



May 2022

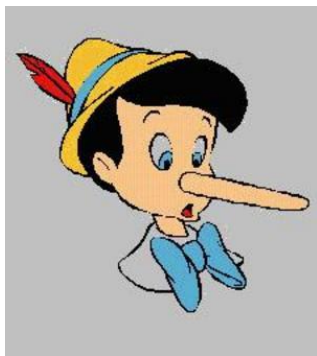
Surrender and Serenity

Monarch Monthly



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

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The Lie That Held Me Back

Today, I live in the daily blessing of God’s grace for a calm abstinence and a healthy weight. What happened? I have been struggling since 1980!!

The pandemic hit and I started to attend zoom meetings. I heard the truth about alcoholic foods and that abstinence is a value and is achievable. Previously, in small town meetings, I repeatedly heard that we have to eat. Alcoholics don’t have to drink. That gave me a self-pity frame of mind and hopelessness toward abstinence.

Could I surrender to the FACT that some foods are like alcohol to me? I could and, with God’s help, I did.

These two years of program have been the most fruitful in my life. Neutrality toward food is a daily experience. Neutrality toward praise and/or criticism of me is another reality. Living in steps 10,11,12 sustains me and lets God’s grace flow.

I cannot ever have those alcoholic foods again. I live one day at a time, so FOR TODAY, I do not have them in my food plan. I surrender and I live at peace! Thank God!!

—Sue W.



Acceptance Was the Answer

There are a number of misconceptions about acceptance. At the top of the list, I hear it spoken about as an event and that an individual must like or agree with the situation to accept it. I do not find either of those assumptions in our literature.

Dr. Paul stated, “Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy.” If you have read his story in Alcoholics Anonymous (4th ed pg 407), you know he neither wanted to be an alcoholic or to change himself. “I was afraid to let go...there was a certain sense of security in the familiar.”

Like Dr. Paul, I found the term disease a welcome relief. I wasn’t a failure, moral or otherwise. I didn’t lack discipline and willpower. What I had was a disease of the mind that compelled me to continue eating beyond nutritional need. That nugget delivered at my first Overeaters Anonymous meeting freed me to quit focusing on the problem/scales and to listen for what would come next – the solution.



And just as the disease was progressive, the solution was progressive. Not an event at all, but one step at a time. Dr. Paul writes about having the lenses in his



glasses backwards, complaining about his marriage. He recognizes he needs to focus on Max’s good qualities, but then he complains about the cigarette smoke

at AA meetings and the lousy problems of the day.

Perhaps saving the best till last, Dr. Paul tells us that his serenity level is inversely proportional to his expectations, meaning the higher his expectations the lower his serenity. He went on to describe his serenity as being directly proportional to his level of acceptance. The physician has given us a prescription for inner peace.

I hope these few snippets of an AA classic, will compel you to pick up the Big Book and reread the wisdom of a nice guy pharmacist/physician, who admits that being an alcoholic was the best thing that ever happened to him.

— N.J., Illinois



Surrender vs Serenity

The google definition of surrender is "to ease resistance to

an enemy or opponent and submit to their authority." I never had an authority problem. Growing up, I did what my father told me or I paid the price with an invitation to a meeting with his belt. He would take it off, fold it in half, and snap it loudly to warn me if I was irritating him. As I got older, and I saw him as the mentally ill, narcissistic man that he is, I started to doubt all authority at times, especially if it had to do with religion. So, when my life began to fill with tragedy, loss, and heartache (I lost a child, suffered a rape, had miscarriages, was in a very abusive first marriage), I began to doubt the existence of an omnipresent, omniscient, and omnipotent God. If God was standing there during the time that this awful thing happened to me, why didn't he stop it? He had the power to stop it and no one deserves to go through such things, so why not??? He KNEW it was happening. So Why WHY WHY????!!

These questions plagued me and kept me from trusting in the existence of a Higher Power that surely, if he did exist, hated me. I began to resist church, resist the formal institutions, beliefs and doctrines of certain groups. I began to recognize the hatred among them and their victimization of the weak. I developed a strong negative feeling towards such things.

When I got to OA and they spoke of needing to surrender to a HP, in my mind, the HP they wanted me to surrender to was this punitive, unfair, barbarian from my upbringing. The one who, at the very least, had allowed children to suffer...

But I wanted serenity. To get that, surely, I had to surrender. But not to that God, The God of my childhood. I began to say, if what I believe is that a creator of earth and of people would have to surely have a lot of LOVE for people then he wasn't mean. Probably this entity would be the most pure and loving form of love, if love was a continuum. When I thought of this God, I thought of what this God has provided me. A long and happy marriage to my second husband, three healthy children, loving relationships, a home, and (with some surrender) progress in Overeaters Anonymous.

