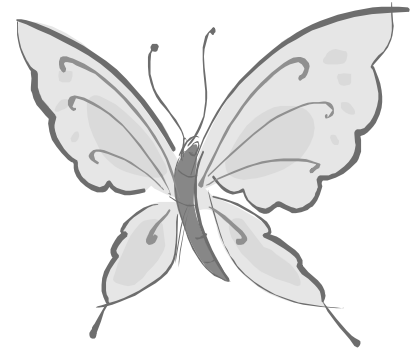


MONARCH MONTHLY



Three Rivers Intergroup Newsletter



We do this
One Day at a Time

Letter from the Editor

Hello my friends,

support each other.

I am glad that another year has come and I have another chance to get it right.

This year lets strive to get to meetings and work on recovery. Take time to support a meeting you do not usually go to. A workshop or two this year would be great encouragement for all.

Please remember your fellow OA member as you go about your day, someone could use a call from you. Let this be the year that we help each other not compulsively overeat.

I would like to encourage everyone to continue on your journey and not give up.

Happy February,

This addiction that we fight is powerful and baffling at times, but we are overcomers, strong and courageous. We can win if we work together and

Take from this newsletter what you need and pass the rest on. Please send in any ideas that you may have to improve this publication, I am always looking for new ideas.

Justine W.

Editor

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Overeaters Anonymous Preamble

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues of fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political

movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

The Twelve Steps

1. We admitted we were powerless over food, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrong.
6. Were entirely ready to have God remove all defects of character.
7. Humbly asked Him to remove our shortcoming.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



**Take
the
first
STEP**

Stop, Drop and Work

Since childhood, we've been taught this life-saving procedure: if you find yourself on fire, stop, drop to the ground and roll until the flames are extinguished. Children remember this advice easily, and I think OA members can find memorable wisdom in it too. The next time you find yourself on fire with fear and resentment, you know what to do.

Stop. Stop and notice the burn. You are hurting and that's okay. You have the Steps and will be fine.

Drop whatever you are doing and grab paper and pen. Time for some Step work!

Work the Steps. Here's a quick recap

1. I can't.
2. My Higher Power can.
3. I'll let Higher Power.
4. Inventory my character defects-icky but necessary.
5. Share my inventory.
6. Be willing to let the character defects go.
7. Ask HP to take the character defects.
8. List the folks I've hurt and be willing to make amends.
9. Make amends
10. Do Steps four through nine (but really one through nine) over and over.
11. Keep working to know HP and what he

wants for me.

12. Keep living this stuff and reaching out to other compulsive overeaters.

Suddenly you may find the fire is not as intense, your resentments and fears have packed up and gone, and you have a measure of treasured serenity in your life.

It sounds easy. It's not. But it is eminently worth it. Remember, when you're in trouble, Stop, Drop and Work the Steps.

Edited and reprinted from The Northern Lights newsletter, Anchorage Area Intergroup, May/June 2006.

Shine a New Light

This morning we put a new light fixture in our kitchen, and I am amazed at what a huge difference something so simple can make. It made me think about OA.

When I'm in a weird place in my head or can only see things one way, OA has many ways to shine

a new light on any situation. I can go to a meeting and shine a new light. I can call my sponsor and shine a new light. I can reach out to others, be of service and shine a new light. I can read the literature and shine a new light. I can meditate, pray and shine a new light. I can write and shine a

new light.

I am grateful things look so bright -but when they don't, O can shine a new light!

S.S., Birmingham, Alabama

Overcome Your Mountains



This letter has been a long time coming. I've known for years that our friendship had to end, but I wasn't willing to do the work to end it.

You've been my best friend as long as I can remember. In fact, you've been too good, and I've given you all my power. At various times



Goodbye, My Friend

you've been my friend, enabler, lover, dealer and slowly, but surely my killer.

But as much as our friend-

ship has destroyed me, I was the one who encouraged and sustained it. I gave you the love and attention I should have given myself. This allowed me to be the victim and blame you. As a result, I never had to take responsibility for my actions.

You were there for me when I felt fat, lonely, angry, rejected, sad, unappreciated and unloved. You were also there when I felt happy, excited, appreciated and loved. In all these emotion, you put your salty, greasy or sweet arms around me. You fed me and fed me, trying to fill the bottomless pit my soul had become.

How tiring our friendship became for both of us. You worked to fill me up and soothe me, but you never made a difference despite your

best efforts. You must have been hurt, wanting to make me feel better and feeling hopeful as you lifted the food to my lips, but knowing the minute it passed my lips it would evaporate, leaving you to repeat your effort until you were exhausted. I was as disappointed as you were., hopeful that each bite would magically change me. Each bite was a chance to be redeemed, feel normal, heal the wounds and feed my soul– but it never happened.

You have been there since I was a child, hurt and confused, shamed by childhood trauma. I turned to you to help soothe my pain, even stealing change from my grandma's coin purse so I could buy your friendship at the local store.

