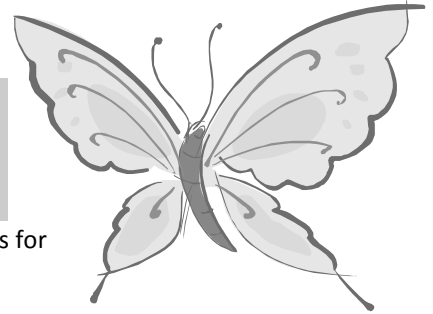




Monarch Monthly

OVEREATERS ANONYMOUS

Three Rivers Intergroup Newsletter
August 2009



Letter From the Editor

Hello Everyone,

It is August already, I hope this issue finds you doing well in your program and enjoying lots of abstinence.

In this issue you will find many things going in the surrounding areas, please go support them if you can.

You will also find a couple of nice articles written by fellow OA's in this issue. On the

bottom of page four you will see two new "We Care" members, sorry they're not in the right place, maybe next issue.

We are asking for submissions about what abstinence means to you for the next issue. Please get your responses in by August 21st.

We are also looking for any crafters who would like to get together and make crafts for the Region V Convention to

This would help raise funds for our intergroup.

I would like to thank everyone for being so cooperative during this transition.

*Here's to many more
abstinent days for you.*

Respectfully,

Justine W. - Editor

My OA Pledge to Recovery
I give thanks for my recovery. I pledge to continue to be thankful each morning and to offer myself and my will to his care and to accept and ask for guidance from my Higher Power. I will make my choice for the freedom from food obsession by making a plan for food, meetings and contact with my fellows that together we might have a new joy and new freedom. ~Ron M.

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Hoosier Recovery Day

Three speakers, Emotional, Spiritual, and Physical. Too many fabulous smiles to count. One awesome day of fellowship and recovery.

What a refreshing inspiring day . We were welcomed with friendly smiles and warm hugs. There were homemade crafts and gifts baskets for raffle prizes.

Our intergroup had multitudes of literature for purchase. The clothing swap was quick and easy.

Each speaker brought something unique to the day. We could take what we wanted and leave the rest. There were tears, laughter, compassion, and an overwhelming sense of together-

ness. There was even a skit.

The day brought out our ability to find the humor within the disease , further grow in our program, and to feel a sense of belonging not found often enough in this fast paced society. Next year's promises to be as poignant and enjoyable! Hope you will join us. JC



What attracted me to OA ~Marti C.

When I started thinking about what attracted me to OA, I would have to say that it was my desperation that brought me to the OA program. I was in my late twenties and I was about 30 lbs overweight and steadily gaining more every week.

I moved to a new town after my divorce, trying to make a new start, but what I learned in program later is that I was trying to avoid my problems by using the geographical cure. I was a single parent and in a new town (that had \$1.99 buffets galore) trying to find work. I was stress out, riddled with fears of all sorts and was extremely lonely & depressed. I turned to my good friend and ever-present companion...Food!

The food comforted me, kept me busy, gave me a reason to get up every day, never mind that I had a 5 year old son that needed me. It was the food that kept me going emotionally. So though it went from being a

comforting friend , it quickly became my demanding master. I couldn't stop eating and I couldn't understand why. I was stuck on a wheel and couldn't get off. The more I tried to stop the more fearful I got, so I would eat, and round and round it would go.

One day came across an article in a magazine about one the of the staff who was researching all the different diet programs out there. There was about a half dozen of them and she reviewed each one and the one she liked the best was Overeaters Anonymous because there were no fee's and she lost weight.

I had tried everything else, so why not this. When I went to my first meeting there was a speaker who talked about her problems with food and how using the program was able to lose a lot of weight.

As I sat there listening, I started to

feel hope blossoming in my heart. It was the first time in a very long time that I has felt such a wonderful emotion welling up in me like a fountain. I wanted to cry and shout .

I got a sponsor that night and started following a plan. I slowly started to lose weight but within a very short time the 30 lbs that I had put on just melted away. Today I work the program one day at a time.

