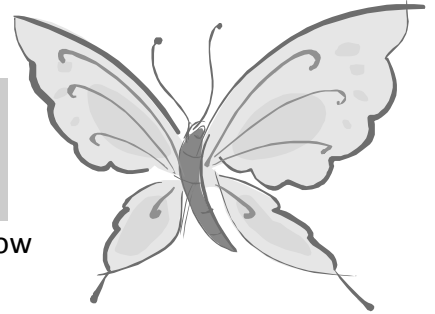


Monarch Monthly

OVEREATERS ANONYMOUS

Three Rivers Intergroup Newsletter
December 2009



Letter From the Editor

Hello Everyone,
I hope you are having a wonderful holiday season, and finding lots of hope and strength with

family and friends to make it through what could be a difficult time. This issue is a bit longer than usual, but I hope you use the abundance of useful information to help you work and plan your program of recovery. Please

Remember to call fellow members during this time to encourage them and strengthen yourself. We need each other.

Happy Recovery! Here's to many more abstinent days for you!

Respectfully,

Justine W. - Editor

Inside this issue:

Letter From the Editor	1
<i>Been Slippin' and Slidin'?</i>	1
<i>Been Slippin' and Slidin'?</i> Continued...	4-5

Three Rivers Intergroup
Treasurer's Report

3

Three Rivers Intergroup
Minutes

3

MARK YOUR CALENDARS!

6

REFLECTION RESULTS

6

Three Rivers Intergroup
Meeting List

7

Three Rivers Intergroup
WE CARE List

8

ABSTINENCE

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

Been Slippin' and Slidin'? Part III

The following questions are for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding." The questions are also recommended for those in relapse who want to recommit to their OA program.

The OA literature referenced

for the writing is available from OA's World Service Office. It includes:

The Twelve Steps and Twelve Traditions of Overeaters Anonymous (OA 12 & 12), *Overeaters Anonymous, Second Edition (OAII)*, the Overeaters Anonymous daily meditation book *For Today*

and the OA pamphlets *The Tools of Recovery* and *A Plan of Eating*.

Read the suggested material(s), then reflect and write on the accompanying idea or question:

continued on

pg.

ALL MEMBERS!
Send your updated
WE CARE info to

nmrk.justine@gmail.com

Report on Region 5 Assembly November 13-14, 2009

Region V consists of 574 OA Groups and recognizes 71 voting members. Thirty-seven voting members, representing 20 of the 32 member Inter-groups attended the Assembly. Nine non-voting alternates or Guests also attended, as did four officers and the Region V Trustee.

The Vice Chair reported that he conducted two Service and Traditions workshops since the last Assembly. Having the workshop as part of some other event seems to have increased attendance and spread the message more widely in the fellowship.

The Trustee’s report high lighted that the OA website has several new Podcasts available and that the Information section has many useful PDF based information. It also includes some “Frequently Asked Questions” and the ASK a Basket forum. These often relate to perceived or real Tradition problems in meetings. He highlighted that the “Courier” our OA newsletter for the Professional is available from the website.

There were no nominations at the time of this Assembly for the position of Region Trustee for the Region 5 Assembly to recommend to World Service.

Highlights of the main business meeting are:

The Assembly agreed to keep the new OA Region V phone number in operation through Next November and review its status at each intervening Assembly. Most of the calls are to complain about meetings not occurring as scheduled or to find a meeting. A motion to replace follow-up calling a recorded message giving the World Service Website and telephone number was defeated.

We elected a Region V Secretary.

There were no nominees for Region V Vice Chair. The Vice Chair typically handles interfacing with the Region V Assembly’s Hotel and serves on the Finance Committee.

Our Parliamentarian is not a OA member but a hired resource. He sternly reminded the membership that we have an obligation to serve and a responsibility to participate by asking good questions as to the qualifications of those who are willing to serve.

