



October 2021

Fear and Recovery

Monarch Monthly

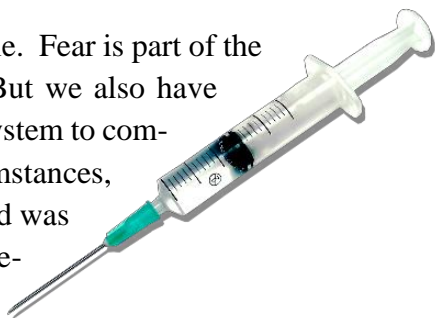


The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

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Antidote for Fear

We are all susceptible. Fear is part of the human condition. But we also have built inside of us a system to combat our circumstances, "...some kind of God was a part of our make-up." (Alcoholics Anonymous p. 55)



We can increase our spiritual antibodies with the practice of prayer, meditation, and following God's will for the day. Helping others instead of allowing the magnifying mind to dwell in the dark scary places adds another layer of protection.

Fit spiritual condition increases our immunity levels, our resistance to being trapped in fear. Scott Peck said, "The absence of fear is brain damage." Courage wouldn't be courage without an element of fear, but we have a Power Source that is always available. I have a navy-blue wristband that reads IN GOD WE TRUST in white letters. It is a constant reminder in a

world of turmoil that God is in control and will take care of me as he did last year, the year before that, and the year before that.

The principles embodied in the Twelve Steps offer us the antidote for fear. Freedom from compulsive eating was only the beginning of adventure on a lifelong sojourn in Fellowship of the Spirit.

— N.J.



King Fear

To say I was risk adverse before coming to OA is an understatement. I would never take a risk if there was a chance that something might go wrong, if there was a chance of a less than pleasant outcome, if there was a chance of pain. Fear ruled my life.

What happens to a plant that does not reach out, does not grow, does not change? Well, it dies and the same was true of me. I was dead and didn't even know it yet. Yes, I was going through the motions but I was only existing, not living. I was just trying to avoid pain or discomfort. I was not stretching, reaching or growing.

Coming to OA started a transformation in my relationship with fear. It was no longer an option to be a cringing subject of King Fear, willing to do whatever it asked. My first sponsor hinted that I would not be able to recover or grow if I was unwilling to take risks. I wasn't too pleased with that fact but I was less pleased with the idea of staying the way I was. I was sick and tired of being sick and tired. I was more afraid of staying the same than I was afraid of change and "Gasp!" taking a risk. As the slogan goes, "Nothing changes if nothing changes."

My sponsor encouraged me to start slow. "Take baby steps" he said, "Just take baby steps." That seemed so unproductive but the things he was suggesting were kind of scary so I was willing to "Just take baby steps."

At first not much happened so I could relax a little. But after a couple months something shocking happened. A problem that I had been trembling about whenever I thought about trying to solve it just collapsed under its own weight. What the heck? I hadn't been doing anything but going to meetings and doing a few little things each day for my recovery that my sponsor had suggested.

I was perplexed. I had assumed I would need to marshal all the willpower I had to hit it like a bulldozer, again and again till it was gone. I was so afraid that I wouldn't have enough energy. It had happened so many times before. Maybe I could plow over a problem with the bulldozer once or twice but if it came back again, all I could do was run (into the food or any escape I could find.)

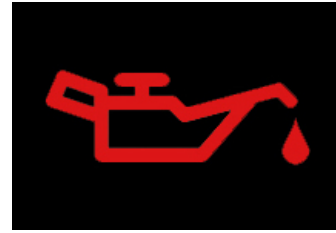
A problem collapsing under its own weight seemingly without any effort from me? I didn't remember that ever happening before. Something that was happening



in OA had changed things. Maybe the recovery things I was doing in OA were changing me, changing things in small, almost unseen ways. It was like I had a tiny little axe chopping on a giant tree. It didn't really take much effort each day but over time the results started to build. What's that slogan, "Tiny strokes fell giant oaks?"

Well, I thought, the way things are going I should be able to eliminate fear from my life real soon now. "Nope," replied my sponsor to my dismay. You will just get into a more appropriate relationship with fear. I was confused. Wasn't fear bad? Wasn't it something to be eliminated (or avoided) at any cost? As my sponsor started to explain things some images started to form in my mind. He said HP gave me fear for a purpose. My problem was that fear had gotten way out of control, way beyond its purpose.