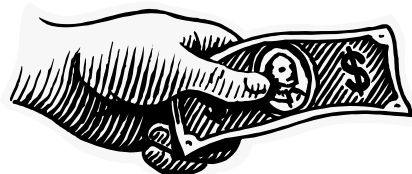
I guess you could say I was initially attracted to OA because of the little or no cost, but I kept coming back because of the relief I felt in knowing that others had the same problem I had and they accepted me without judgment, and understood me better than I knew myself.

I'm forever grateful to the OA program and will continue to look for ways to give back what I have so generously been given.

Marti C.

OA Three Rivers Intergroup Treasurer's Report

August 18, 2009



Last Report - Account balance

July 11 ,2009: \$ 532.80

Withdrawals: Check #2010
Schaefer's - phone
\$60.00

Check #2011 Justine W. for MM two
months \$47.57

Deposits:8/10/09 Mon. Eve Meeting
\$ 78.50

Checking Account balance as of August
18, 2009: \$503.73

Please note: Check # 2003 written to
Bethanie for MM for \$35.00 on 4/6/09
is not cashed as of 8/18/09.

Respectfully submitted,

Debra M.



SECRETARY’S REPORT: MINUTES FROM THE OA THREE RIVERS INTERGROUP MEETING June 29, 2009

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:32 PM.

Those present at the meeting were: Ron M. - Chair, Patty B, Vice Chair, Marilyn R- Wednesday Rep and Literature, Lynne - Monday Rep; Monday Cynthia - Wednesday Rep, Justine W -Newsletter, Mary J, and Mary N.

Ron M agreed to be acting Secretary. The minutes from the may 18, 2009 Inter-group meeting were approved as submitted.

The Treasurer’s Report was accepted. The checking account balance as of 22 June 2009 was \$433.76

COMMITTEE REPORTS:

Telephone Committee Report: A total of 5 calls were reported during June.

Literature Committee Report: Marilyn R indicated that she received the three pocket pamphlets. We sold \$74.30 worth of litera-

ture at the Hoosier Day of Recovery.

Newsletter Committee: Justine W was welcomed as the News Letter editor. The June/July newsletter was made available to the meeting Reps.

OLD BUSINESS:

1. The audit committee indicated it completed its work and that the 2008 books are in order.
2. Ron reported that the 27 May 2009 Hoosier Day of Recover was a solid success with over fifty (50) participants. There were three speakers and much sharing during the other activities. Our intergroup netted \$89.00 as one of the four sponsoring Intergroups.

NEW BUSINESS:

1. A discussion on interest in forming a committee to organize a Three Rivers Intergroup event which includes a Service and Traditions Workshop ensued.

The Chair and the Reps agreed to look for a possible chairperson for such an event.

2. There was a discussion on interest in sponsoring a craft table as fund raiser at the October Region 5 Convention in Oakbrook, IL. No action was taken. The proponent was advised that information could be gleaned by attending the Convention Committee meeting at the Region 5 Assembly in Fort Wayne on 11 July 2009.
3. Fit for Life is being held at Parkview Field 25-26 September 2009. Ron and Cynthia were to gauge staffing possibilities. Depending on the response, Ron as the Intergroup Chair was authorized via a motion to commit us to a table.

The next meeting will be at 6:15 PM on 27 July 2009.

Ron closed the meeting with the Serenity Prayer at 7:13 PM.

Respectfully submitted, Ron M. -Acting Secretary

SECRETARY’S REPORT: MINUTES FROM THE OA THREE RIVERS INTERGROUP MEETING July 27, 2009

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:29 PM.

Those present at the meeting were: Ron M. - Chair, Lynne - Monday Rep; Monday Cynthia - Wednesday Rep, Justine W -Newsletter, and Mary J.

Ron M agreed to be acting Secretary. The minutes from the June 29, 2009 Inter-group meeting were approved with revisions for spelling and attendees.

The Treasurer’s Report was accepted. The checking account balance as of 11 July 2009 was \$532.80

COMMITTEE REPORTS:

Telephone Committee Report: A total of 4 calls were reported during July.

Literature Committee Report: No Report.

Newsletter Committee: Justine W presented a draft of the August Monarch Monthly for review. Minor changes to the “We Care List” were suggested. It should be available the first week in August.

