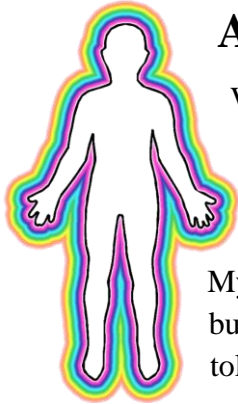




# Monarch Monthly

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

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## A Healthy Happy Body

We are going to know a new freedom and a new happiness. (From the Promises on pages 83-84 of the Big Book of AA.)

My abstinent breakfast was enough, but my compulsive overeating head told me that I needed a little more. I was waiting for my husband to come out to the car after we'd stopped at a gas station while traveling. A woman about my age, but many pounds heavier, walked past. She had the slight limp of someone whose knees and hips were tired of carrying extra weight. She groaned a bit as if the effort of walking was taking a lot out of her. She had a sugary "healthy" drink in one hand and a fast (but not so healthy) breakfast in another.

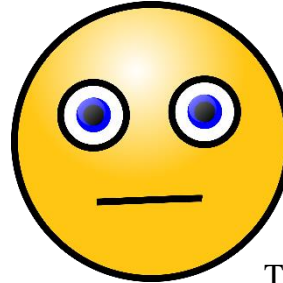
I felt for that woman. I knew I easily could be her, or could still become her. I wanted to run to her and say, "You're addicted to the sugar and the grease. Make breakfast at home next time and don't do this to yourself." I wanted to tell her about the freedom and happiness she could have through abstinence from compulsive overeating. I didn't say anything, of course.

I did realize that my breakfast was indeed just what I needed. It lasted me through an active morning right to lunch (also planned and packed and abstinent).

I am grateful that I have a healthy and happy body. I'm grateful that my HP reminds me of this.

The promises do come true for me in so many ways!

— Debra M.



## A Position of Neutrality

There are many promises throughout the pages of the Big Book, but my favorite is in Step Ten after completing the previous

nine Steps. Picture a tooth firmly set in the jaw bone with a Fluorigard treatment protecting its enamel. That is how I see myself when reading "position of neutrality – safe and protected. (Alcoholics Anonymous p. 85). I came to OA for freedom from the mind chatter, and weary of running to the food/chewing and running from the food/starving. I wanted a quiet mind and a quiet body, no more pushing and pulling.

I think I absorbed the ABCs of the Twelve Steps during my first meeting: I had a disease; Almighty God cared about my destructive food behaviors; and he would heal me if I cooperated with his grace. That catapulted me into the "Action Steps." Why wait? I wanted the spiritual experience that would free me from food obsession. That is exactly what I did: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, then again and again. As the holidays approached, I was staring at a fourth Step 4 when Inspiration said, "Slow down, Girl, we're going to do things differently." I need to add that I have used all the tools in our OA Tool Box every day for over forty years.

So, the pace slowed, new literature became available, adventures with God were inserted throughout the journey, new faces and virtual meetings came on the horizon, and work life, family life, and aging accounted for considerable change. But I'm still Nanc with a disease in remission and making calls to newcomers and struggling members. I had made a decision on January 12, 1982 that excess food was not an option.

In utilizing the Steps, Traditions, and Tools all the promises have come true. Particularly, I treasure the position of neutrality, safe and protected from myself and the food demon. That is why I volunteer to be Newcomer Person at meetings and keep a current list of new and struggling members for my daily phone calls. I want to remember where I once was.

— N.J./Illinois



## We Will Be Amazed...

On page 83 of the Big Book, we are told "if we are painstaking" about our step work, we will be amazed

when we experience what we fondly call "the Step 9 promises". I fell in love with those promises when I heard them read at my first OA meeting. My favorite one is knowing that God is doing for me what I could not do for myself. I experienced this early in my recovery, as soon as I started asking God for help and the willingness to do his will. Whenever I am doing God's will, I am practicing "new ways". God enables me to do things I could not do before I came to OA. I try to notice these moments and thank God for the positive changes in my life.

The promise that I'm still working on is "intuitively knowing how to handle situations". My problem is not having the patience to wait for God's answer. I ask for help, but if I don't get an immediate "hunch" about what to do, I quickly jump into doing MY will. That is never a good idea!

In addition to the well-known Step 9 promises, there are many other promises in the Big Book. I'll comment on two of the Step 4 promises at the end of the "How It Works" chapter.

"God can remove whatever self-will has blocked you off from Him."

Even though there are times when I battle "self-will", I realize that I am doing God's will more and more as I grow in my recovery. I see less of my stubborn 2 year old "I'd rather do it myself" behavior. Giving up my self-will has given me a whole new

relationship with God. We have a close relationship, we talk often, and I know that doing his will gives me a life of peace, joy and service.

The 4th step promise that challenges me is learning "tolerance, patience and good will toward all". It seems like there all too many people these days who do not agree with my theology or politics! I get frustrated and think unkind thoughts. But I know that the Big Book gives me answers for that, like focusing on my side of the street, praying for my enemies and showing love and compassion for all. I pray for willingness to do that.

Oh, how I love the Big Book promises! They are coming true for me and the result is a good life beyond my wildest dreams. I am grateful.

— Joyce H.



## 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 meddle. 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 C

## Intergroup Meeting Date Change

Due to conflicts, our next Intergroup meeting date will change from Monday, November 28<sup>th</sup> to Monday, December 5<sup>th</sup>. This will be a one-time change. Please make a note of it. Zoom information is unchanged and is available on the last page of this newsletter.

## December Newsletter



## An Attitude of Gratitude

With Thanksgiving approaching, for what has your recovery in OA made you grateful?