This God (my HP) was patient with me and did not DEMAND that I fully surrender immediately. He knew that my multiple traumas had built considerable walls that needed time and trust to come down. He taught me first that there were people who would love and comfort me and accept me as I was. Then he taught how to love and comfort others and soon he taught me how to love and comfort myself.

AND, with these things, I have found serenity. Before OA, I could not be home alone without hating every minute of it. I hated myself and what I had done with a passion. Now, with 12 step recovery, I LOVE being alone with my Higher Power. Working with (him, her, Him, Her, It??) on recovery together in the quiet, I am calm, peaceful and untroubled. That, my friends and OA family, is serenity.



— DN, OACFI

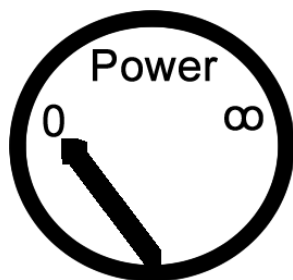
Surrender and Serenity

As I was growing up, it was drilled into my sister and me to self-sufficient, independent and not depending on anyone for our well-being. I took this lesson to heart, and prided myself on becoming a successful, well-educated, professional woman that could take

care of herself. Wasn't that what my mother and grandmother had drilled into my psyche? Wasn't I the master of myself? Hadn't I conquered and persevered the many obstacles that life had thrown my way? I had it all together except this one little thing. I couldn't stop my weight from yo-yoing up and down, and it had begun to get harder to get it off and I could never keep it off.



Thanks be to God I found OA and thus began my journey towards recovery. Initially, it was a way to lose weight and I discovered there were other people just like me. For years I did this program half stepping. One day, I got tired of my slipping and sliding and the real fear that I might regain my 100 pounds, that God removed from me. Then and only then did I totally surrender to this program and work it the way it is outlined in the AA Big Book. I discovered it is not a onetime thing but a daily practice. Each day I must acknowledge my powerlessness and seek my God's help. I must work all 12 Steps and try to live this way of life.



I try to live in Steps 10, 11 & 12, the growth steps, for if I fail to grow, I will revert back to my compulsive eating self. That would be suicide. I feel grateful and serene, as I trudge this road of happy destiny. I find that this recovery enables me to meet calamity with serenity. I am able to stay calm and peaceful in situations that once would have sent me running to the food.



Today, I am grateful that I am not running the show. I am under the direction of my Higher Power and am I glad. I must do the foot work every day. The serenity that I have received as a result of work in this program is indescribable. It is a result of truly turning my life and my will over to the care of God. The

serenity prayer is always available when the stresses and vicissitudes of life come my way.

Today prayer and meditation play significant roles in my life so therefore I must guard my abstinence each and every day because without it the chaos returns. As it states on page 89 in the AA big book nothing insures immunity from relapsing like working with others. That is my charge, that is what I am called to do, that is what I must do!

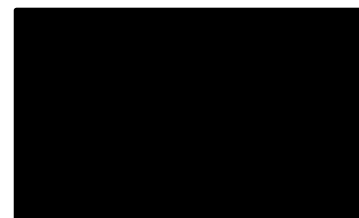
—Nancy R

WWYMD: What Would Your Mechanic Do?



“You have to accept you are a compulsive overeater.” That is what my first sponsor told me. I had resisted accepting my weight, my eating, myself for so long. “If I surrender to the way it is then I will never be motivated to change it!” I said. “No, you won't be able to change it until you accept it as it is right now and surrender” my sponsor replied. Talk about counter-intuitive! It was like my sponsor wanted me to believe that up was down or that light was dark.

Since then, I came up with an analogy that helps me understand how it really works. Let's say I take my car to a mechanic for repair. Does he put it in the bay, close the doors, close the blinds on the windows and turn out the lights? Does he then say over and over again like a mantra, “This car has no problem. This car has no problem. This car has no problem.” Or does he open the hood and start fumbling around in the dark?



Sounds ridiculous, right? But was I acting any differently by not accepting my weight, my eating and myself? I would bounce between trying to convince myself that I didn't really have a problem and deciding I was a failure as a human being. I tried a host of random suggestions offered by people who didn't have a

clue about my problem. Of course, I couldn't make any positive change! I did all I could to avoid looking closely at the problem, at my actions, at myself.

Hopefully, a good mechanic will make sure there is plenty of light. He will listen to the car carefully. He



will read my description of the problem. He will hook it up to a diagnostic computer. And only after he has a pretty good idea of what the problem really is, will he start making adjustments and start replacing parts.

