapse. The meeting alternates between speakers and reading from OA's *A New Beginning: Stories of Recovery from Relapse* book. Lasting 90 minutes, the meeting has plenty of time for sharing even though there are usually over 100 attendees. Zoom ID: 893 4509 3034 Passcode: 1212.

The **Wednesday 11am 100 Pounder Special Focus** meeting focuses on those who have lost or need to lose 100 pounds or more though all are welcome. The meeting alternates between speakers and reading from OA's *Overeaters Anonymous, 3<sup>rd</sup> Ed* book. Also lasting 90 minutes, there are plenty of opportunities to share. Zoom ID: 893 4509 3034 Passcode: 1212. Yes, the same as above.

What OA virtual meetings have you found helpful? Let me know and I'll list them in next month's newsletter and add an event entry on 3riversOA.org. Send your favorites to: [newsletter@3riversOA.org](mailto:newsletter@3riversOA.org).



# Intergroup News

## Bank Account Register

## Three Rivers Intergroup

May-2022

Initial Balance: \$2,213.00

Current Balance: \$2,641.45

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	4/26/2022	Beginning Balance				\$2,213.00
	4/26/2022	7th Tradition	FW Sat #37739		\$163.58	\$2,376.58
	5/16/2022	7th Tradition	Elk Mon #02327		\$264.87	\$2,641.45
						\$2,641.45
						\$2,641.45
						\$2,641.45
						\$2,641.45
						\$2,641.45
	5/30/2022	Ending Balance				\$2,641.45
<b>Totals</b>				<b>\$0.00</b>	<b>\$428.45</b>	<b>\$2,641.45</b>

Expense 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	\$500.00	\$750.00	66.7%
Region 5/WSO Donation	\$0.00	\$0.00	\$750.00	0.0%
Website Hosting	\$0.00	\$101.65	\$105.00	96.8%
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%
Year End Donation	\$0.00	\$2,164.69	\$2,164.51	100.0%
Payment Total	\$0.00	\$2,766.34	\$4,269.51	64.8%

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$0.00	\$77.73	0.0%
Elk Mon #02327	\$264.87	\$264.87	\$518.22	51.1%
FW MonN #57032	\$0.00	\$171.00	\$251.20	68.1%
Gosh Wed #89142	\$0.00	\$65.22	\$150.34	43.4%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$194.36	\$127.48	152.5%
FW Sat #37739	\$163.58	\$163.58	\$420.46	38.9%
Gosh Sat #22495	\$0.00	\$260.44	\$498.76	52.2%
Member Donation	\$0.00	\$18.81	\$340.26	5.5%
Workshop Income	\$0.00	\$0.00	\$15.55	0.0%
Deposit Total	\$428.45	\$1,138.28	\$2,400.00	47.4%

## Bank Account Register

## Three Rivers Intergroup

June-2022

Initial Balance: \$2,641.45

Current Balance: \$2,544.66

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	5/31/2022	Beginning Balance				\$2,641.45
PP	6/10/2022	Zoom - Annual Fee	Zoom/Phone Conf Srvc	\$149.90		\$2,491.55
138	6/24/2022	Postage 20 stamps - Kevin G	Newsletter	\$10.00		\$2,481.55
139	6/25/2022	Hoosier Day Viewing Party	Workshop Expense	\$75.00		\$2,406.55
	6/27/2022	7th Tradition Contribution	Gosh Wed #89142		\$60.00	\$2,466.55
	6/27/2022	7th Tradition Contribution	Gosh Wed #89142		\$38.11	\$2,504.66
	6/27/2022	Hoosier Day Viewing Party	Workshop Income		\$40.00	\$2,544.66
						\$2,544.66
	6/27/2022	Ending Balance				\$2,544.66
<b>Totals</b>				<b>\$234.90</b>	<b>\$138.11</b>	<b>\$2,544.66</b>

Expense Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$10.00	\$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	\$75.00	\$75.00	\$100.00	75.0%
Zoom/Phone Conf Srvc	\$149.90	\$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	\$234.90	\$3,001.24	\$4,269.51	70.3%

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$0.00	\$77.73	0.0%
Elk Mon #02327	\$0.00	\$264.87	\$518.22	51.1%
FW MonN #57032	\$0.00	\$171.00	\$251.20	68.1%
Gosh Wed #89142	\$98.11	\$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	\$0.00	\$260.44	\$498.76	52.2%
Member Donation	\$0.00	\$18.81	\$340.26	5.5%
Workshop Income	\$40.00	\$40.00	\$15.55	257.3%
Deposit Total	\$138.11	\$1,276.39	\$2,400.00	53.2%

## Three Rivers Intergroup Meeting minutes

Monday, April 26, 2022 8:00 pm

- Opened with Serenity Prayer
- In Attendance:

Debra M. Chair            Represents Saturday 9am Ft Wayne  
Kevin G. Treasurer      Represents Saturday am Goshen and Wednesday Goshen  
Susan H. Secretary      Represents Monday noon Ft Wayne  
Joyce mtg rep            Represents Monday Elkhart

- Agenda approved
- March meeting minutes approved with two amendments. Adding March meeting date and add individual meeting reps that were in attendance at the March meeting.
- Treasurer's report approved as presented
- Region 5 Representative report not submitted
- Meetings' report zero Newcomers attending individual meetings
- Newsletter: Kevin reports that May's newsletter will be completed first week of May. Kevin reports no newsletter for June.
- Old Business: none
- New Business:

1) Possible InterGroup renewal information seminar with Region 5 rep in Fall 2022 open to all OA in 3 Rivers intergroup area.

ACTION ITEM = Debra will send us Region 5 rep, Barb, power-point regarding InterGroup renewal

2) Hoosier Recovery Day is June 25. It is virtual speaker meeting.

Idea presented to watch this speaker meeting in one common place in Ft Wayne.

Action Item = Susan will check on Unity Spiritual Center availability and notify Kevin.

- Adjourn Meeting/ closed with Rosanne's promise

*Minutes lovingly submitted by Susan H, IG 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](https://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 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](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 even 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 to the Three Rivers Intergroup by 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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