



June 2021

Promises of Recovery

# Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

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## Put the Shovel Down

The promises most meaningful to me are in one paragraph on pages 84-85 of Alcoholics Anonymous: ceased fighting, seldom interested, recoil as from a hot flame, not fighting, nor afraid, or even sworn off, and best of all – a position of neutrality, safe and protected like a tooth guarded by fluoride. And they have all come true for me, despite not knowing the cause or having a cure for a disease I did not know existed until nearly forty years ago.

I thought I was on my own with the mathematics of weight control. It seemed to me that abandoned children, barns burning down, and cancer had higher priority in God’s order of creation. However, He sent messengers of a Twelve Step recovery program who had experienced a spiritual awakening. “Let Go Let God” was a convincing message, after all I knew God was all powerful, so let Him do the heavy lifting. Micromanaging the food, along with all the details of family living, were wearing me down physically and emotionally.

Life has never been the same since utilizing the Steps, Traditions, and Tools. Inviting God to eat with me started with a notebook and pencil, and

planning a meal and eating a meal rather than waiting until mid-afternoon when I really needed to refuel and shoveled in apples or carrots. Step Three is a decision and an action. Put the shovel down and pick up the pencil.

Every day is an adventure with God, not all smooth sailing because there are seasons of rough waters. There is comfort in knowing whatever happens is best for me. God has the timetable and roadmap, so I can focus on today, just these 24 hours. Fears, uncertainties, and doubts may creep in because my humanity remains intact. But through His kindness and mercy, God has brought me to a place of humility and compassion that is more useful in doing His will.

— N.J., Illinois



## NOT "extravagant promises"!

When I Goggled "Big Book Promises", I found a list of 150! This was interesting, but for now, I'll stick with the Step 9 promises. My favorite is still the reminder that God is doing for me what I could not do for myself. I am living proof of that every day. I try to notice this and thank my Higher Power.

The promises listed on pages 83 and 84 of the Big Book tell us what we can experience in recovery, proof that "it works if we work it"! Some of the gifts of recovery are experiencing freedom, happiness, serenity and peace. My selfishness will slip away and I will find joy in serving others.

Oh, what a wonderful life it is (even in times of struggle and pain) and I am so very grateful.

— JH



## Pipedreams

What was my thought at hearing the Promises the first time? Total pipe dream! There was no way all that stuff was going to happen to

me! Or so I thought.

After working steps 4-9, I found that my past no longer haunted me. My disease always liked to drag out wrongs of my past to demoralize me. It knew if I was demoralized it was just one more step until I was overeating. But after steps 4-9, when my disease started bringing out those old wrongs, I could stop and say, I've made amends for those wrongs. They are no longer an issue. No longer is the past something I have to run from.

After becoming abstinent I found I had peace between meals. No more did I spend the morning thinking what I would have for lunch and dinner. No more did I spend the time between meals obsessing about how I had overeaten. Food was being used as fuel for my body and suddenly I had a lot more time in my life to live instead of being preoccupied with the food.

How could my experience with this terrible disease benefit others? Before OA I had nothing to offer others or myself. But as soon as I started working the steps, I became the message. I could use my experience with the disease to connect with other compulsive overeaters in ways that no professional, no doctor, no clergy or no family member could. I was carrying a potentially life-saving message thanks to my experience with the disease and recovery.

Useless and full of self-pity used to describe me. But OA gave me purpose, a message to carry that could save lives. And I didn't have time for self-pity any more. I was recovering. My life was so improved. I also saw that others had gone through much worse pre-OA experiences and they weren't crying about them. They were celebrating the reality of being in recovery.

I didn't realize I was selfish and self-seeking when I came to OA but I was. OA helped me see this and opened me up to the wonder of sharing my life with others. Being with others and doing for others was a lot more satisfying than sitting in my corner wishing I had everything I wanted.

Was I afraid of people before OA? I must have been. All I know is after years in OA I feel much more comfortable talking to large groups of people in the rooms or outside. OA was a wonderfully accepting place to gain this confidence.