That is what acceptance and surrender do for me. No longer am I running from the truth of my condition. No longer am I trying a quick fix that may not have anything to do with my problem. No longer am I afraid that I am fundamentally flawed and beyond help. When I accept that I am a compulsive overeater and surrender to that reality, I can start to look closely at what that all entails. What does my disease really consist of? I can start listening to what other compulsive over-eaters did to start getting relief. I can read AA and OA literature to help me better understand the problem and learn practical steps I can take to start dealing with it. I can look around me and see others who have recovered from compulsive overeating and I can have hope that will be possible for me, too.



Acceptance of my compulsive overeating and surrender to reality open the door to change for me. Without it, I am left in the dark, afraid and alone, with no hope of change. The choice is mine. Thankfully, I have a choice today.

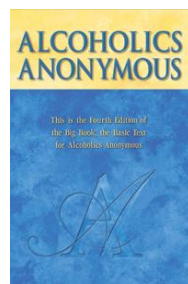
—KG

You May Have to Drop Him

I live in a town of old people. When a friend lost her husband, I heard many warn her. They said guys would be looking for a nurse or a purse in her!!

Well, it is mentioned on p. 95! (**Alcoholics Anonymous, 4th Ed**) "...if he expects you to act only as a banker for his financial difficulties or a nurse for his sprees, you may have to drop him until he changes his mind."

—Sue W



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.

Share Your Favorite Slogans!

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

newsletter@3riversOA.org

Can't remember your favorite slogans? Go to 3riversoa.org/oa-slogans for a list of over 200 slogans to jog your memory.

No Intergroup Meeting in May

Because of the Memorial Day holiday, we will not be holding an Intergroup meeting in May. We will resume on June 27th.

No June Newsletter



The Intergroup will not meet in the month of May so we will not be publishing a June newsletter. We will be back in July!



Intergroup News

Bank Account Register

Three Rivers Intergroup

April-2022

Initial Balance: \$1,917.07

Current Balance: \$2,213.00

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	2/28/2022	Beginning Balance				\$1,917.07
	4/11/2022	7th Tradtion	Gosh Sat #22495		\$130.22	\$2,047.29
	4/18/2022	7th Tradtion	FW MonN #57032		\$73.00	\$2,120.29
	4/19/2022	7th Tradtion	FW Thur #54657		\$194.36	\$2,314.65
137	4/20/2022	Spirit Fire Images LLC	Website Hosting	\$101.65		\$2,213.00
						\$2,213.00
						\$2,213.00
	4/25/2022	Ending Balance				\$2,213.00
Totals				\$101.65	\$397.58	\$2,213.00

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	\$500.00	\$750.00	66.7%
Region 5 Assembly	\$0.00	\$0.00	\$750.00	0.0%
Website Hosting	\$101.65	\$101.65	\$105.00	96.8%
Workshop Expense	\$0.00	\$0.00	\$105.00	0.0%
Zoom/Phone Conf Srvc	\$0.00	\$0.00	\$100.00	0.0%
Other	\$0.00	\$0.00	\$150.00	0.0%
Year End Donations	\$0.00	\$2,164.69	\$2,164.51	100.0%
Payment Total	\$101.65	\$2,766.34	\$4,274.51	64.7%

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$0.00	\$77.73	0.0%
Elk Mon #02327	\$0.00	\$0.00	\$518.22	0.0%
FW MonN #57032	\$73.00	\$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	\$194.36	\$194.36	\$127.48	152.5%
FW Sat #37739	\$0.00	\$0.00	\$420.46	0.0%
Gosh Sat #22495	\$130.22	\$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	\$397.58	\$709.83	\$2,400.00	29.6%

Three Rivers Intergroup of Overeaters Anonymous Minutes from March 28, 2022

Chairperson Debra M.
 Vice Chairperson Christina H (not present)
 Secretary Susan H
 Treasurer Kevin G
 Region 5 rep Suzette R (not present)



Also in attendance was Joyce H.

Kevin reports Goshen Saturday had 4 newcomers over the past two months. No other meetings reported newcomers.

Approved amended agenda: added to Old Business topic of Radio PR report and added to New business a general discussion on current intergroup structure.

Approved Amended January minutes: Debbie is working on placing Radio ads.

Treasurer Feb and March reports approved. Feb report list distribution of incoming and outgoing donations. March per Kevin had no transactions.

April's Newsletter topic per Kevin "How OA has changed my life?" April's newsletter will list May's topic. Kevin request articles submitted to him April 21st.

Old Business: Debbie report via Kevin on January radio ads in the South Bend/Elkhart area cost \$500. The ad ran 500 times over two week period.

New Business: Group discussion on best way to use our intergroup resources to best serve in 2022 environment.