Groups were appointed to act as hosts for the next year’s Assemblies. Hosts man the registration table and provide the Saturday Evening Open OA Meeting.

The Region V committee reports highlights are:

Professional Outreach/Public Information ran a workshop on Friday evening t solicit ideas to improve the carrying of the OA Message. The committee determined that our effort to reach nursing a other professionals would be served if a letter were sent to schools telling them where a “student visitor” would be welcome and if those meetings had suitable materials to hand to the students. At the next Assembly the Committee plans to provide such a kit for each intergroup attending.

12 Step Within Committee: Speaker List was updated and is available from the Region 5 website. The Twelve Step Within day is 12/12/2009. A list of suggested activities is available from the OA website.

The 2009 Convention Committee reported nearly 600 participants and net income of \$27,360.55 of which 25% was kept by the organizing intergroup and 75% went to Region V. This was considerably higher than recent conventions.

The 2010 Convention Committee provided bookmarks for each Intergroup to distribute to meetings.

OA will celebrate its 50th year in 2010 at the World Convention in Los Angeles. Some bookmarks were distributed.

Respectfully submitted, Ron Mausser, Three Rivers Intergroup Representative to Region V



SECRETARY'S REPORT: MINUTES FROM THE OA THREE RIVERS INTERGROUP MEETING October 28, 2009

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:30 PM.

Newsletter Committee: No report. October Newsletter was published

2. Offices open for election at the November 2009 Meeting

Those present at the meeting were: Ron M. - Chair, Mary S – Wed Rep and Paula.

OLD BUSINESS:

- Chairperson - incumbent is eligible
- Vice Chair - incumbent is eligible
- Treasurer – incumbent is eligible
- Secretary – no incumbent
- Region 5 Representative -

Ron M agreed to be acting Secretary. The minutes from the 28 September, 2009 Inter-group meeting were approved.

1. The Goshen Group was still looking at organizing an event into which a Services Traditions Workshop could be integrated. – No update.

2. There were almost 600 persons at the Region V Convention in Oakbrook, IL. Seven known attendees from our Inter-group

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

The Treasurer's Report was accepted. The checking account balance as of 20 October 2009 was \$505.26.

3. The next Region V convention will be in Dearborn, MI Double Tree Hotel 15-17 October 2010 and in Indianapolis in 2011.

Ron closed the meeting with the Serenity Prayer at 7:10 PM.

COMMITTEE REPORTS:

Telephone Committee Report: A total of 2calls were reported during October.

NEW BUSINESS:

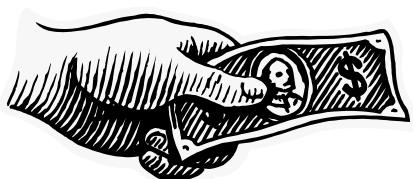
Respectfully submitted,

Literature Committee Report: No report.

1. Nomination committee – no volunteers so far

Ron M. –Acting Secretary

THREE RIVERS INTERGROUP TREASURER'S REPORT November 28, 2009



Check #2020

Also: credited account for check #2003, not cashed from April \$ 35.00

Justine – MM printing \$20.97

Total checks: \$119.20

Total deposits:

Deposits:

\$227.02

11/11/09 Monday Elkhart

Last Report - Account balance

\$ 24.00

Checking Account balance as of

October 20, 2009: \$505.26

11/24/09 Friday noon FW

November 28, 2009:

\$54.00

\$613.08

Withdrawals:

Check #2018

Mon. eve FW \$70.00

Respectfully submitted, Debra M.

Justine – MM printing \$38.23

Sat. am FW \$29.02

Check #2019 Schaefer's \$60.00

Closed New Haven meeting \$15.00
\$168.02



Been Slippin' and Slidin'? Part III Cont'd

16) In addition to reading Step One in the **OA 12 & 12**, also read the entries for March 17th, March 24th and April 5th in **For Today**. How willing am I to admit that I am powerless over food and that my life is unmanageable?