Do I know intuitively how to handle things that used to baffle me? Definitely! Before OA I was sure that any situation could benefit from my advice and wisdom. In OA, I have learned that most situations work out just fine if I don't mettle. Matter of fact they work out better because they are in HP's hands.

— K.G.



## A New Found Peace

One of the promises that has been so real for me recently has been the promise of serenity and peace. "We will comprehend the word serenity and we will know peace" is the promise on the bottom of page 83 in the big book. As I use the tools and work the OA program, I experience a loving Higher Power who provides me peace. My life circumstances can still be chaotic, and there is no shortage of difficulties. I still have to work against the compulsive over eating tendencies that will always be part of my life. But these realities do not dictate whether I experience serenity and peace in my daily life. Through the OA fellowship and seeking daily guidance from my Higher Power I can experience peace in the midst of it all. My higher power speaks peace to me and has designed me to live in peace no matter what chaotic things are happening around me. I will be forever grateful for the fulfillment of this promise, brought to me as a gift of my OA program. My realization now is that I must daily seek my Higher Power's peace if I want

to continue to experience the realities of this promise.

— Dave, South Bend



## Storm Free

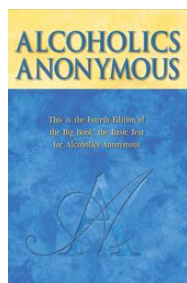
Good Morning Family. Today I am into my 16th day of abstinence. What a blessing. Reading about The Promises in the Big Book gives me such hope for a wonderful today. The Promise that I most appreciate today is that we will understand the word serenity and we will know peace. In looking up serenity, I went further to find the word serene. There I found that it meant to be clear and free of storms or unpleasant change. Having grown up with much of the family storms and unpleasant changes that come with my disease as well as the diseases of my loved ones, I definitely appreciate what some of my younger loved ones call my “boring” life. Believe me, after living in such stormy chaos, I love the calmness and serenity of today. And, since I am not a child dependent on the adults around me for my needs, I have a choice today to reach for and keep the serenity in my life. Thank you HP for this understanding.

The Promise that “Fear of people and economic insecurity will leave us” is the one that I am still waiting for. I can see it fleetingly but right now that is okay. I am very fearful of the unknown. I know how to function in chaos and storms, because I know what comes next. But not knowing is frightening and exciting. I fear “earth people” more than I do “program family”. At least with “program friends and family” we have a common basis to start with, a common language.

Another Promise that I appreciate from the Big Book is that we will “learn tolerance and compassion towards others.” For today I am much more tolerant of my friends and family who are still dealing with active addiction in their lives, especially in my family. It seems to me that whenever a family member uses or abuses, they end up in jail. I turned this around to think to myself, “How

would I feel if every time I practiced my compulsion I ended up in jail?” Wow! It put a whole other spin on it. It gives me great compassion and understanding for them. For today I have been given a reprieve, or “a formal temporary suspension of the execution of a sentence especially of death”. This is contingent upon my spiritual condition. I hope to keep my feet in today and not one foot in yesterday and the other STRETCHED FAR APART into next year because when I do that I “piss all over today”. To keep this thought in mind I want to say... Dear HP please wrap your loving and protective arms around me and keep me safe from harm and help me in any way that you can. Thank you.

— Suzette R., Garrett, IN



## 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.

## July Newsletter



### Honesty & Recovery

**Slogan: Honesty is the only policy.**

The July Monarch Monthly topic will be "Honesty & Recovery." How has recovery affected your view of honesty? What does an "honest recovery" mean to you? How has honesty contributed to your serenity? How has honesty made some things in your recovered life more difficult?