Meeting adjourned and closed with serenity prayer.

written and submitted by Susan 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

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 passcode use:

ID: **966 0796 9857** and Passcode: **260574**.

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 even 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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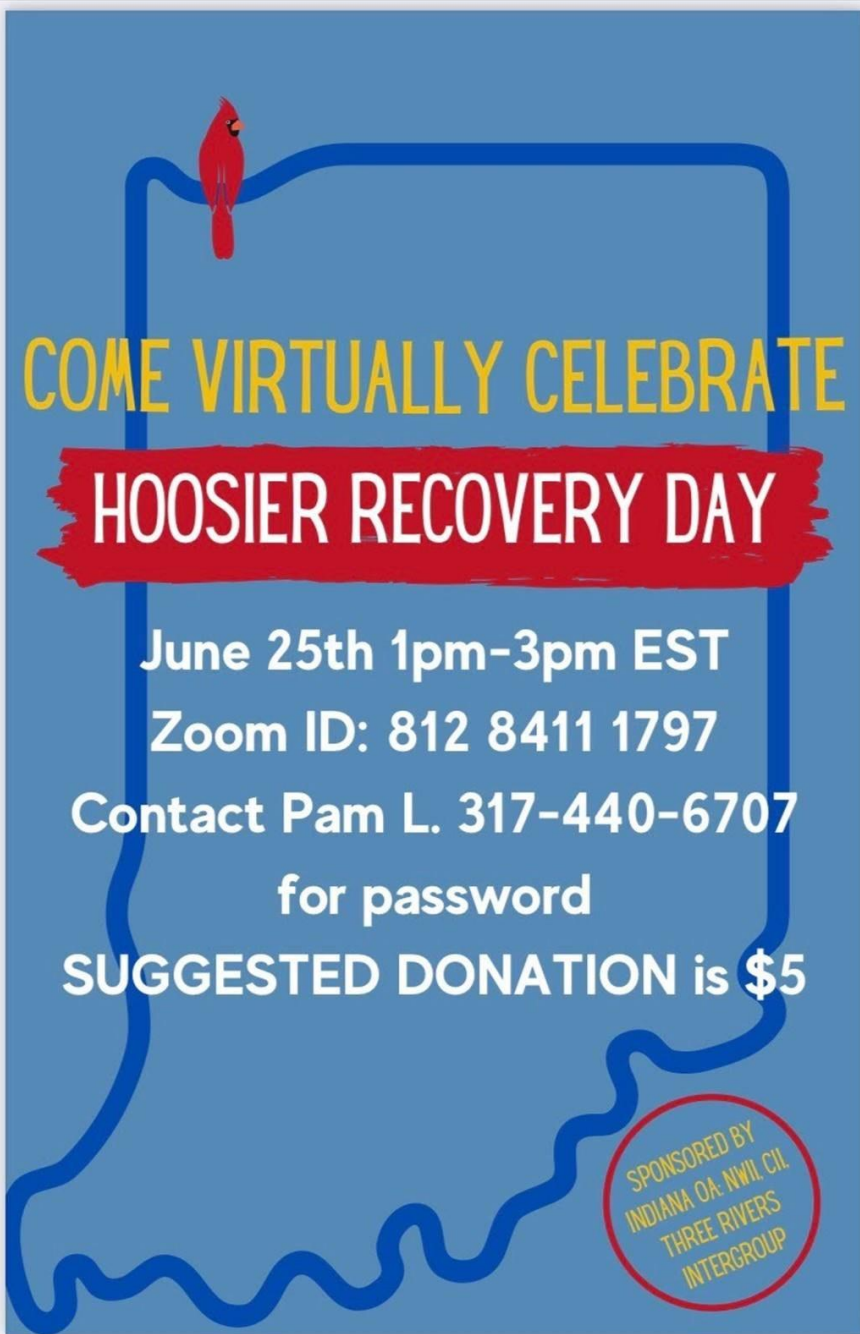
Hoosier Recovery Day Viewing Party

Fort Wayne, June 25th, 12 pm to 3:30pm ET

All OAers are invited to gather together, in person, at the Unity Spiritual Center, 3232 Crescent Ave, Fort Wayne, Indiana, on June 25th from 12:00pm to 3:30pm ET.

Arrive at 12pm for fellowship and catching up. At 1 pm we will participate in the Hoosier Recovery Day Zoom event as a group. Come help us celebrate being able to gather together again!

More details will be posted on our website, 3riversOA.org, and will be sent out via our newsletter email list in early June.



COME VIRTUALLY CELEBRATE

HOOSIER RECOVERY DAY

June 25th 1pm-3pm EST
Zoom ID: 812 8411 1797
Contact Pam L. 317-440-6707
for password

SUGGESTED DONATION is \$5

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