"What purpose could fear have?" I thought. The thought popped into my head. "Why don't you step in front of a speeding car?" Well, I don't want to get hurt or killed. I had a good reason to fear. The images started to coalesce. If one of the idiot lights on my



car's dash goes on, it isn't bad per se. It is trying to communicate some important information to me. I need to take some action to prevent a problem,

maybe a big problem.

Fear is kind of like that. If I feel afraid, maybe I better think twice before moving ahead with a specific action. Maybe it would be good to consult with my sponsor about it. I need to understand exactly what useful information that fear is trying to communicate to me. Once I understand that, I can choose to move ahead in spite of the warning or change my plans.

What was my reaction to fear before OA? Well, I turned to the food to escape the uncomfortable feeling. That was sort of like putting tape over the idiot light in my car so it won't bother me anymore. Maybe that would make me feel better for a little while but it almost guaranteed a big problem in my future. That was the story of my life before OA, a string of increasingly



severe problems that never got dealt with resulting in even more severe problems. The gift that keeps on giving!

I really like that image of fear as an idiot light trying to get my attention and communicate important information. Somehow that takes the "feeling afraid" out of the experience of fear. I don't need to stop it or run and hide. I just need to figure out what it is trying to say to me. And that is a much more manageable relationship to have with fear.

— K.G.





Intergroup Meeting Changing Day and Time

In an effort to allow more people to attend the Intergroup meeting, the Intergroup voted to change its meeting day and time to the last Monday of the month at 8pm. This will start with the October 25th meeting. As before there will be no Intergroup meeting in December. In May we will change the day to avoid Memorial Day.

New Intergroup Officers Needed

The Intergroup will be looking for a new vice-chair and a new secretary for 2022. The current officers have met their term limits.

All officers shall be abstinent at the time of service. Whenever possible, officers shall have one year of current abstinence upon nomination.

The vice-chairperson:

1. Shall perform duties of the Chairperson in his/her absence.
2. Shall perform duties as designated by the Chairperson or Intergroup membership

The secretary:

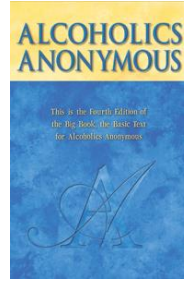
1. Shall see that minutes are kept of all Intergroup meetings and that a copy of the Intergroup minutes is printed in the Newsletter.
2. Shall maintain a file of all minutes of past meetings.
3. Shall give notice of bylaw amendment votes, Intergroup meeting and election changes.

If you have questions or are interested in serving, please contact the chairperson at chair@3riversOA.org by October 25th.

Share Your Favorite Slogans!

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

newsletter@3riversOA.org



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.

I: SM

N: ECCESSARY

S: ANE

A: WARENESS

N: EW BEHAVIOR

I: NSANE

T: RUST

Y: IELD

-BobbieLee H, Mishawaka, IN



November Newsletter



Thriving thru the Holidays

Slogan: To fail to plan is to plan to fail.

The November Monarch Monthly topic will be "Thriving thru the Holidays." How do you prepare yourself to protect your recovery through the holidays? What problems do specific holidays present you with? What solutions to holiday problems have you found in the past? How do you plan ahead for holiday events?

Write about the main topic, the slogan or both. **Articles are due Thursday, October 21st.** Thanks for making our newsletter great! Send articles to: newsletter@3RiversOA.org



Join Workshops in other States/Countries

Members of our Intergroup have seen many announcements of fall Zoom workshops. Instead of creating just one more Zoom workshop, we decided to encourage people to attend Zoom workshops and get to know OAers in other areas, maybe even internationally.

To help facilitate this, please pass on any flyers or information about Zoom workshops outside of our Intergroup during the rest of this year. I will try to collect them and post them to our website. Send information on other Zoom workshops to:

newsletter@3riversoa.org . Over the next couple weeks, I will gather the info onto the Events page of our website: <https://3riversoa.org/events> .