The **Slogan of the Month** is: "**Honesty is the only policy.**"

Write about the main topic, the slogan or both. **Articles are due Thursday, June 24<sup>th</sup>**. Thanks for making our newsletter great! Send articles to: [newsletter@3RiversOA.org](mailto:newsletter@3RiversOA.org)

## Favorite Slogans

**KEEP COMING BACK:** Had I not kept returning, I could not have received the Promises of this Program. As I kept returning, more and more has been revealed to me. Things have become more apparent to me and my understanding and commitment continues to grow. The friendships, camaraderie and the sense of belonging, I so longed for, are now mine because I KEPT COMING BACK! REMEMBER MEETING MAKERS MAKE IT!!!! (Another slogan)

**EASY DOES IT:** For an obsessive-compulsive type A like me, who wants everything NOW, this has been

so transformative. Initially I wanted to lose weight immediately. I wanted to get this program immediately. I wanted to understand everything immediately. I wanted all of my life's problems solved immediately. I have learned that this was so childish and unrealistic. This program has given a way to counteract this character defect of perfectionism. I want to do everything perfectly, but this reminds me to relax and just do my best. More is revealed as I glide along as supposed to being in such a rush.

-Nancy R

## 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

May-2021

Initial Balance: \$3,152.57

Current Balance: \$3,336.97

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	4/27/2021	Beginning Balance				\$3,152.57
	5/3/2021	7th Tradition	Gosh Sat #22495		\$164.40	\$3,316.97
	5/24/2021	7th Tradition	Member Donation		\$20.00	\$3,336.97
						\$3,336.97
						\$3,336.97
						\$3,336.97
						\$3,336.97
						\$3,336.97
						\$3,336.97
	5/24/2021	Ending Balance				\$3,336.97
<b>Totals</b>				<b>\$0.00</b>	<b>\$184.40</b>	<b>\$3,336.97</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	\$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	\$164.40	\$254.40	\$598.17	42.5%
Member Donation	\$20.00	\$208.10	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$184.40	\$1,283.26	\$2,160.00	59.4%

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	\$0.00	\$150.00	0.0%
Other	\$0.00	\$0.00	\$100.00	0.0%
Payment Total	\$0.00	\$1,316.13	\$2,160.00	60.9%

## **OA Three Rivers Intergroup Monthly Meeting, 4/27/2021**

Meeting opened with the Serenity Prayer at 7:34pm.

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

Attendance, Positions, and Meetings Represented:

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

Today's agenda was accepted without changes.

Minutes from 3/30/2021 were accepted without changes.

- After the meeting had taken place, Christina discovered an error in the minutes for 3/30. She made the correction and emailed the group the revised minutes.
  - The minutes for 3/30 should have accepted the minutes for the 2/23 meeting, not the 3/30 meeting.

Treasurer's Report was accepted without changes.

Region 5 Representative Report:

- Jodi has stepped down as our Region 5 Rep. The position is now open. Please spread the word to your meetings.
- Our intergroup bylaws state that officers should have one year continuous abstinence whenever possible.

Newcomer Report:

- Elkhart Monday = 0
- 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 3 articles for May.
- June, articles due 5/20.
  - Topic: Promises of Recovery
  - Slogan: If you do what you always did, you get what you always got.

Old / New Business:

- Fort Wayne Saturday 9am meeting is hybrid starting 5/1. For now, Goshen Saturday 10:15am is staying on Zoom. If anyone has issues with the 9am meeting, please feel free to connect to the 10:15am.

- Kevin updated our intergroup list as well as OA.org with hybrid meetings and meetings locations, where needed. Thanks, Kevin!

7:55pm, meeting closed with the unity promise.

Submitted by Christina H, Three Rivers Intergroup Secretary

## 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](http://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](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*