OLD BUSINESS:

1. Ron reported that we applied for both days of the Fit For Life activity, 225-26 September 2009. Confirmation has not been received.
2. Ron reported that the Goshen Group agreed to consider organizing an event into which a Services Traditions Workshop could be integrated.
3. Justine indicated that she was taking the lead in determining viability of a table of Three Rivers Intergroup crafts at the

October Region 5 Convention. She indicated that there is interest among crafters. She needs to contact the Region 5 Convention Committee to ask for a table and determine costs.

NEW BUSINESS:

1. There was a discussion on how to best promote attendance at the Region 5 Convention by our members. The meeting Reps agreed to speak of their experience at past convention during the announcements portion of their meetings. Cynthia agreed to act as coordinator of a Ride/Roommate initiative publicized in the newsletter and hyped by the Meeting Reps.

The next meeting will be at 6:15 PM on 30 August 2009.

Ron closed the meeting with the Serenity Prayer at 7:00 PM.



August 8, 2009	Acts of Service and Upholding the 12 Traditions Lexington Public Library, Lexington, KY- see website for more details		
August 29, 2009	Open Meeting Greater Detroit IG Warren, MI		
September 7, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL		
September 19, 2009	Relapse is not contagious but recovery is! Rock River Intergroup Beloit, WI		
September 2009	Fall Retreat WMI		
September 25-26, 2009	FIT FOR LIFE at Parkview Field- OA Three Rivers Intergroup will have a booth VOLUNTEERS NEEDED		
October 2, 3 and 4, 2009	19 th Annual Fall Retreat Detroit IG Plymouth, MI		
October 30 to November 1, 2009	OA Fall Retreat (a Chicago area service group) Frankfort, IL		
October 31, 2009	Open Meeting Greater Detroit IG Warren, MI		
November 6, 7 and 8, 2009	SAVE-THE-DATE Annual Convention Unity (Minnesota) IG Bloomington, MN		October 16 – 18, 2009
November 21, 2009	IDEA Day SEE YOUR INTERGROUP FOR LOCAL EVENTS!		Make Time For Recovery at the Region 5 Convention in Oakbrook, IL just outside of Chicago.
November 21, 2009	Gratitude Luncheon WMI		It will be three days filled with fun, inspiring recovery stories and great fellowship!
November 26, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL		Oak Brook Hills Marriott Resort 3500 Midwest Drive Oak Brook, IL 60523
December 25, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL		1-630-850-5555 1-800-228-9290 www.oakbrookhillsmarriottresort.com to check out hotel facilities!
Cynthia	260-449-1654	Please call for ride & room info to Region V	
Mary J	260-445-0933	Drmary7@hotmail.com	

Three Rivers Intergroup Meeting List

Day and Time	City	Location	Meeting Type	Contact
Sunday 3:30-4:30 pm <i>On Summer Schedule</i> (see below)	Fort Wayne	<u>Lutheran Hospital</u> 7550 W Jefferson Blvd (go in Main entrance) Classroom 1 & 2 on Lower Level by the cafeteria <i>Follow signs for "Rozanne's Friends"</i>	Women's focus Closed to students and guests	Jennifer (260) 424- 4261
Monday 7:15-8:15 pm	Fort Wayne	<u>Park Center</u> 909 E. State Street Greenly Bldg. Room 105 <i>Kinship Room</i>	Big Book meeting	Sally (260) 623-3485
6:30-7:30	Fort Wayne	<u>Park Center</u> 909 E. State Street Greenly Bldg. Rm 105 <i>Kinship Room</i>	Intergroup meeting- <i>Last Monday of the month</i>	Sally (260) 623-3485
6:00-7:00 pm	Elkhart	<u>1st Presbyterian Church</u> 200 Beardsley Room 206 (babysitting room)	Format varies	Debbie (574) 266-8710
6:00-7:00 pm	Portland	<u>Mt. Zion Lutheran Church</u> 218 E. High Street	Format varies	Judy (260) 726-9187
Tuesday 7:00-8:00 pm	Garrett	<u>St. Joseph Parish Center</u> 300 W. Houston Street	Book study	Gene L. (260) 357-4189
Wednesday 6:30-7:30 pm	Fort Wayne	<u>St. John's Lutheran</u> 729 Washington (meeting in small house next to playground)	Step Study OA 12 & 12	Debra M. (260) 492-2581
Thursday 5:30 pm	Culver	<u>Culver Public Library</u> 107 N. Main St.		Chris (574) 850-3914
6:00 pm	Mentone	<u>Bell Memorial Public Library</u> 101 W. Main Street		Amy (574) 551-0727
Friday Noon	Fort Wayne	<u>Reliable Cleaning</u> 1015 Production Rd (Door on right, end of hall, turn right, last door on left- Board Room)	Big Book meeting, bring abstinent lunch	Jennifer (260) 424- 4261
Saturday 9:00- 10:00 am	Fort Wayne	<u>Parkview YMCA</u> (off of Dupont Road) Turn left at Front Desk and go to end of hallway	For Today — <i>Speaker</i> <i>1st Sat of Month</i>	Patty (260) 241-6009 Also Debra M.
10:00 am	Goshen	<u>Trinity Lutheran Church</u> 202 S. Greene Road		Kevin (574) 533-3777

