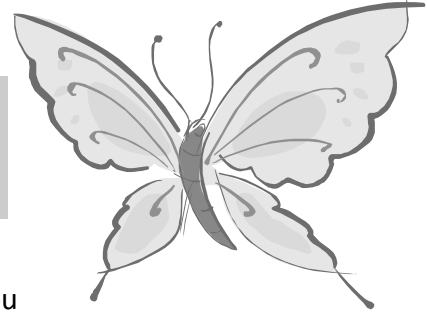




Monarch Monthly

OVEREATERS ANONYMOUS

Three Rivers Intergroup Newsletter
October 2009



Letter From the Editor

Hello,

“I put my hand in yours and together we can do, what we could never do alone. “ This quote means so much! Remember the first time you walked into an OA meeting and someone said “welcome!” and you knew they meant it from their heart.? The meeting ended with these same people holding your hands and saying, “it will work if you work it. “

Then they hugged you and said they were glad you came and “keep coming back.” Someone gave you a list of phone numbers, and tools to use to make it through. You called someone on the list to see if it was true, and guess what? The person on the end of the line really did seem excited to talk to you and help you over the hump. It made you happy and it helped you to

thing.
In this issue you will find the first part of *Been Slippin’ and Slidin’ A Reading and Writing Tool*

Happy Recovery
Here’s to many more abstinent days for you.
Respectfully,
Justine W. – Editor

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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’?

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 (OAIL)*, 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.2



Been Slippin' and Slidin'? Cont'd

1) Read the story "Abstinence, not Perfection" in the **OAI** and pages 19–22 in Step Three in the **OA 12 & 12**. What does "abstinence" mean to me?

2) Read Step Two in the **OA 12 & 12**, especially pages 9–11. How did I know that my eating was out of control?

3) Do I have a devastating disease that leads me to return to food for comfort? If so, how much pain does this cause me? Could my disease kill me? How? Some readings in our OA literature that might help on this question are:

• In the **OA 12 & 12**, pages 10–11, especially the paragraph starting at the bottom of page 10 with "Those of us who were overweight . . ." and ending on page 11 with "Some of us tried it."

• In **OAI**, in the story "Abstinence, Not Perfection," starting near the bottom of page 44 with "Then one day my wife called me at work . . ." through the next paragraph ending on p. 45 with ". . . a lesson in purity through exercise and starvation."

9) The April 18th entry in **For Today** starts with the problem of denial, described in different words. The May 22nd entry gets very pointed on the subject of denial. The January 21st selection gives the OA perspective that works in place of denial. Did denial play a part in my relapse? In what way?

• In **OAI**, in the story "It Gets Better, I Promise," especially from "I was certainly unhappy . . ." near the bottom of page 79 through "I knew I was dying" on page 80.

• The story, "Sink the Lollipop!" found in **OAI**.

4) Read "He Never Let a Hot Doughnut Get Cold" in **OAI**, with special attention to the paragraph at the top of page 33. What made the difference that brought the author to renewed abstinence? Do I have the needed willingness to accept that this program may be more difficult once my previous abstinence has eluded me?

5) The paragraph starting on the bottom of page 58 of the story "It's Elementary" in **OAI** describes one person's original plan of eating ("My first plan of eating was three binges a day."). The OA pamphlet entitled **A Plan of Eating** is a possible resource for considering an appropriate food plan for continuing in Overeaters Anonymous. Both eating behaviors and specific quantities of each

10) Read "Our Invitation to You" in **OAI**. Is this an unconditional or conditional guarantee? Am I willing to remember and depend on the Overeaters Anonymous statement that there is a proven, workable method by which we can arrest our illness?

food group are worth considering. What was my food plan in earlier efforts to work the program? What is it now? What changes do I need to make?

6) Read all three appendices A, B and C of **OAI**. Discuss the idea that "my main problem as a compulsive eater is in my mind rather than in my body."

7) The May 26th entry in **For Today** refers to "distorted ideas." Researching the "before" thinking in the **OAI** stories might help me identify some of my own distorted ideas. What were my thoughts before I indulged in that first compulsive bite?

8) Read pages 23–27 of Step Three in the **OA 12 & 12**; also read the January 12th entry in **For Today** for one illustration of thinking that can lead to eating. What sort of thinking is it when I think I can take just one bite?

Look for the second installment in the November Monarch Monthly.

OA Board Approved. Reprinted from "The Twelfth-Step-Within Handbook."