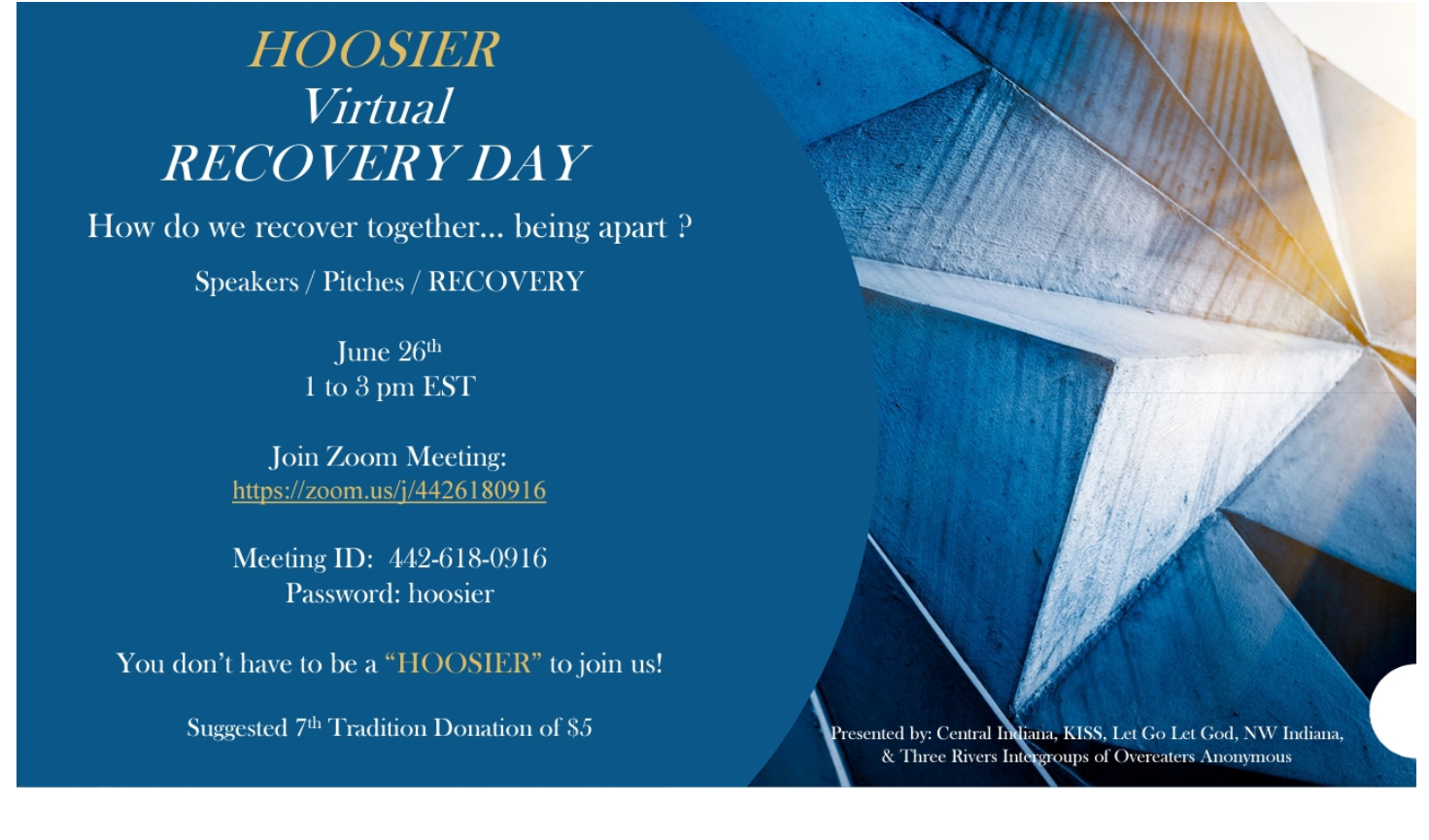
You can make online donations with a credit/debit card to the Three Rivers Intergroup by going to: [3riversOA.org](http://3riversOA.org) and clicking the "Donate" link. You can also mail a check. Go to: [3riversOA.org](http://3riversOA.org) and click the Contact Us link to get the mailing address.

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.



*HOOSIER*  
*Virtual*  
*RECOVERY DAY*

How do we recover together... being apart ?

Speakers / Pitches / RECOVERY

June 26<sup>th</sup>  
1 to 3 pm EST

Join Zoom Meeting:

<https://zoom.us/j/4426180916>

Meeting ID: 442-618-0916

Password: hoosier

You don't have to be a “**HOOSIER**” to join us!

Suggested 7<sup>th</sup> Tradition Donation of \$5

Presented by: Central Indiana, KISS, Let Go Let God, NW Indiana,  
& Three Rivers Intergroups of Overeaters Anonymous