

October 2022    How the 12 Steps Changed My Daily Life

# Monarch Monthly

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

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## Two Stepping

If I were to be accused of two stepping, I hope that would be Steps Three and Eleven. Step Three is not a

once in a lifetime decision, but every day and/or multiple times daily, action by action. Doing the next right thing means I have a measuring rod. God is the reference point. When having excess food or the last comment is not an option, I am growing closer to the patient, generous, and humble person God created me to be.

I learn more about God and what He desires of me in the quiet, that uncomfortable place of being still and listening. I may study or read or even work, but my mind and body are at peace. The Big Book calls it God-conscious. I am aware of His presence and easy accessibility. The core of prayer is listening and waiting. Much of my conversation with God is on the journal page. I feel free to write my thoughts and feelings and that in turn clarifies the jumble in my mind. The scramble in my brain comes tumbling out on the page. Knowing my values, gives me direction.

Because of Steps Three and Eleven, I can help others to find what I have learned. We are never, ever alone. We have a God of new beginnings. We have a God who never gives up on us. We have a God who loves each one of us as though we were the only one.

— N.J./Illinois

## Becoming the Parent



OA Steps 6 (p.47) and 7 (p.55) gave me a way to relate to my Mother as she aged and I became the 'parent'. Several years ago, she moved

in with us for about a year. She'd been living on her own for 20 years and it was a brand-new experience for her (and us) living with someone else. Little things like shutting the door when she was in the bathroom became big things when my husband complained. I didn't have a quiet place to just be still - 2 TVs blaring (both Mom and my husband were hard of hearing), an open concept home - not conducive to quiet time or meditation.

After a few months, I took Mom to stay with my brother for a couple weeks while we took a much-needed break. While she was gone, I practiced new behaviors - I would ask Mom once if she'd like to go with us somewhere; if she said no, I would accept her answer and we'd go without her. (I used to manipulate/coerce/control/etc to get her to go with us since I, of course, knew best for her.) I think I wore my husband out practicing yet when Mom came home, I was ready.

The next time I asked if she'd like to join us, she said no; I said, "Okay, we'll see you later" and we left. I felt like I'd grown up a little. I didn't need to control or change her. I was learning to accept her as she was. My HP (God) did for me what I could not do for myself - He helped me learn to let go of my Mom. God continued my "letting go" lesson the past 2 1/2 years through COVID, lockdown and finally through her death; the Steps still provide the answer each day to

any obstacle I might face. Thank you, OA and thank You God.

— Denise O



## Following the Directions

Before I began to live the 12-step program, my early morning thoughts centered around the affairs of the day and what I was going to wear. As I progressed in the program, I began to read literature in the morning and that was a good be-

ginning. However, after an intense study, with a recovered sponsor, I began to follow the program as it is outlined in the big book of Alcoholics Anonymous.

The program provides specific instructions as to how I am to begin my day. It tells me that upon arising I am to seek my higher power's help by asking my higher power to direct my thoughts and my actions. It further teaches me that all through the day I am to connect with my higher power asking only for knowledge of his will for me and the power to carry it out. At no time am I to ask for anything for myself unless it is to help someone. What a change from how I had lived my life before recovery.

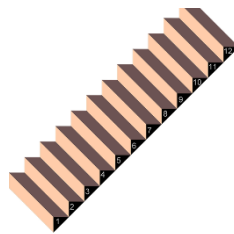
When difficult and trying situations pop up, instead of blindly attacking the situations, I am told to pause and ask for help. Sometimes it might entail calling someone, saying a prayer or just waiting. This is totally different from my basic instincts which are to tackle the situation and try and solve it with my own strength.

I don't do it perfectly but I work hard trying to live in steps 10, 11 and 12 because it provides me with a way to live my life regardless of the situation on the outside or how I am feeling on the inside. I have discovered life is a series of events, some good, some not so good and some downright challenging. This program is teaching me to live in the now just for today.

Tomorrow is a mystery and yesterday is gone but today well lived is what I strive for.

The price I pay for this is putting down the food (a higher power) and staying connected to the true source of power that I've found in this program, who for me is (God). I attend OA meetings, sponsor, pray and am working on meditation. I've found this program works, if I work it!! I'm worth it!!!

— Nancy R



## Steps to a Better Life

How do I use the 12 steps in all areas of my life?

1. Step one gives me honesty, especially self-honesty. I spent a lot of years doing the same thing over and over expecting different results. I just could not accept the inevitable conclusion, that I was powerless over my problems with food. Somehow that felt like accepting I was a damaged, flawed person. Then step one dropped the hammer. Yes, what I had dreaded was true. I was powerless.

Step one worked so well I now apply it to other things I am powerless over in my life. I've found there are quite a few. But I find it much more productive admitting my powerlessness rather than repeating an action that doesn't work over and over.

2. Step two gives me hope. Step one dashed my hopes of solving the problem by myself so step two is a good follow up. I guess this step made me stop and look for help. Something helped all those other compulsive overeaters before I got to OA. Why wouldn't that something help me?

