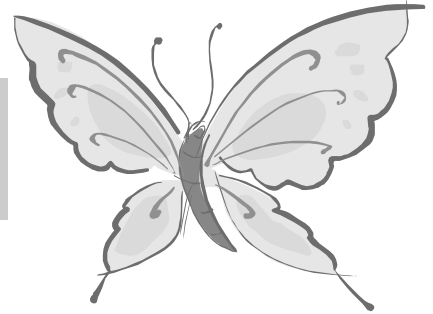




# Monarch Monthly

OVEREATERS ANONYMOUS

Three Rivers Intergroup Newsletter  
June/July 2009



## Letter From the Editor

Hello Friends,

As I look at recent issues of the Monarch Monthly, one particular section continues to speak to me. It is the treasurer's report. I keep waiting for us to have the prudent reserve that it talks about in the Seventh Tradition pamphlet. I try to think of ideas for us to gain finances for our treasury. I wonder if we should have some kind of a fundraiser, (if

it is OA/Intergroup approved), and how we can raise money at the next Region V Convention. I also think we should plan again in the future to set up tables at fairs and festivals for the good of OA.

In this issue you will find articles relating to the seventh tradition and why it is still important to OA. I know that most of us are having a rough time financially

but we only ask that you do your honest best to keep OA up and running.

In the months to come we will be asking for suggestions and for people to spearhead these activities.

Respectfully,

*Justine W.* - Editor

**NEW AND IMPROVED REGION 5 TOLL FREE NUMBER!**  
**866-456-8376**

## How Much is Your Recovery Worth to You?

Reprinted from Seventh Tradition pamphlet

Our disease tells us, "There will never be enough."

Scores of OA members worldwide have discovered that their fears of not having enough food, money, security or love have been lifted by a power

greater than themselves. Experience has shown that OA recovery is far stronger than the debilitating disease of compulsive overeating, which also kept us captive to shame and insecurity about the future.

When describing the

benefits of recovery many members point to the promises listed in *Alcoholics Anonymous* (the Big Book), including: "Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us" (p. 84). *Cont on pg 2...*

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# How Much is Your Recovery Worth to You? ...cont'd

To know the true freedom of recovery is to know that we can make sensible and necessary financial contributions to OA at all levels, and that this investment in our Fellowship ensures we can continue to carry the message to the still-suffering compulsive eater.

Our Seventh Tradition states that OA is fully self-supporting, accepting contributions only from OA members. While no fee or dues will ever be required for membership, OA needs help to keep its rooms open, provide opportunities for fellowship and spread its message to still-

suffering compulsive overeaters.

### What if I can't afford to contribute now?

OA never requires a contribution. Members may attend meeting for free as long as they like. However, many of us have found that a financial contribution, no matter how small, supports our recovery.

Also, the concept of self-support applies to service as well as finances. OA members strengthen their recovery by giving service to groups, intergroup, service boards, regions or the World Service Office.



**Seventh Tradition**  
To be fully self-supporting, declining outside contributions

# What does OA do with your contributions?

### On the Group Level

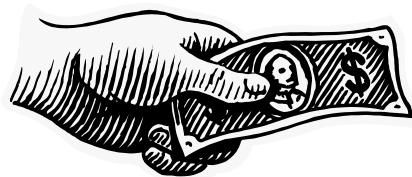
- Provides places to meet and share recovery.
- Purchase supplies to run meetings
- Buy literature and media from WSO
- Support their intergroup, service board, region and WSO

### On Intergroup or Service Board Level

- Offer local outreach to professional communities, hospitals, schools and libraries
- Hold recovery events
- Maintain Websites
- Keep updated meeting lists
- Provide telephone information and an-

- swering services
- Publish newsletters
- Send representatives to region assemblies and delegates to the World Service Business Conference to vote on your behalf, and to contribute to the group conscience of OA as a whole concerning policies and services.

# OA Three Rivers Intergroup Treasurer's Report May 16, 2009



Last Report - Account balance April 30, 2009: \$ 56.32

### Withdrawals:

Check #2005 Schaefer's Answerphone \$60.00

### Deposits:

4/29/09 Rec'd from Marilyn: \$253.16

Monday night meeting \$145.81

Literature \$107.35

Checking Account balance as of May 16, 2009: \$249.48

Please note: Check # 2003 written to Bethanie for MM for \$35.00 is not cashed as of 5/17.

Respectfully submitted,

Debra M.



# Report on Region 5 Assembly March 6-7, 2009

Region V consists of 589 OA Groups and recognizes 70 voting members. Thirty-one voting members, representing 19 of the 31 member Inter-groups attended the Assembly. Nine non-voting alternates or Guests also attended,

The Vice Chair reported that Region V meeting room costs are lower. This depends on hotel room reservations meeting some minimums. He emphasized the need to use the block of rooms in a timely matter to keep the total cost to the region down. He also reported that he has conducted two Service and Traditions workshops and is scheduled to do two more. 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 is NEWLY UPDATED. He encouraged members to visit it. It includes easier update of meeting. He indicated that Lifeline subscriptions are down 8596. World Service is considering moving to electronic only copies. He suggested promoting subscriptions and contributing articles.

