



September 2021 Using the Traditions Outside of OA

Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

Favorite Big Book Quotes	pg 3
Favorite Slogans	pg 3
Next Month's Newsletter Topic	pg 4
Region 5 Convention Watch Parties?	pg 4
Thriving Through the Holidays Workshop .	pg 4
Need Help Finding a Sponsor?	pg 4
Like to Check Out Intergroup?	pg 4
Treasurer's Reports	pg 5
Intergroup Meeting Minutes	pg 6
Intergroup Meeting List	pg 7
Seeds of Recovery Retreat, Sept 17-19	pg 8
Region 5 Virtual Convention, Oct 2-3	pg 9



Anonymity and Humility

Our tradition of anonymity saves us from a lonely place – pedestals.

Pedestals aren't safe...one wrong move and a nasty tumble is sure to follow. Humility is a great grounding tool. Author: Sanjo Jenday

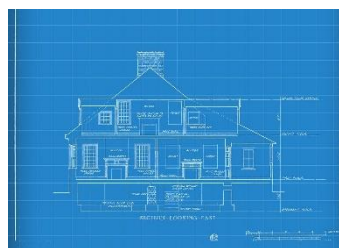
In a very real and practical way, anonymity and humility are interwoven. The welfare of others, the common good, has priority over personal aspirations. Microphones, cameras, and newsprint can be very challenging, both in the fellowship and before the public where we want to emphasize the message of freedom from food obsession, while avoiding undo attention to the messenger. In my writing for newspapers or other publications on Overeaters Anonymous, I eliminate any personal connection to the Fellowship because my full name is used. When submitting stories, essays, and articles for WSO or intergroup newsletters, I claim

membership in OA and follow the writing guidelines of no name or initials only.

The application of principles before personalities has served me well on project teams and committees in our family, church, and community throughout the years. In my experience people who work with children are a dedicated group, but there were a few who had difficulty remembering they were now retired military, a volunteer collaborating with other parents for a wholesome experience for our boys. To stay positive and in gratitude, my prayer at those 2-hour monthly meetings was, "Thank you, Lord, I don't have to live with him. Bless his wife."

It has taken me a long time to absorb the extent of bondage to self. Is it really possible to achieve that state of complete freedom from myself and to find and do the will of God in all times and places that Bill W. describes? Inventories are helpful in staying right-sized, acknowledging my assets as well as my shortcomings. The compliments and criticisms go into the same pocket. With full attention to my relationship with Creator God, guided by the principles of the Steps, Traditions, and Concepts, I can admit my mess-ups and look for peaceful solutions that benefit others. Overeaters Anonymous is not a secret society, but we do strive for confidentiality that supports us individually as we trudge the recovery journey together.

— N.J., Illinois



The Traditions

Overeaters Anonymous is a Design For Living and without it, I'm certain the Peace, Joy and Serenity I now enjoy would be non-existent. The Twelve Steps have enabled me to enter into a relationship with my

Higher Power that guides my daily actions and interactions with myself and the world around me.

The Steps led me to freedom from the disease of Compulsive Overeating. I found there was a solution in the rooms of OA. The meetings enabled me to understand the nature of my problem and the road map to recovery. The MEETINGS! The MEETINGS! The MEETINGS! Each meeting I attended empowered me to grasp the futility of my ever single handedly solving this problem. Each meeting was and continues to be a lifeline to my daily reprieve from compulsive overeating .

Today, I recognize the importance of knowing and respecting the 12 Traditions. Our primary purpose is to carry the OA message of recovery. Experience with compulsive overeating is the one thing our members have in common, so the Traditions insure that our focus is on recovery and recovery alone. Can you envision how unproductive our meetings would be if we did not have this guiding principle? It would just be a matter of time before the Fellowship would totally self-destruct, as some early groups did when outside issues were brought in. Tradition 1 says: Our common welfare should come first; personal recovery depends upon OA unity.

Tradition 5 reminds us that each group has but one primary purpose-to carry its message to the COE who still suffers. We have a variety of opinions on many issues that could become extremely divisive if they were permitted to permeate our meetings. Emotions on political, religious and social issues can run high and become divisive, often leading to disagreement and hostility between people. Staying focused on our primary purpose is vital in keeping outside issues, that may divide, out of our meetings. I know I would not be able to stay if many current issues were discussed during OA meetings.