Step two encourages me to look for help. If I had to rely on a higher power for help with my compulsive overeating then maybe there are other things I can ask for help with. I don't have to do it alone. Even more, I am encouraged to make use of help with everything in my life.

3. Step three allows me to have faith, to trust. I like the slogan, "I can't. God can. I think I'll let God." It is okay to let go of the things I am powerless over and

put them in someone else's hands. At first, I only let go after leaving claw marks on the things I let go. But as time went on, the claw marks were less deep. Now most things only have light scratches and sometimes no scratches at all.

Step three encourages me to detach, to let go of all those things I used to cling to, those things I wanted to control. It isn't my responsibility to make sure the world runs the way it should anymore. How wonderful to get that burden off my shoulders! Now I can accept the possibility that when things aren't working right, they really are going just the way they should. The problem is I can't see far enough ahead to know the final outcome. But HP can so I am best to just stay out of the "running the world" business.

4. Step four was a very scary proposition for me. I had worked hard to keep all that stuff buried with food. If I stopped, something just might break through to the surface. It seemed insane to actually go digging that stuff up. Luckily, I was desperate enough to try my sponsor's "insane" suggestions. To my surprise I found that buried stuff wasn't nearly as horrible as I'd feared. It had a limit. It had an end.

Step four gives me courage for living my life. If I can do something I was dreading as much as the fourth step and have a positive outcome, then maybe I can risk taking on other things I'm scared of, other things I'm dreading and it will be better when I'm on the other side. If doing a fourth step didn't kill me, what do I have to fear?

5. The principle for step five is integrity. I wasn't sure if I related to that but then I read one of the definitions, "the state of being whole and undivided." Well, before step five I was definitely divided. There were parts of me I had never told another human being about. Living a fragmented life has its own problems and takes a lot of energy. Doing the fifth step allowed me to put all the pieces together, at least with one other person. More importantly I could then start to do it with myself.

This step reminds me that I don't want to go back to that fragmented life. No, I don't tell every person, every detail of my life. But I do strive to show every

person at least a portion of the true me. Over time I have shared all of me with more people and a larger portion of the true me with almost everyone.

6. Step six is about willingness. My first sponsor gave me the wisdom that I don't have to want to do everything in the program, I just have to be willing to do it in order to reap the benefits of the program. What an aha moment! I could be willing to do things I didn't want to do in order to gain something I desired. Likewise, I don't have to want to give up my choicest defects of character. I just have to be willing to give them up.

It seems like a simple principle but somehow the idea of delaying the instant gratification of food in order to be able to do other things in life had escaped me. Or maybe the disease clouded my mind so I couldn't see it. But this principle is useful in all areas of my life. I can't have it all. If I want A, I may need to forego B and C. Achieving goals is impossible for me without this principle.

7. Step seven is about humility. That word left a bad taste in my mouth at first. The last thing I needed was to be humiliated again. But then I found out that humility is about honesty. Being humble is being honest about who I am, what I can and can't do, my strengths and my weaknesses. That made it seem a lot more desirable. To know who I really am and what my abilities are and what they aren't seems like good information to have as I go through life.

Being humble in life keeps me out of a lot of trouble. No more BSing people about my abilities. No more people pleasing, telling people what I think they want to hear instead of what I think/feel. No more working unreasonable amounts of time on projects to impress someone with how skilled I am. Those things all seem to eventually lead to resentments when I'm asked to do more than I am capable of or comfortable doing. Humility is the best policy!

8. The principle of step eight is self-discipline. But for me I think it is more about focusing on my side of the street. As I was getting ready to make amends to those I had harmed, my sponsor made it very clear that I had to forgive the wrongs the other person had done

to me or my resentment would get in the way of making amends. The amends process is totally about cleaning up my side of the street.

Focusing on my side of the street is invaluable for living my life. It helps keep me away from the blame game and helps me pay attention to the actions I am taking. Are my actions ones that are estimable, ones that will build my self-esteem or ones that will degrade my self-esteem?

9. The principle of step nine is love. I had to think about this for a second but then I realized there is nothing more loving I can do for myself than make my amends and leave all that baggage of the past behind me.

Step nine encourages me to be very certain before I take an action. I ask myself, "Will I have to make an amends for this action some day?" I sure don't want to do anything that I'll have to make an amends for in the future!

10. Step 10 is about perseverance. Step 10 is kind of like brushing my teeth. If I do it every day there are two benefits. First, I get rid of that inevitable daily build up. Second, I get a heads-up about how something I am doing is having increasingly negative consequences. I never want to get back to that point where I had a mountain of things piled up that I hadn't dealt with.

Step ten encourages me to do a little maintenance on my life every day. I confess I am still learning here. One look at my office and you would agree. My OA recovery has convinced me of the power of doing some small thing on a regular, daily basis. Sometimes it is easier to move a mountain with a tiny shovel than with a bulldozer.