Highlights of the main business meeting are:

- The Cleveland Intergroup is moving to a virtual as opposed to a physical office. This affects the Region V telephone number. They are willing to support the service but their new telephone system may cause a telephone number change.
- Persons going to the World Service Business Meeting for the first time were paired with an experienced attendee from the region.
- The Chair reported that there are 54,000 OA meeting worldwide of which 41,500 are in the US. The average meeting size is 8-9 persons.
- Our Treasurer resigned. Denise from Indianapolis was elected to fill the rest of the two year term. Several administrative changes were made to the By-laws

The Region V committee reports highlights are:

- Professional Outreach/Public Information sent a survey regarding Public Informa-

tion activities to the twenty-nine Inter-groups. Seventeen responded. A report of the survey results was distributed to Region V members.

- 12 Step Within Committee: Speaker List was updated and is available from the Region 5 website. A new document on 12 Step within activities is ready to be voted on at the World Service Business Conference.

The Convention Committee reported that Financial procedures for the 2010 Convention in Detroit are now established. Registration brochures for the 2009 Convention were distributed. On line registration using Pay-Pal or Major Credit Card is planned to be available. The preliminary program is established and Convention Pins should be available at the July Region V Assembly.

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

## SECRETARY'S REPORT: MINUTES FROM THE OA THREE RIVERS INTERGROUP MEETING April 27, 2009

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:43 PM.

Those present at the meeting were: Ron M. - Chair, Patti B, Vice-chair, Marilyn R- Literature, Lynne - Monday Rep; Mary J, Cynthia, Erlene and Mary N also attended.

Ron M agreed to be acting Secretary. The minutes from the March 30, 2009 Inter-group meeting were approved as submitted.

The Treasurer's Report was not available at the meeting. The Treasurer subsequently reported a balance as of 30 April 2009 of \$56.32 with an additional \$253.16 pending deposit.

### COMMITTEE REPORTS:

Telephone Committee Report: A total of 14 calls were reported during April.

Literature Committee Report: Marilyn R distributed some of the Newcomer packs she recently received. A discussion ensued regarding potential literature to order. Marilyn will order some of each of the

three pocket pamphlets.

Newsletter Committee: No report. The Newsletter editor called-in sick. It was uncertain when the next Newsletter would be published.

OLD BUSINESS: The audit committee indicated it had not completed its work but expected to complete it by the May meeting.

The Spring Retreat for 9 May 2009 was canceled in Mid-April due to lack of Registrations. Refunds are being issued.

Ron reported that the speaker we were to supply for the Hoosier Day of Recover has been identified. Fliers announcing the 27 May 2009 event issued to meeting Reps to take to their respective meetings.

No progress has been made on identifying a Publicity Chairperson.

### NEW BUSINESS:

Those in attendance were encouraged to encourage meetings they attend to have a business session to appoint voting representatives to Inter-

group. Each meeting can send two (2) representatives.

We deferred changing the Intergroup meeting time to 6:15 Pm since there were only two voting members present (chairperson does not have a vote).

The chairperson then invited the participants to hold a brief Meeting Representatives Forum. A good discussion ensued.

The next meeting will be at 6:30 PM on 18 May 2009. Note this a week earlier than usual, since the facility will be closed to celebrate Memorial Day on the last Monday of May.

Ron closed the meeting with the Serenity Prayer at 7:12 PM.

Respectfully submitted,  
Ron M. -Acting Secretary

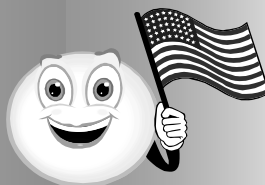


# Mark Your Calendars!

June 20, 2009	Super Saturday WMI Big Rapids, MI		
June 26-28, 2009	Weekend Retreat Louisville Metro IG Southern Indiana	<b>October 16 – 18, 2009</b>  <b>SAVE THE DATE!!</b> Brochures available at area meetings! <b>Region 5's Convention:</b> Chicago area intergroups Chicago area (Oak Brook)	
<b>June 27, 2009</b>	<i>Hoosier Day Of Recovery</i> Concordia Lutheran Church Greenwood IN Call CYNTHIA for ride info: (260) 449-1654		
July 4, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL		
July 16, 2009	4-Yr Anniversary Open Meeting Detroit IG Roseville, MI		
July 18, 2009	Super Saturday WMI Sutton's Bay, MI	October 30 to November 1, 2009	OA Fall Retreat (a Chicago area service group) Frankfort, IL
July 19, 2009	OA Fellowship Event – a Picnic!! CHI-WIF Northlake, IL	October 31, 2009	Open Meeting Greater Detroit IG Warren, MI
July 23, 2009	Open OA Meeting CSSI Burbank, IL	November 6, 7 and 8, 2009	SAVE-THE-DATE Annual Convention Unity (Minnesota) IG Bloomington, MN
July 24-26, 2009	Step 10 <sup>th</sup> and 11 <sup>th</sup> Silent Retreat Donaldson, IN	November 21, 2009	IDEA Day SEE YOUR INTERGROUP FOR LOCAL EVENTS!
July 25, 2009	Sponsorship Workshop Greater Ann Arbor IG	November 21, 2009	Gratitude Luncheon WMI
August 2, 2009	Last Stop Meeting Picnic Joliet, IL	November 26, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL
August 29, 2009	Open Meeting Greater Detroit IG Warren, MI	December 25, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL
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		
October 2, 3 and 4, 2009	19 <sup>th</sup> Annual Fall Retreat Detroit IG Plymouth, MI		