Bank Account Register

Three Rivers Intergroup

September-2021

Initial Balance: \$3,678.92

Current Balance: \$3,787.29

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	8/31/2021	Beginning Balance				\$3,678.92
	9/14/2021	7th Tradition	FW MonN #57032		\$108.37	\$3,787.29
						\$3,787.29
						\$3,787.29
						\$3,787.29
	9/27/2021	Ending Balance				\$3,787.29
Totals				\$0.00	\$108.37	\$3,787.29

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	\$500.00	\$455.49	109.8%
FW MonN #57032	\$108.37	\$133.37	\$0.00	
Gosh Wed #89142	\$0.00	\$145.05	\$32.92	440.6%
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	\$236.67	\$532.71	44.4%
Gosh Sat #22495	\$0.00	\$351.00	\$598.17	58.7%
Member Donation	\$0.00	\$254.29	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$108.37	\$1,833.38	\$2,160.00	84.9%

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	\$99.80	\$150.00	66.5%
Other	\$0.00	\$0.00	\$100.00	0.0%
Payment Total	\$0.00	\$1,415.93	\$2,160.00	65.6%

OA Three Rivers Intergroup Monthly Meeting, 8/31/2021

Meeting opened with the Serenity Prayer at 7:31pm.

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

Attendance, Positions, and Meetings Represented:

- Christina H, Secretary, Fort Wayne Sat.
- Debra M, Chair, Fort Wayne Mon. noon
- Jan C, Fort Wayne Mon. night and Thurs.
- Kevin G, Treasurer, Goshen Wed. and Sat.
- Joyce, Elkhart Mon.

Today's agenda was accepted with changes:

- To old business, we added: Changing the intergroup meeting night.
- Agenda approved as amended.

Minutes from 6/29/2021 were accepted without changes.

- No meeting was held in July, as agreed upon by the group by email.

Treasurer's Report for July and August accepted without changes.

Region 5 Representative Report:

- No report given - we do not have a Region 5 Rep. right now.

Newcomer Report:

- Elkhart Monday = 2
- Fort Wayne Monday noon = 0
- Fort Wayne Monday night = 0
- Goshen Wednesday = 0
- Fort Wayne Thursday =
- Fort Wayne Saturday = 2
- Goshen Saturday = 1

Newsletter Report:

- September will be out in a couple of days.
- October
 - Discussed ideas: How I deal with Halloween. Fear.

Old Business:

- Changing intergroup meeting night: In June, we discussed Mon. and Tues. nights being options. Debra M has now confirmed those are options for her as well. Kevin will reach out to Suzette and let us know if that works for her, in the hopes that she will take the Region 5 Rep. position and come to our intergroup meetings.
- Convention watch party: The convention is the first weekend in October. It will be in the newsletter. Groups can decide, on an individual basis, if they want to have watch parties.

New Business:

- Health Fairs: Debra M has no new information. Perhaps COVID is stopping places from holding these? Jan also reports Marilyn has gotten no information on this (Marilyn is our contact for health fairs).
- Fort Wayne Mon. night meeting: This meeting will continue for one more month. If attendance does not improve, it will end. They only get 1-2 people, on average.
 - The possibility of going to Zoom was discussed, rather than ending the meeting outright.
 - A hybrid meeting (in-person + Zoom) is not possible due to poor internet connection.

- Fall Workshop, proposed by Susan: It will take place on Zoom on Sat. 10/23/2021. There will be three speakers and breakout rooms.
 - Discussed schedule: (20 min. Speaker Talk + 10 min. Breakout Session) x 3 = 1.5 hr. workshop.
 - Focus would be on the holidays.
 - Susan requested \$10 for printing, but Debra M proposed \$50 for any needed expenses. \$50 was approved by the intergroup for any expenses Susan incurs.

Motion to close the meeting early passes.
8:09pm, meeting closed with the Unity Promise.

Submitted by Christina H, Secretary, Three Rivers Intergroup

[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 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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SOUTHWEST MICHIGAN INTERGROUP
PRESENTS



SPIRITUALITY AND CONSCIOUS CONTACT: AN 11TH STEP WORKSHOP



SATURDAY NOVEMBER 6, 2021
9:30-NOON ON ZOOM
ID: 899 3716 8614
PC: 508288

PROGRAM BEGINS AT 10:00 WITH
SPEAKER
WRITING EXERCISE
BREAK OUT GROUPS
PRAYER & MEDITATION TECHNIQUES
TIME TO VISIT BEFORE AND AFTER

Contact
Kathy D - 269.910.0123, Jude - 773.209.7876
Deborah - 810.241.8727
For More Info