11. Step eleven is about spiritual awareness. HP was working in my life even when I wasn't aware of it. When I am paying attention though, I see so much more of HP's handiwork. When I focus on something it gets bigger in my consciousness. HP doesn't change but when I use prayer, meditation and other spiritual tools, HP inhabits a much larger portion of my mind.

Step eleven teaches me to pay attention. There are so many beautiful and interesting things in my life. If I don't pay attention to them, it is almost as if they aren't there. Today I choose to connect with the people, places and things in my life.

12. Step twelve is about service, of course. If I have been given something wonderful, I need to share it with others. I need to pass it on. As those before me in OA selflessly gave to me, I need to selflessly give to others. It is the debt I owe for the invaluable gift recovery has given me.

Step twelve encourages me to make a contribution to life instead of always just taking from life. I have been given many gifts and abilities so it is my pleasure to share them or their products with others.

— K.G.



## November Newsletter

### The Promises in OA

- OA members often refer to “the Promises” in the Big Book. They may interpret these Promises in many ways and apply them to their OA recovery.
- How do you interpret the Promises, and what one or more of those Promises calls out to you?
- How have those Promises come true in your life?
- What Promise brought the greatest change to your life?
- Does achieving the Promises help you maintain your abstinence? Explain how.
- Have you yet to achieve one promise, why not, and what can you do to achieve it?

**Articles are due on Thursday, October 27th.**  
Thanks for making our newsletter great! Send articles to: [newsletter@3RiversOA.org](mailto:newsletter@3RiversOA.org)

# Intergroup News

Bank Account Register

Three Rivers Intergroup

September-2022

Initial Balance: \$2,991.46

Current Balance: \$3,218.46

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	8/30/2022	Beginning Balance				\$2,991.46
	9/6/2022	7th Tradition Contribution	Elk Mon #02327		\$227.00	\$3,218.46
						\$3,218.46
						\$3,218.46
						\$3,218.46
						\$3,218.46
	9/26/2022	Ending Balance				\$3,218.46
<b>Totals</b>				<b>\$0.00</b>	<b>\$227.00</b>	<b>\$3,218.46</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	\$0.00	\$75.00	\$100.00	75.0%
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%
Payment Total	\$0.00	\$3,001.24	\$4,269.51	70.3%

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$234.03	\$77.73	301.1%
Elk Mon #02327	\$227.00	\$491.87	\$518.22	94.9%
FW MonN #57032	\$0.00	\$237.00	\$251.20	94.3%
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%
Deposit Total	\$227.00	\$1,950.19	\$2,400.00	81.3%

Three Rivers Intergroup Meeting minutes

August 29, 2022:

Attendance / meetings represented=

Kevin treasurer / rep Goshen Saturday

Debra president / rep Ft Wayne Saturday

Susan secretary / rep Ft Wayne Monday noon

Treasurer report approved

No Region 5 report submitted

Meeting Newcomers= none reported for Ft Wayne mtgs / 2 newcomers attended Goshen Saturday

Newsletter= Kevin reported 3 submissions for September's newsletter.

Kevin ask for submissions by Sept 22 for October's newsletter theme "Using 12 Steps in daily life".

Old Business=

1) Speaker meeting Saturday 10/29/22 from 12:30-3:30 in Ft Wayne at Unity Spiritual Center.

It is an in person meeting that will be on zoom. Zoom information will be on fliers and @ website.

ACTION ITEM: Kevin creating flier for the event. Susan obtaining 3 speakers.

2) It is time for intergroup renewal. Debra reported she did followed up with Central Indiana and NW Indiana to inquire on the attendance of their intergroups. Central doing well with active members.

It was decided that Debra would reach out to Barb K. our Region 5 Trustee to ask if she would attend a virtual meeting on a Monday evening in September with us regarding intergroup renewal.

Minutes submitted by Susan H, 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. 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**

**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.

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# There Is A Solution



## For Your Food & Weight Issues

### Overeaters Anonymous Fall Workshop

Saturday, October 29, 2022



12:30 to 3:30 pm

Eastern Daylight Time



Unity Spiritual Center  
3232 Crescent Avenue  
Fort Wayne, Indiana  
(Fully Accessible)

Also Available Via Zoom [Zoom Link](#)

ID: 912 2106 5135 Passcode: 260574

3 Out of Town Speakers + In-Person & Zoom Costume Prizes

**\$5 Admission**

Sponsored by the  
Three Rivers Intergroup  
of Overeaters Anonymous



For more information:  
[Intergroup@3riversOA.org](mailto:Intergroup@3riversOA.org)  
or 708-990-9617

### Is Food a Problem for You?

- Do you lose weight but gain it back plus more?
- Are food, dieting & weight all you think about?
- Are food/weight issues ruining your life?
- Does food come between you and other people?
- Do you isolate yourself so you can eat?
- Did you give up all hope of being a normal weight?
- Are you sick and tired of being sick and tired?