I can't begin to imagine how OA would be without these traditions. I am a slow learning know it all, highly opinionated with a fragile ego. If the Fellowship operated on majority rule, I would have been gone long ago. The Group Conscience has given me the wisdom to accept that it doesn't have to be my way, that I can go along with what is best for the group. This does

not stop at OA but these traditions have transformed my personal interactions as well.

The beauty of the Traditions is they have impacted the way I deal with life outside of OA. The self-centeredness, of my thinking and behaving, has been altered as a result of practicing these Principles in All My Affairs. The Traditions have been an ego altering process that has resulted in the humility necessary for continued spiritual growth. As I have grown in recovery, I have learned the benefits of applying the Traditions to my personal life. Thanks to the Founders of AA, working through HP, they gave us the Steps as a way of surviving our addiction. They gave us the Traditions as a way for the groups with the Fellowships to keep from destroying themselves.

— Nancy R.



Using the Traditions of OA Every Day

When I first came to OA, I focused on the wisdom in the 12 Steps and knew they would change my life in many positive ways. It took several years to feel the same about our 12 traditions.

The traditions are spiritual and practical guidelines for governing (from our local OA groups to OA World Service), but they also give me priceless principles for all my relationships, from family and friends to all the groups I relate to. These are a few of the things the traditions have taught me:

*For the good of all, I can be open-minded and not judgmental. I can learn new ways of responding to others. MY way may not always be the best or only way!

*My mission in life is to do God's will, not giving highest priority to my selfish desires. My Higher Power wants what is best for me, but also what is best for all (all people, creatures, nature, etc.) Sometimes that means I need to give up my desire for "instant gratification" for the good of others.

*I "advertise" the OA program by living the 12 steps and traditions. I do not need to be a know-it-all and tell others what they SHOULD be doing.

*I rarely have conflicts with other OA members because we focus on our common purpose, do not discuss outside issues and have a great bond of love and care. But with people outside OA -- this is a different story! Lately, I've been trying to learn more about how I use the traditions (e.g., 4 and 12) when I disagree with others. My old character defects can easily pop up. I pray for willingness to respond to such situations by practicing my "new ways" which usually result in unity and kindness.

— Joyce H.



A No Exclusion Zone

The community I grew up in was very good at exclusion. It was tight knit. If you didn't come

from there or if you did something that wasn't approved of, it could be decades until you were accepted as part of the community.

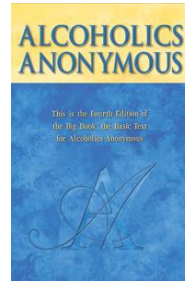
OA was so radically different than that. If I walked in the door and desired to stop compulsive eating, I was part of OA! It was amazing how wonderful that felt! I had felt so alone about my eating. I thought I was the only one who had the crazy eating problems I had. But no, there were other people in my first meeting that had the same thing. When they opened their mouths, my words came out! There were so many of us that they even printed books for us!

I have had to learn a lot of things about accepting people as they are, no matter what, whether inside the program or outside. You see, I am a recovering control freak so I always wanted to change others. They would be so much better if they just took my advice! Since I couldn't accept others as they were, I couldn't accept myself as I was. I spent years trying to follow my own advice but that led from failure to failure.

Tradition 3 helped me accept others whether they followed my advice or not, whether they thought like me or not, whether I liked them or not. Who would have thought that learning these lessons would lead to me accepting myself as I am, no matter what? I'm just

grateful to HP and OA that is true! Thanks for accepting me no matter what! It shows me how to accept others outside of OA, no matter what!

-K.G.



Big Book Quotes

We alcoholics are undisciplined. So we let God discipline is in this simple way we have just outlined.

--AA Big Book 4th Ed, page 88

I love this quote because it says to me that my life is unmanageable and that working the Steps will allow God to help me.

—Nancy Lau

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.

Nothing Tastes as Good as Abstinence Feels

I have been blessed with three months of abstinence. It feels "fantabulous". I must guard my feelings 24/7 in order to keep this gift. Buckingham Palace, The White House, The President and Vice President of our country have to be guarded 24/7. My feelings need the same level of protection because they are equally as valuable. I am a chronic relapse. To me this means that I have a lot of difficulty remaining abstinent. It is so wonderful that OA is the right place for a chronic relapser. As long I have an attitude of gratitude, my abstinence is protected from public enemy #1, ME, MYSELF, AND I.