Over the next 30 years I looked for any time I could find to be with you. Kids teased me, I felt rejected by boys and later men, I dealt with family deaths, I felt frustrated at my job, and I argued with a loved one. You continued to try to fill my empty hole.

But no more! I need to love myself the way I have loved you. I need to expose my unresolved hurts to the light of day, not bury them with the darkness of food. You loved me the best way you knew, but now I know a healthy nurturing and loving way to take control of my life.

Our friendship led me away from those who know and love me. I've distanced myself

from friends and family so I could spend as much time as possible with you. I can't do that anymore.

You were there for me when I needed you, but now I need to be my own best friend and let you go. I know it will be hard, and it would be easy to turn back to you. But I've found new tools to start my new journey—a discovery of my truth, my story, my life, one day at a time. Good-bye, my friend food, goodbye Amy B.

**It
is
your
Year**

**Make
The
Most
Of it**

SECRETARY'S REPORT OA THREE RIVERS INTERGROUP MEETING 30 November, 2009

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:20 PM.

Those present at the meeting were: Ron M. - Chair, Patty B, Vice-chair Mary M-S – Wed Rep, Kevin G, Goshen Rep and Lynne, Monday Rep.

Ron M agreed to be acting Secretary. The minutes from the 26 October, 2009 Inter-group meeting were approved as submitted.

The Treasurer's Report was accepted as presented. The checking account balance as of 28 November 2009 was \$613.08.

COMMITTEE REPORTS:

Telephone Committee Report: One call was reported during November.

Literature Committee Report: No report.

Newsletter Committee: No report. November Newsletter was published

The Region 5 Assembly report was presented at the

meeting and submitted to the Newsletter Editor for publication.

OLD BUSINESS:

Kevin reported that the Goshen Group was still looking at organizing an event into which a Services Traditions Workshop could be integrated. They are hoping to involve the South Bend Group in this activity. Discussions on the amount of time needed for the Service and Traditions portion of the event ensued. No date or format has been selected.

NEW BUSINESS:

Nominations were opened from the floor to supplement those presented by the nominating committee. Only one nominee per office was found. Per our by-laws those present and eligible to vote submitted a secret ballot indicating whether the nominees were voted for. A majority (at least one more than half the voters) was re-

quired for election.

The results of the election at the November 2009 Meeting are:

Chairperson – Ron M (second term – not eligible to run in 2010)

Vice Chair – Kevin G (first term – eligible to run in 2010)

Treasurer – Debra M (second term – not eligible to run in 2010)

Secretary – Mary M-S (first term – eligible to run in 2010)

Region 5 Representative – Patty B (first term – eligible to run in 2010)

The next meeting will be at 6:15 PM on 25 January 2009 at Park Center.

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

Respectfully submitted, Ron M. –Acting Secretary



**Toledo Intergroup of Overeaters Anonymous is
hosting a workshop to celebrate Unity Day!**

Saturday, February 27, 2010 from 9:15 – 3:30

**Notre Dame Provincial House
3837 Secor Rd.
Toledo, OH 43623**

Suggested donation - \$5.00 at the door (no pre-registration necessary)

Agenda

9:15am Registration

9:30am “Recovery Through Service and Traditions”

11:45am Lunch Break (on your own) Coffee, Tea and Water provided

1:00pm “Body Image and Sexuality”

PROFESSIONALS AND NEWCOMERS ARE WELCOME!!!

Questions? Contact Diane M @ (734) 848-2441

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	
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 Wash- ington (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 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

Three Rivers Intergroup We Care List

Name	Phone	E-mail	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	Drmary7@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	

For the Newcomer

When I came to OA six weeks ago, I was ready to admit defeat. After an early life of somewhat normal eating, I started compulsively overeating after the birth of my second child. I was stuck in a spiral of hopelessness and depression. At 5 feet 3 inches, I weighed 185 pounds and barely had physical or spiritual energy to get out of bed, much less face the day. When I experienced repeated failure at dieting and began sneaking food, isolating myself to eat and resenting the normal eaters around me, I knew I needed help.

The first OA meeting was like taking a breath of painfully cold fresh air. Though I was terrified to face daily life without the comfort of my food, the possibility of freedom from overeating and the promise of a useful, peaceful life were more compelling.

I worked with my sponsor, and Step One seemed easy since I had tried everything to control my eating before coming to OA. But as I've moved through Step Two and into Step Three, I could feel myself changing, becoming honest with myself for the first time about the true nature of my food obsession.

The longer I am abstinent, the more committed I am to turning over my issues (food and otherwise) to my Higher Power every day. As my mind clears from it's haze of food, it feels good to clarify the terms of my abstinence and continue to refine my plan of eating so my food can become fuel and I can be at peace.

After 40 days of abstinence, I have lost 14 pounds and I am starting to remember how it feels to have a healthy body that can make it through the day without an aching fatigue. Everyday of abstinence helps me understand why I need to be fearless and searching as I make the slow way through my Step work.

In the beginning I was scared to start , but now I'm scared to stop. And I couldn't be more grateful.

Sarah K, Bellevue, Washington

About Monarch Monthly

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

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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

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

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