

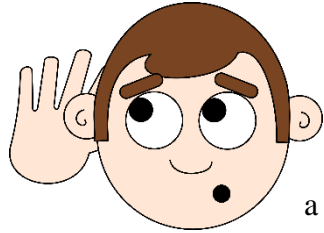


Monarch Monthly



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

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I Had to Wait and Listen

I thought about me 23 hours a day. In the final hour I thought what did you think about me?

I was self-centered, selfish, defiant, vain or lower than snake’s belly. An egomaniac with an inferiority complex and in order to achieve neutrality around my food and my relationships with others I had to CHANGE everything and if I’m in myself it’s not my job but my HP’s job to give me the words to say or refrain from saying. Sometimes he says no- not now or maybe or nothing, but I had to wait and listen.

Back then I was plagued by the disease of self-loathing. I didn’t think of myself as a friend. Now two decades later I’ve learned that strong healthy relationships are an important part of my life. Friends, neighbors, co-workers are an important part of my neutrality, too. How I’m showing up for life. Being a better person, having dignity and compassion and respect for what others are saying and “I see what you mean ...”

Being tolerant of other peoples' opinions and affiliations - even of how we work our program in different ways! Do we work it quickly or slowly? Do we have to believe in god or not? Learning not to be miss Judgy pants and respectfully listen to others. Remembering, the hoop we have to jump through in this OA program is wide enough for all of us: religious -atheist - agnostic It makes no difference! Just to remember GOD is NOT ME. And to be kind to myself. To look back at my past but not stare at it.

And to think of a SLIP not as a catastrophe - but that it means SLIP as in, **Still Learning I’m Powerless** or a life lesson. I’m grateful for the fullness in my life. OA gave me that.

— Barbara E. NJ

Religion is for those who fear going to hell, spirituality is for those who have already been to hell and back.



Spiritual Journey

I would not call my pre-OA relationship with God superficial, but it did exclude food, weight, and body image issues because I thought those were too trivial for an All-powerful God, who had crises in every nation around the clock. My recurring ten-pound battle with the scale hardly merited the attention of violence, starvation, or cancer.

My first Twelve Step meeting, January 12, 1982, was enlightening. I learned I had a disease, though physical in nature with an emotional component, it had a spiritual solution. God was indeed concerned about any little thing that disrupted my peace. And furthermore, He would take care of my problem, if I followed the directions in the Big Book of Alcoholics Anonymous using some basic tools like, writing, and attending meetings with other people who had the same disease. I was not alone! God had answered my prayer – one of those e-v-e-r-y-t-h-i-n-g changed, yet n-o-t-h-i-n-g had changed moments!

I had always believed in God and prayed, though much of prayer was rote. Prayer became more conversation, often written. I have been journaling day after day for more than half of my life. Yes, I still use prayer beads and Scripture, but talking and listening to my Creator is anytime, anywhere. Meditation was a conscious decision for me, the “human doing.” Taking time to be still and do nothing was not on my radar. I discovered I needed to quiet the body to quiet the mind. Swimming or walking first and much practice with progressive muscular relaxation were the prelude to any beneficial meditation in the beginning years.

However today, I have only to close my eyes in a quiet space and feel the rise and fall of my abdomen or beat of my heart. I will repeat a simple prayer like Jesus, I trust in You or Be still and know that I am God.

Two meetings that I attend regularly have a 3- or 5-minute meditation as part of the format. Step Eleven in *Overeaters Anonymous Twelve Steps and Twelve Traditions* says the only way to do meditation wrong is to not do it at all.

You might start with sound. I like piano, flute, and chimes, the sound of wind, rain, or waterfall, and birds. What aromas relax you? Lavender, Eucalyptus, or French Vanilla scents are available in candles or oils for a diffuser. Volunteer for a Retreat or Day of Reflection Committee so you can be part of the planning to include meditation. If you are new to OA or it has been a while since you have read pages 85-88 in the Big Book, start there. Step Eleven is vital in maintaining conscious contact with the Power Source that guarantees sane eating and successful living.

— N.J./Illinois

$$2x + 5y + 97z = ??$$

The Only Solution to My Problem

Step Eleven and the principle of "Spiritual Awareness" are the foundation of my recovery. I can only be abstinent when I am spiritually fit.

I grew up in a religious home, went to church often and never questioned my belief in God. That did not change when I was active in my disease; however, my God had little to do with my compulsive eating or everyday life. That changed when I came to OA at the age of 67. As I was learning the importance of a relationship with my HP, I was also exploring the feminine aspects of God. Today I have a personal and very meaningful relationship with my HP. When I wake up and before I fall asleep, I express my gratitude. During the day, I often pray for "willingness to do your will, not mine". When my HP seems far away, I know that it is ME who has moved. Just like any human relationship, when we spend time together, our relationship improves and I experience more serenity and joy.

On Tuesday evening, I Zoom a literature OA meeting in Columbus OH. This week we finished reading *Seeking the Spiritual Path*. Every story gave me new ideas and reminded me of the importance of this part of my program. For me, the poem True Blessings (page 104 and 105) is very meaningful and I read it often.