— BobbieLee H, Mishawaka, IN

Share Your Favorite Slogans!

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

newsletter@3riversOA.org

October Newsletter



Fear and Recovery

Slogan: FEAR: Forget everything and run!

The October Monarch Monthly topic will be "Fear and Recovery." What role did fear play in your life before OA? How has recovery changed your relationship with fear? What tools do you use to deal with fear? What purpose does fear serve in your life?

Write about the main topic, the slogan or both. **Articles are due Thursday, September 23rd.** Thanks for making our newsletter great! Send articles to:

newsletter@3RiversOA.org



Region 5 Convention Watch Parties

A local OA member came up with the idea of having a Region 5 Convention watch party! The convention will be available virtually via Zoom on October 2 & 3. See the flyer later in this newsletter.

The idea is to set a block of time where people can get together locally and watch part of the convention Zoom together. When a session goes into breakout rooms, your local group would be where you can share together.



Thriving Through the Holidays Save the Date!

Our Intergroup is planning a Zoom speaker workshop titled "Thriving Through the Holidays" on Saturday, October 23rd from 1-3pm EDT. Be sure to save the date! More details next month.

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 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 ahead of time to ask for the documents that will be used in the meeting.



Bank Account Register

Three Rivers Intergroup

July-2021

Initial Balance: \$3,261.14

Current Balance: \$3,704.95

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	6/29/2021	Beginning Balance				\$3,261.14
	7/1/2021	7th Tradition	Gosh Wed #89142		\$57.96	\$3,319.10
	7/14/2021	7th Tradition	Member Donation		\$48.25	\$3,367.35
	7/19/2021	7th Tradition	Elk Mon #02327		\$108.00	\$3,475.35
	7/19/2021	7th Tradition	FW Sat #37739		\$103.00	\$3,578.35
	7/19/2021	7th Tradition	Gosh Sat #22495		\$96.60	\$3,674.95
	7/26/2021	7th Tradition	FW Sat #37739		\$30.00	\$3,704.95
						\$3,704.95
						\$3,704.95
						\$3,704.95
	7/26/2021	Ending Balance				\$3,704.95
Totals				\$0.00	\$443.81	\$3,704.95

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$75.00	\$217.56	34.5%
Elk Mon #02327	\$108.00	\$500.00	\$455.49	109.8%
FW MonN #57032	\$0.00	\$25.00	\$0.00	
Gosh Wed #89142	\$57.96	\$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	\$133.00	\$236.67	\$532.71	44.4%
Gosh Sat #22495	\$96.60	\$351.00	\$598.17	58.7%
Member Donation	\$48.25	\$280.32	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$443.81	\$1,751.04	\$2,160.00	81.1%

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%

Bank Account Register

Three Rivers Intergroup

August-2021

Initial Balance: \$3,704.95

Current Balance: \$3,678.92

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	7/27/2021	Beginning Balance				\$3,704.95
	7/28/2021	Donation Refund	Member Donation		\$50.00	\$3,654.95
	8/3/2021	7th Tradition	Member Donation		\$23.97	\$3,678.92
						\$3,678.92
						\$3,678.92
						\$3,678.92
						\$3,678.92
						\$3,678.92
	8/30/2021	Ending Balance				\$3,678.92
Totals				\$0.00	\$26.03	\$3,678.92

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	\$0.00	\$25.00	\$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	-\$26.03	\$254.29	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	-\$26.03	\$1,725.01	\$2,160.00	79.9%

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, 6/29/2021

Meeting opened with the Serenity Prayer at 7:32pm.

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

This meeting was led by Dave C.

Attendance, Positions, and Meetings Represented:

- Dave C, Vice Chair
- Kevin G, Treasurer, Goshen Saturday & Wednesday
- Christina H, Secretary, Fort Wayne Saturday
- Joyce, Elkhart Monday
- Jan C, Fort Wayne Monday night and Thursday

Today's agenda was accepted without changes.

Minutes from 5/25/2021 were accepted without changes.

- Thank you to Joyce for taking them in Christina's absence!

Treasurer's Report was accepted without changes.

- Zoom has been renewed for 1 year, so it is good until June 2022. Kevin took advantage of a \$30 off coupon, so it ended up costing \$99.80.