What does "An Attitude of Gratitude" mean to you?

How do you practice such an attitude on a daily basis?

**Articles are due on Thursday, November 24<sup>th</sup>.**

Thanks for making our newsletter great! Send articles to: [newsletter@3RiversOA.org](mailto:newsletter@3RiversOA.org)



# Intergroup News

Bank Account Register

Three Rivers Intergroup

October-2022

Initial Balance: \$3,218.46

Current Balance: \$3,234.46

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	9/27/2022	Beginning Balance				\$3,218.46
140	10/7/2022	Unity of FW Rent 10-29	Workshop Expense	\$80.00		\$3,138.46
	10/10/2022	7th Tradition Contribution	FW MonN #57032		\$96.00	\$3,234.46
						\$3,234.46
						\$3,234.46
						\$3,234.46
						\$3,234.46
	10/31/2022	Ending Balance				\$3,234.46
<b>Totals</b>				<b>\$80.00</b>	<b>\$96.00</b>	<b>\$3,234.46</b>

Expense Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$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	\$80.00	\$155.00	\$100.00	155.0%
Zoom/Phone Conf Srvc	\$0.00	\$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%
<b>Payment Total</b>	<b>\$80.00</b>	<b>\$3,081.24</b>	<b>\$4,269.51</b>	<b>72.2%</b>

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$234.03	\$77.73	301.1%
Elk Mon #02327	\$0.00	\$491.87	\$518.22	94.9%
FW MonN #57032	\$96.00	\$333.00	\$251.20	132.6%
Gosh Wed #89142	\$0.00	\$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	\$260.58	\$420.46	62.0%
Gosh Sat #22495	\$0.00	\$310.21	\$498.76	62.2%
Member Donation	\$0.00	\$18.81	\$340.26	5.5%
Workshop Income	\$0.00	\$40.00	\$15.55	257.3%
<b>Deposit Total</b>	<b>\$96.00</b>	<b>\$2,046.19</b>	<b>\$2,400.00</b>	<b>85.3%</b>

## Three Rivers Intergroup Meeting Minutes

Monday September 26, 2022

Debra opened the meeting with the Serenity Prayer.

**Attendance** was taken and the following members were present:

Mon-Elkhart-6:00pm      Joyce H.  
 Sat—Goshen-10:15am    Kevin G.  
 Thurs-FW-6:15 pm      Jan  
 Sat-FW-9:00am          Debra M.  
                                  Suzette R.  
                                  Patty B.  
                                  Karen B.

Kevin asked if we could add the fall hybrid meeting to be held on Saturday October 29<sup>th</sup>, to the agenda and then move to accept the agenda. Suzette made a motion to accept the agenda and Kevin second the motion. Motion carried.

**Last meeting minutes** were reviewed and Kevin made a motion to accept with a second given by Suzette. The motion carried.

Kevin, **Treasurer**, gave the report and it was mentioned that funds are well within range needed. Suzette made a motion to accept the Treasurers report, Karen second the motion and motion carried.

Suzette, **Region 5 Representative**, made a request for someone to attend the Region 5 Assembly October 28-30 in her place since the assembly is not hybrid. If the meetings will not be hybrid meetings someone will have to take over the position. The requirements are to be abstinent at time of service or preferably have 1 year of abstinence. The assembly meets three times yearly.

Debra asked each meeting Rep to **report newcomers**. Debra reported 1 newcomer at Saturday Fort Wayne 9:00 am meeting and Kevin reported 1 newcomer at the Saturday Goshen 10:00 am meeting. Kevin reported the Wednesday Goshen 12:30 pm meeting is closed. Suzette reported that the Thursday Garrett 10:30 am meeting has not been active for some time.

Kevin reported he is getting the **newsletter** ready for November and he will send an email with topic and prompt.

**Old business** was discussion of IG Renewal and tools Barb, OA Trustee, recommended for intergroup renewal. It was decided to do a member survey from perspective of Intergroup: how are we doing and how can we do better? A three-step process was discussed: 1) Intergroup Survey, 2) Member Survey to ALL members, 3) Intergroup to process member surveys to find needs and interests. Patty and Kevin agreed to review the member survey on OA.org and either discuss at October meeting or get in touch with Intergroup members prior to the October meeting.

Debra discussed the **Fall Hybrid meeting** for Saturday October 29<sup>th</sup> at Unity of Fort Wayne Spiritual Center, 3232 Crescent Ave. FW 46805. Someone is needed to do PR and someone is needed to line up speakers. Debra will speak to Susan to see if she is interested in finding speakers. If Susan and Kevin agree to help, Intergroup will move forward with event. If are not able to help, the event will be put on hold or be rescheduled.

Kevin brought up **November elections and terms**. Nominations will be made at the October 31<sup>st</sup> meeting. Terms were explained for the benefit of all as follows:

Service Positions are held for 1 year after which time another election is held. A new person can be elected *or* the current member serving can be elected to another 1 year term. Debra said she can get list of Officers and terms to see what positions are open and send that information out for consideration. The requirement for intergroup service is to be abstinent at time of service or preferably have 1 year of abstinence. Please consider service and also spread the word to other members.

Suzette made a motion to **adjourn the meeting** and Joyce second the motion. The meeting was closed with the OA promise.

In Service, Karen B., acting secretary



## 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. (NOTE: **Date of next meeting is changed from Monday, November 28<sup>th</sup> to Monday, December 5<sup>th</sup>!**) 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.

## [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)

## [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).

## [Contributions to the Three Rivers Intergroup](#)

You can make contributions 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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