Group Conscious decided that for the summer, the Sunday OA Meeting at Lutheran Hospital will only meet x2/monthly through September.

Please see the following dates:

August 23 & 30, September 13 & 20.

Women's Focus and Lifeline format are unchanged.

Rozanne's Prayer (The OA Promise)

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer much we each depend upon our own unsteady will. We are all together now, reaching out our hands for power and strength greater than ours. And as we join hands, we find love and understanding **beyond our wildest dreams.**

Three Rivers Intergroup We Care List

Name	Phone	E-mail	Available as sponsor	Best time to call
Bea	Home: (260) 693-3202 Cell:	beascribe@AOL.com	yes	
Bethanie	Cell: (260) 494-7093	hirschelmanb@comcast.net	yes	Anytime
Debra M.	(260) 492-2581	itsdebra@comcast.net	yes	Before 9 pm
Diane	(260) 627-3324	Dlallen54@verizon.net		
Gary (Indy area)	(765)621-2115	renindy@sbcglobal.net	yes	
Jennifer	(260) 424- 4261	jenscarroll@comcast.net	no	
Jerri W.	(260) 471-4432	Jerri_tnm@verizon.net	No	Before 9 pm
Justine	Home: (260) 415- 8085	j_whitelow@hotmail.com	no	
Kevin G. Goshen	(574) 606-8926	kevin@kevingross.net	yes	
Lynn	Home: (260) 489-3868 Cell: (260) 426-1111	jo58LYNNE@aol.com	no	
Marilyn	(260) 432-8313	marilyn313@verizon.net		anytime
Marti	(260) 755-0550	tlk2mne@comcast.net	yes	
Mary A.	(260) 489-6055	cord.squzr@gmail.com	yes	Before 9 pm
Patty	(260) 241-6009	PDBPDQ@hotmail.com	Yes	Before 9 pm
Ron	(260) 704-0453	rvmausser@msn.com	yes	
Sally	(260) 623-3485	sasti_is_back@yahoo.com	yes	until 9 pm
Tricia	(260) 489-0537	tricia1012@aol.com	no	

*To be included on the We Care List please send your information to the Editor: j_whitelow@hotmail.com or the PO Box below.

About Monarch Monthly

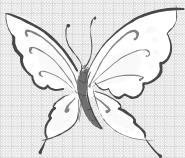
Contact us:

Three Rivers Intergroup

PO Box 10823

Fort Wayne, IN 46854-0823

(260) 460-4958



Regional website:

www.region5oa.org

OA's website:

www.oa.org

Disclaimer: The Monarch Monthly is the Three Rivers Intergroup publication for compulsive overeaters. The contributions and articles of the newsletter are not necessarily the opinions of Overeaters Anonymous as a whole. Materials submitted to the Monarch Monthly cannot be returned. In most cases, if material is edited in some way, it will be for grammar/typos. Those who have submitted material will be apprised of all other changes. Permission to reprint all material in the Monarch Monthly is automatically granted to all anonymous groups, providing proper credit is given.

Editor's e-mail: j_whitelow@hotmail.com