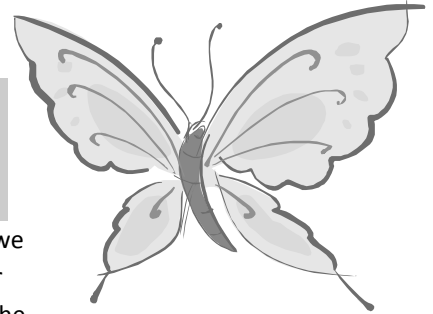




Monarch Monthly

OVEREATERS ANONYMOUS

Three Rivers Intergroup Newsletter
September 2009



Letter From the Editor

Hello Everyone,

In this issue you will find many tidbits from the OA pamphlet A Commitment To Abstinence. I hope it gives you strength and hope in the days to come.

Please take a look at the upcoming events and mark your calendars accordingly. Please contact Cynthia for ride and room sharing for the

convention, the time is drawing near.

I am also looking for any crafters who would like to get together and make crafts for the Region V Convention to contact me. We will need someone to be in charge of this at the convention and to make sure the table is staffed.

This would help raise funds for our intergroup.

Please be reminded that we will have a booth at Fit For Life at Parkview Field on the 25th and 26th.

Happy Recovery

Here's to many more abstinent days for you.

Respectfully,

Justine W. - Editor

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Recovery and a commitment to abstinence.

Recovery is the result of living the Overeaters Anonymous twelve-step program. Many of us have come to believe that committing ourselves to abstinence on a daily basis is essential to our recovery.

WHAT IS COMMITMENT?

Commitment means to entrust, to put into safekeeping, to pledge oneself to a particular course. Hasn't this been our greatest problem: truly committing ourselves to refraining from compulsive eating on an ongoing basis? Full of determination, we are great in the short run; but when the "everydayness" begins to set in, we lose interest. For

most people, especially compulsive overeaters, a diet is something temporary — one goes on it and then one goes off it. In Overeaters Anonymous we believe in abstaining from compulsive eating every day, one day at a time.

Each individual is free to determine his or her own way of

achieving abstinence according to personal needs and preferences. Abstaining from compulsive eating, unlike dieting, has a sense of permanence about it. Unlike our dieting days. We abstain only one day at a time, not worrying about any ensuing results. Each new day we recommit to our personal plan of abstinence, ... continued on pg.2



Tips To Help Keep Our Commitment

- Entrust ourselves and our abstinence to a Power greater than ourselves every day. All we need to do is to make the commitment.
- Cultivate continued acceptance of the fact that our choice is between uncontrollable compulsive eating and doing without that first compulsive bite.
- Cultivate humble gratitude for having discovered that we were compulsive overeaters, and that we found OA when we did.
- Avoid cultivation or dwelling on thoughts about any real or imagined pleasure once derived from certain foods, and avoid talking about them.
- Stop kidding ourselves that a bite or two would make some bad situation better or easier to live with. By working the twelve steps, we develop a way of thinking and acting which enables us to live each day without eating compulsively regardless of what

- may upset us, or how hard the urge for a little taste may hit us.
- Remember that each time we face a situation without eating compulsively it will make it easier for us to abstain the next time. Making abstinence a priority strengthens our commitment. Many times we're afraid we won't make it. Although the drive to overeat is powerful, it cannot really hurt us as long as we don't act on it. Our experience shows us that even the strongest urge will pass.
 - Cultivate enjoyment of abstinence from compulsive eating.

SOME ACTIONS THAT MAY HELP PROMOTE PERSONAL ABSTINENCE

Here are a variety of actions OAs have used to help promote their abstinence. You are encouraged to take what you like and leave the rest. The following suggestions are not rules.

As you develop your own abstinence, you may want to discuss these approaches with your sponsor.

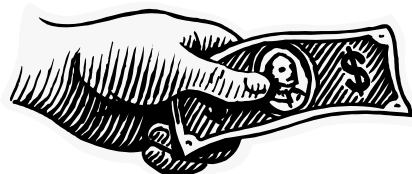
- Develop an eating plan.
- Plan your meals in advance.
- Work with a sponsor.
- Use the tools.
- Remember H.A.L.T. It is suggested that you not get too hungry, too angry, too lonely, or too tired.
- Enjoy your meals.
- Be conscious of the amount of food you eat.
- Follow a predetermined weighing plan.

One day at a time, it works for us, and it can work for you. This we promise.

Permission to use the A Commitment to Abstinence pamphlet granted by OA, Inc

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. Respectfully submitted, Ron M. -Acting Secretary



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 25, 2009	Submissions Due, Freedom from Insanity		
September 30, 2009	All ride and room request due to Cynthia.		
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

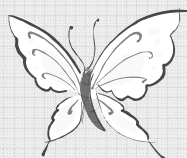
Contact us:

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Fort Wayne, IN 46854-0823

(260) 460-4958



Regional website:

www.region5oa.org

OA's website:

www.oa.org

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