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SECRETARY'S REPORT: MINUTES FROM THE OA THREE RIVERS INTERGROUP MEETING August 30, 2009

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:35 PM.

Those present at the meeting were: Ron M. - Chair, Lynne - Monday Rep; Marilyn R – Literature and Monday Night Rep; and Mary J.

Ron M agreed to be acting Secretary. The minutes from the July 27, 2009 Intergroup meeting were approved.

The Treasurer's Report was accepted. The checking account balance as of 18 August 2009 was \$503.73

COMMITTEE REPORTS:

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

Literature Committee Report: Big Books are now \$8 each from the AA office.

Newcomer Packs will be available to meetings soon.

Newsletter Committee: Still working on September newsletter

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 is still looking at organizing an event into which a Services Traditions Workshop could be integrated.

3. Some ride coordination relative to the OA Convention is occurring.

4. No report on the craft table initiative. Justine is the contact person for crafters.

NEW BUSINESS:

1. There was no Region 5 assembly report available.

2. Ron agreed to try to update the meeting list and times at the Region 5 Website

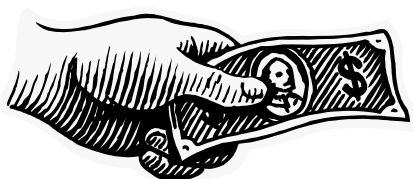
The next meeting will be at 6:15 PM on 28 September 2009.

Ron closed the meeting with the Serenity Prayer at 6:55 PM.

Respectfully submitted,

Ron M. –Acting Secretary

THREE RIVERS INTERGROUP TREASURER'S REPORT SEPTEMBER 26, 2009



Last Report - Account balance
August 18, 2009:

\$ 503.73

Withdrawals:

Check #2012 Marilyn R. – literature \$87.75

Check #2013 USPS P.O. Box Rental Annual \$40.00

Check #2014 Schaefer's \$60.00

Deposits:

9/8/09 Friday meeting \$110.15

Saturday meeting \$69.00 \$179.15

9/16/09 Goshen Meeting \$ 102.53


Checking Account balance as of September 26, 2009: \$597.66

Please note: Check # 2003 written to Bethanie for MM for \$35.00 on 4/6/09 is not cashed as of 9/26/09.

Respectfully submitted,

Debra M.



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	
November 21, 2009	IDEA Day SEE YOUR INTERGROUP FOR LOCAL EVENTS!	
November 21, 2009	Gratitude Luncheon WMI	
November 26, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL	
December 12, 2009	International Twelfth-Step-Within Day	
December 25, 2009	Holiday Marathon of Meetings Turning Point Intergroup Chicago, IL	
Consider	Sending a letter to Lifeline.	
Sponsorship	Together We Recover.	
Write	To save your Life.	<p>October 16 – 18, 2009</p> <p>Make Time For Recovery at the Region 5 Convention in Oakbrook, IL just outside of Chicago.</p>
Call	Someone needs to hear from you as much as you need to talk to them.	<p>It will be three days filled with fun, inspiring recovery stories and great fellowship!</p>
The Steps	Do them again.	<p>Oak Brook Hills Marriott Resort 3500 Midwest Drive Oak Brook, IL 60523</p>
S.O.A.P.	You Understand.	<p>1-630-850-5555 1-800-228-9290 www.oakbrookhillsmarriottresort.com to check out hotel facilities!</p>
Cynthia	260-449-1654	<p>Please call for ride & room info to Region V</p>
Mary J	260-445-0933	<p>Drmary7@hotmail.com</p>

Three Rivers Intergroup Meeting List

Day and Time	City	Location	Meeting Type	Contact
Sunday				
<u>This Meeting is no longer being held.</u>				
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 Beardsley Room 206 (babysitting room) #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
Tuesday 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:

“What’s so great about Gratitude?”

Your Thanksgiving Strategy Plan

Submit to Editor by 10-28-09 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
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	j_whitelow@hotmail.com	no	
Kevin G. Goshen	(574) 606-8926	kevin@kevingross.net	yes	
Lynn	Home: (260) 489-3868	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.sqzr@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	

About Monarch Monthly

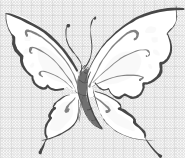
Contact us:

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Fort Wayne, IN 46854-0823

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Regional website:

www.region5oa.org

OA's website:

www.oa.org

*To

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.

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