In honor of Independence Day we would like to hear your PLEDGE OF RECOVERY!

Also, how has working the OA 12 Step Program given you freedom?



Wanting fundraising ideas for Region 5!

At the next Intergroup Meeting, Monday, June 29, we will be discussing having a Craft Table at the OA Region 5 Convention in October.

Please bring your imagination and creativity!

## Three Rivers Intergroup Meeting List

Day and Time	City	Location	Meeting Type	Contact
<b>Sunday</b> 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
<b>Monday</b> 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
<b>Tuesday</b> 6:00 pm	Elkhart	<u>Freedom Hall</u> 2513 Eddy Street		Cindy (574) 534-6092
7:00-8:00 pm	Garrett	<u>St. Joseph Parish Center</u> 300 W. Houston Street	Book study	Gene L. (260) 357-4189
<b>Wednesday</b> 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
<b>Thursday</b> 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
<b>Friday</b> 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
<b>Saturday</b> 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:*

**June 14, July 12 & 19, 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:	<a href="mailto:beascribe@AOL.com">beascribe@AOL.com</a>	yes	
Bethanie	Cell: (260) 494-7093	<a href="mailto:hirschelmanb@comcast.net">hirschelmanb@comcast.net</a>	yes	Anytime
Debra M.	(260) 492-2581	<a href="mailto:itsdebra@comcast.net">itsdebra@comcast.net</a>	yes	Before 9 pm
Diane	(260) 627-3324	<a href="mailto:Dlallen54@verizon.net">Dlallen54@verizon.net</a>		
Gary (Indy area)	(765)621-2115	<a href="mailto:renindy@sbcglobal.net">renindy@sbcglobal.net</a>	yes	
Jennifer	(260) 424- 4261	<a href="mailto:jenscarroll@comcast.net">jenscarroll@comcast.net</a>	no	
Jerri W.	(260) 471-4432	<a href="mailto:Jerri_tnm@verizon.net">Jerri_tnm@verizon.net</a>	No	Before 9 pm
Justine	Home: (260) 415- 8085	<a href="mailto:j_whitelow@hotmail.com">j_whitelow@hotmail.com</a>	no	
Kevin G. Goshen	(574) 606-8926	<a href="mailto:kevin@kevingross.net">kevin@kevingross.net</a>	yes	
Lynn	Home: (260) 489-3868 Cell: (260) 426-1111	<a href="mailto:jo58LYNNE@aol.com">jo58LYNNE@aol.com</a>	no	
Marilyn	(260) 432-8313	<a href="mailto:marilyn313@verizon.net">marilyn313@verizon.net</a>		anytime
Marti	(260) 755-0550	<a href="mailto:tlk2mne@comcast.net">tlk2mne@comcast.net</a>	yes	
Mary A.	(260) 489-6055	<a href="mailto:cord.squzr@gmail.com">cord.squzr@gmail.com</a>	yes	Before 9 pm
Patty	(260) 241-6009	<a href="mailto:PDBPDQ@hotmail.com">PDBPDQ@hotmail.com</a>	Yes	Before 9 pm
Ron	(260) 704-0453	<a href="mailto:rvmausser@msn.com">rvmausser@msn.com</a>	yes	
Sally	(260) 623-3485	<a href="mailto:sasti_is_back@yahoo.com">sasti_is_back@yahoo.com</a>	yes	until 9 pm
Tricia	(260) 489-0537	<a href="mailto:tricia1012@aol.com">tricia1012@aol.com</a>	no	

\*To be included on the We Care List please send your information to the Editor: [j\\_whitelow@hotmail.com](mailto:j_whitelow@hotmail.com) or the PO Box below.

## About Monarch Monthly

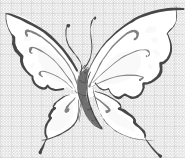
Contact us:

Three Rivers Intergroup

PO Box 10823

Fort Wayne, IN 46854-0823

(260) 460-4958



Regional website:

[www.region5oa.org](http://www.region5oa.org)

OA's website:

[www.oa.org](http://www.oa.org)

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