17) Read the OA pamphlet on **The Tools of Recovery**. How do I use each of the OA tools of recovery? How frequently do I use them?

18) Read the February 21st, February 29th, and July 6th selections in **For Today**. Am I willing to stop thinking and speaking negatively about myself? Will I stop focusing on the shame that I feel when I think or speak that way? Am I willing to replace such self-defeating thinking? Am I willing to call my sponsor and attend meetings? Am I willing to admit that I cannot by myself produce the power I need to be in recovery from this disease?

19) Read the May 16th entry in **For Today**. Read the story "Journey through Deception" in **OAll**. Am I willing to give up reasons and excuses for eating compulsively and for not embracing the solution offered in Overeaters Anonymous?

20) In **OAll** read the story, "Abstinence, Not Perfection," starting on page 47 with "Things are now immensely better with my family" . . . through "Things steadily changed," on page 48. Am I willing to believe that I must change or I will not recover?

21) Read the story, "The Atheist Who Made a Zif," in **OAll**, then read Step Two in the **OA 12 & 12**. Willingness to pray is open-mindedness to the experiment of praying, rather than a conviction that prayer will "work." Do I have the needed willingness to pray for the willingness to work the OA program? When I have trouble being willing to pray, can I not worry about whether I "really mean it" and have patience with myself and my practice of the program?

22) Read Step Two in the **OA 12 & 12**, paying special attention to the paragraph that starts near the bottom of page 14 and continues to the top of page 15, ending with "which could restore us to sanity." What about my willingness to describe a Higher Power that would protect and care for me so that I would not need to turn to food for comfort and security? Am I willing to cultivate an effective relationship with such a Higher Power?

23) Read pages 60–61 of the story "It's Elementary" in **OAll**. Do I recognize that my intuition and my Higher Power are giving me messages? Am I willing to "listen" to those messages by writing about them and applying those messages in my new way of life?

24) Read Step Three in the **OA 12 & 12**. What are my Higher Power's intentions for me regarding food and the other aspects of my life? Am I willing to bring my will into line with my Higher Power's will?

25) Read "Saying Yes to Life," which starts on page 101 of **OAll**, and January 31st in **For Today**. Am I willing to commit myself to the life that my Higher Power is giving me and to practice the tools and work the steps of Overeaters Anonymous?

26) See the July 23rd entry in **For Today** and read the first three paragraphs of Step Ten in the **OA 12 & 12**. Am I willing to agree that freedom from food obsession is contingent upon the daily practice (repetition, repetition, repetition without exception) of surrender to "whatever it takes"?

27) Do I agree that spiritual dependence is the only means of escaping from the destruction of compulsive eating? What is called for in this question is moving into Step Three. Read the story "Alive and Well and Living in the Real World" in **OAll**, and then read the first two paragraphs of Step Three in the **OA 12 & 12**. Am I ready to agree? Let me write down where I am, honestly, with Steps One, Two and Three.

28) Consider the June 23rd entry in **For Today**. Additionally, read in the story, "She Found Herself," in **OAll** the paragraph on page 40 that starts, "My sponsor reminded me that a decision is not a decision unless . . ." through ". . . and filled a large spiral notebook." What about my willingness to commit to using the tools and working the Steps on a daily basis? What specific actions(s) will I take between now and this time tomorrow?

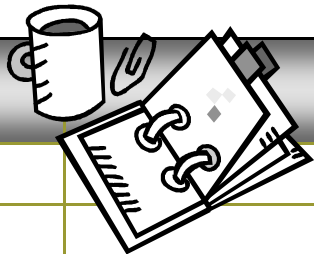
29) Read "The Miracle of the Twentieth Century," in **OAll**, starting on page 50. Even though early founders experienced relapse (see the first and second stories in **OAll**), am I willing to believe that relapse is not inevitable?