Region 5 Representative Report:

- Suzette is willing to be the representative, but she can't attend our intergroup meetings due to a schedule conflict.

Newcomer Report:

- Elkhart Monday = 1
- Fort Wayne Monday noon = Not reported.
- Fort Wayne Monday night = 0
- Goshen Wednesday = 0
- Fort Wayne Thursday = 0
- Fort Wayne Saturday = 1
- Goshen Saturday = 0

Newsletter Report:

- There were 2-3 articles submitted for July. That newsletter is coming in a few days.
- August articles are due 7/22.
 - Topic: Recovery from Relapse
 - The slogan has not yet been chosen.

New Business:

- Other nights were discussed for our intergroup meeting, to accommodate Suzette. The best options turned out to be Monday and Tuesday. This will be shared with Debra and Suzette before any decisions are made.
- Next meeting, we will discuss the Delta variant of Covid-19 and its effects on meetings, if there are any.
- Fort Wayne Saturday meeting - It is inconsistent whether or not there is a zoom meeting during the in-person meeting. One weekend, Christina was in-person and observed others attending on Zoom successfully. Another weekend, Christina tried to attend on Zoom, but there was no connection, presumably because no one at the meeting had a device or knew how to connect.

Announcements:

- 1st weekend in October is the Region 5 Convention. It is digital only and will be 2 days.

7:58pm, meeting closed with the Unity Promise.

7/27/2021 is our next intergroup meeting. Dave C. will lead 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

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.

All images by Unknown Author are licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/)

Overeaters Anonymous 2021 Fall Retreat at the Port September 17-19, 2021 **SEEDS OF RECOVERY**

Sponsored by Chicago South Suburban Intergroup/Hosted by Wednesday Kankakee Meeting



Where: Portiuncula Center for Prayer (the Port), 9623 W. St. Francis Rd., Frankfort IL 60423

When: Friday, September 17-Sunday, September 19, 2021

OPTIONS /COSTS- (INDICATE CHOICES IN BOX BELOW) **SPACE IS LIMITED**

Full Weekend DOUBLE ROOM \$171 SINGLE ROOM \$191

REGISTRATION WILL BE OPEN UNTIL 9/7/21 (or FULL)

Questions? Call **Patti B. (708-307-9717)** or **Arlene A. (708-712-6638)**

Return with payment to Patti B, 20252 S. Indian Ct., Frankfort, IL 60423

Name: _____

Address: _____

Phone: _____ Email: _____

DOUBLE ROOM \$171.00 SINGLE ROOM \$191.00

Roommate (only double) _____ (if applicable)

Amount Enclosed: _____ Home Meeting _____

Add me to the contact list _____ Current abstinence (optional) _____

Available to help _____ Special Dietary Needs _____

CHECK PAYABLE TO PATTI B. 20252 S. Indian Court, Frankfort, IL 60423



OA Region 5 Convention

Saturday 10/2 8:30 AM - 9 PM EDT
 Sunday 10/3 8:30 AM - 12:15 PM EDT

- Dancing
- Fellowship
- Entertainment
- Keynote Speakers
- Panels
- Workshops

Hosted By Central Ohio Service Intergroup
 via Zoom

Service Opportunities

- Speaker/Panelist Hosting/Hospitality
 Zoom Aide Available Sponsor Other

Suggested Donation

- \$15 \$20 \$25 Other

Convention Preview

- Many Voices** Our experiences
One Solution The 12 Steps of Overeaters Anonymous

This engaging event will celebrate recovery across the diversity of compulsive eating behaviors, disease manifestations, personalities, and beliefs.

The virtual format allows us to explore the following topics through speakers, panels, and workshops:

- 12 Steps of OA
- Abstinence through Action
- Acknowledging and Accepting Emotions
- Diversity in Lifestyle and Community
- The Principles
- Sponsorship
- Many Journeys to Recovery
- Experience, Strength and Hope

Register

OARegion5.regfox.com/region-5-2021-convention
 Registration closes September 30, 2021

Payment can be made at time of registration or mail a check along with your name and e-mail address to:

Central Ohio Service Intergroup-Convention
 PO Box 14268
 Columbus, OH 43214-4268 USA

Questions: (614) 636-1554
treasurercosig@gmail.com