I am grateful for the way OA emphasizes the importance of nurturing my spiritual journey. When I do, every area of my life is better!

— JH

The disease is physical. The cause is emotional. The cure is spiritual.



A Relationship Unlike Any Other

When I came to OA, I didn't really know there was a difference between spirituality and religion. The religion I grew up in didn't really distinguish them. OA encouraged me to develop a concept of a God that was loving and that wanted good things for me. I was pretty soon asked to believe in this Higher Power, to entrust my life to it, to

ask it for help with every problem, to listen to it, in short to develop a relationship with my Higher Power.

It soon started to become clear to me that spirituality was about my relationship with my Higher Power, my relationship with myself and my relationships with others. As my relationship with my Higher Power improved, I started to see more and more things happening in my day that felt like a gift from someone who loved me, from someone who wanted good things for me. Many of those things had happened before but I had been too out of touch to even notice them.

The more I looked for those gifts, the more I found. Too many times things just happened at the right time seemingly by coincidence. I started to wonder about the slogan, "Coincidence is when God doesn't sign his name." Somehow the world looks so much better when I feel like there is someone on my side, helping me out in ways that I can't help myself. It started to become clear that God could help me with the compulsive overeating and additionally that God wanted to help me with the compulsive overeating.

One thing that amazed me was that Higher Power would help people that didn't think that God would help. Higher Power would help those who weren't sure there was a God. Higher Power would help those who definitely knew there wasn't a God. All that seemed necessary was that I had to ask for help. It didn't even matter how I asked for help. HP only cared that I was asking for help. It made me think of a parent of a small child. If the child indicates a desire for help the parent is willing to do anything in his/her power to help.

Like a small child, I sometimes insist on doing it my way, by myself. I know how that turns out but my ego still pushes to be in charge. I know now that HP is willing to help me even though I grabbed my will back from him. HP is willing to help even if I am pissed off at him.

I don't have any other relationship that is so unconditionally loving and helpful. After 33 years I am still getting used to that idea. But I know that whatever

mistakes I make, HP is there waiting to help me make things better. It is a relationship unlike any other.

-K.G.

Save the Date! October 29th!

The Three Rivers Intergroup will be holding a workshop on Saturday, October 29th from 12:30 – 3:30pm. We will meet at Unity of Fort Wayne, 3232 Crescent Ave, Fort Wayne, IN. The workshop will be a hybrid and will also be on **ZOOM** for those who can't make it to Fort Wayne.

We will have speakers from outside of the area with a topic of "**There Is a Solution!**". Given the date you may want to start working on your Halloween costumes! Rumor has it there may be **prizes** for the best in person costume and the best Zoom costume.

More details will be published in the October newsletter.

October Newsletter



How the 12 Steps Changed My Daily Life

- How has living the 12 Steps changed your daily life?
- How have you incorporated the Steps into your daily life?
- What Step makes the most difference on a daily basis?
- Has working the Steps changed your relationships?
- How did you overcome obstacles in your life using the Steps?

Articles are due on Thursday, September 22nd. Thanks for making our newsletter great! Send articles to: newsletter@3RiversOA.org

Intergroup News

Bank Account Register

Three Rivers Intergroup

August-2022

Initial Balance: \$2,894.46

Current Balance: \$2,991.46

| Check | Date | Description | Category | Withdrawal | Deposit | Balance |
|---------------|-----------|----------------------------|---------------|---------------|----------------|-------------------|
| | 7/26/2022 | Beginning Balance | | | | \$2,894.46 |
| | 8/8/2022 | 7th Tradition Contribution | FW Sat #37739 | | \$97.00 | \$2,991.46 |
| | | | | | | \$2,991.46 |
| | | | | | | \$2,991.46 |
| | | | | | | \$2,991.46 |
| | | | | | | \$2,991.46 |
| | | | | | | \$2,991.46 |
| | | | | | | \$2,991.46 |
| | 8/29/2022 | Ending Balance | | | | \$2,991.46 |
| Totals | | | | \$0.00 | \$97.00 | \$2,991.46 |

| 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 | \$0.00 | \$264.87 | \$518.22 | 51.1% |
| 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 | \$97.00 | \$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 | \$97.00 | \$1,723.19 | \$2,400.00 | 71.8% |

Three Rivers Intergroup Meeting minutes

Monday, July 27, 2022 8:00 pm

opened: Serenity Prayer

In attendance: Debra M (representing Saturday Ft W)

Susan H (representing Monday noon Ft W)

Approved the agenda and the last meetings minutes

Approval of the treasurer report pending request explanation of Pay Pal

No Region 5 report

No reported newcomers

Deadline for articles for August newsletter 7/28

no old business

new business: Fall speaker meeting in Ft Wayne on October 29th

location= Unity 3232 Crescent; time= 12:30-3:30

Meeting Adjourned / Closed with the Serenity Prayer

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 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

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.

Contributions to the Three Rivers Intergroup

You can make contributions to the Three Rivers Intergroup by 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

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