30) Read the December 25th entry in **For Today**. They say that the longest journey begins with but a single step. The April 7th entry in **For Today** suggests such a first step. Going to a meeting with even a single day of abstinence to share is a service. With what services have I been served? What service has been a part of my program up until now? To what length am I now willing to go for my recovery by giving back to OA? Am I ready to apply the OA Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

OA Board Approved.

Reprinted from "The Twelfth-Step-Within Handbook."

© 2002 by Overeaters Anonymous, Inc. All rights reserved.



DO NOT FORGET

MARK YOUR CALENDERS!

December 12, 2009

International Twelfth-Step-Within Day

December 25, 2009

Holiday Marathon of Meetings
Turning Point Intergroup Chicago, IL

December 28, 2009

No Intergroup Meeting for December

**CENTRAL INDIANA
INTERGROUP**

**18TH ANNUAL SPRING RETREAT
April 16-18, 2010 FLAT ROCK YMCA CAMP**

**THE RESULTS
ARE IN!!!**

**A VISION FOR YOU...
SEEING THE LIGHT IN OA**

**THANK YOU FOR YOUR
WILLINGNESS AND
DEDICATED SERVICE!**



**Intergroup Chair
RON M.**

**Intergroup Vice-chair
KEVIN G.**

**Intergroup Secretary
MARY M-S.**

**Intergroup Treasurer
DEBRA M.**

**Region 5 Representative
PATTY B.**

**COME AND ENJOY...
WONDERFUL FELLOWSHIP! GREAT ABSTINENT MEALS!
CAMPFIRE CONVERSATIONS! COMFORTABLE CABINS!
THE PEACE AND BEAUTY OF NATURE!
SPIRITUAL RENEWEL! FUN!**

January 1, 2010

Holiday Marathon of Meetings
Turning Point Intergroup
Chicago, IL

March 12 – 13, 2010

Region 5 Business Assembly
Region 5 Board
Ft. Wayne, IN

March 19 -- 21, 2010

19th Annual Spring Retreat
CSSI
Frankfort, IL



Three Rivers Intergroup Meeting List

Day and Time	City	Location	Meeting Type	Contact
Monday 7:15-8:15 pm	Fort Wayne	<u>Park Center</u> 909 E. State Street #03792 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 #09145 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 East Beardsley Room 107 #02327	Format varies	Debbie (574) 266-8710
6:00-7:00 pm	Portland	<u>Mt. Zion Lutheran Church</u> 218 E. High Street #45129	Format varies	Judy (260) 726-9187
7:00-8:00 pm	Garrett	<u>St. Joseph Parish Center</u> #33135 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) #47393	Step Study OA 12 & 12	Ron M. (260) 704-0453
Thursday 5:30 pm	Culver	<u>Culver Public Library</u> 107 N. Main St. #47753		Chris (574) 850-3914
6:00 pm	Mentone	<u>Bell Memorial Public Library</u> 101 W. Main Street #49706		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) #00256	Big Book meeting, bring abstinent lunch	Ron M. (260) 704-0453
Saturday 9:00- 10:00 am	Fort Wayne	<u>Parkview YMCA</u> (off of Dupont Road) Turn right as soon as you come in the front doors. #37739	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 #22495		Kevin (574) 533-3777

Submission Requests:

TOPICS FOR 2010

What ideas are on your mind, what would you like to see addressed in 2010 Monarch Monthly?

Submit to Editor by 12-26-09, at 5pm.

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: (260) 450-2772	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
Cynthia	(260) 449-1654			
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	(260) 415- 8085	nmrk.justine@gmail.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
Mary J.	(260) 445-0933	Drmmary7@hotmail.com		
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	

About Monarch Monthly

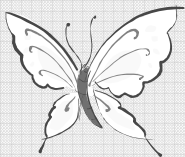
Contact us:

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

*To be included on the We Care List please send your information to the Editor:

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: nmrk.justine@gmail.com