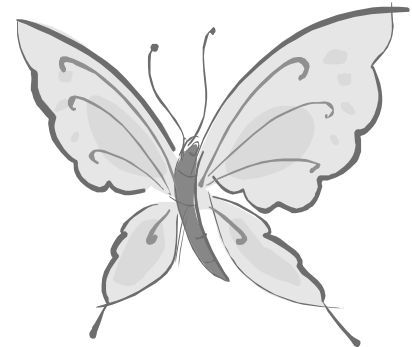


MONARCH MONTHLY



We do this
One Day at a Time

Three Rivers Intergroup Newsletter



Letter from the Editor

Hello my fellow OA's,

The year is half over and what have you accomplished? Have you encouraged a fellow member? Have you reached any of your goals? Have you moved ahead in the Steps?

As we finish out the second half of this year let us try to make it

more productive than the first half. Let us help someone who is still struggling. Let us gratefully do some form of service. Let us give back what has so graciously been given to us.

I hope you find this issue helpful and that you are able to pass it on to someone

else.

*Thank you,
Justine W.
Editor*



Inside this issue:

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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 com-

pulsively. 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.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Shedding the Armor

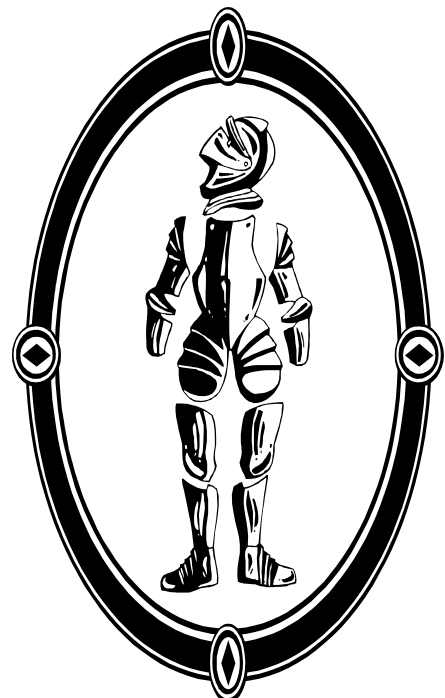
All my life I've worn a heavy suit of armor. It protects me from a world of harsh words that pierce my heart and bad feelings that wound my soul. There have been times that my armor has been too much to bear, when my mind and body tired of the burden and I became ill. All I would have had to do was let the armor go, and health of body and spirit would have returned. But each time I tried, the armor became harder to shed until finally I quit trying. Then one day I walked

through a door into a world I never knew existed. A world of smiles and tears and hugs and hands reaching out to me, suit of armor and all. The happiness I felt as a result of this new world, even though each day was a struggle, was so wonderful that I never left.

Slowly, my suit of armor is becoming lighter. Now when the world outside wounds my soul, I don't don my armor—I reach out to these new friends I've found, and they wipe my

tears and ease the pain.

- Lifeline, *March 1992*





There is Hope

When I came back to OA in April 2006, after a painful and ugly relapse, I longed to have only one thing: hope.

At the meeting, I hung my head and avoided eye contact. My obese body crawled with discomfort. Shame shadowed my thoughts.

Another member came to me after the meeting and introduced herself. She was kind, seemed balanced and had a healthy weight. After she heard a bit of my story, she shared about her recovery. She, too, had experienced relapse and was back on track. Before we parted, she gave me a hug and told me, "Keep coming back."

My Higher Power had handed me a priceless gift.

Through another member, I heard there is hope for the likes of me. Today I try my best to share that message in meetings, in outreach calls, by writing to Lifeline and in walking through life.

For the newcomer, keep coming back. It really does work. For those in relapse, there is hope. Thanks for letting me share.

—Lisa B
Lifeline 2009

MARK YOUR CALENDERS

- Region 5 meeting in Fort Wayne 9-11 July 2010
- Three Rivers Inter-group Meeting 26 July 2010
- Three Rivers Inter-group Meeting 30 August 2010
- Three Rivers Inter-
- group Meeting 27 September 2010
- 15-17 October 2010 Region 5 Convention in Dearborn Michigan
- Three Rivers Inter-group Meeting 25 October 2010
- Three Rivers Inter-
- group Meeting 29 November 2010 Elections

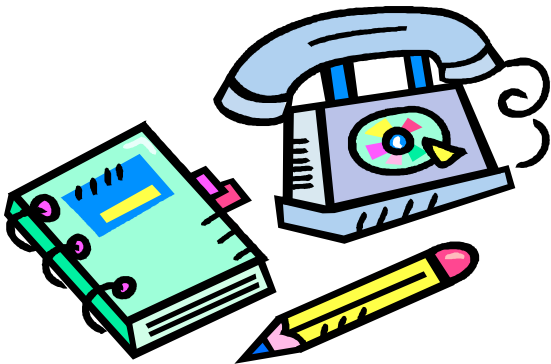


Three Rivers Intergroup Meeting List

| 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 | |
| 6:15-7:15 | 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> | Ron (260) 704-0453 |
| 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 |
| Tuesday 7:00-8:00 pm | Garrett | <u>St. Joseph Parish Center</u> #33135 300 W. Houston Street | Big Book study | Gene L. (260) 357-4189 |
| Wednesday 6:30-7:30 pm | Fort Wayne | <u>St. John's Lutheran</u> 729 Washing- ton (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 | OA 12 & 12 | Kevin (574) 533-3777 |

Three Rivers Intergroup We Care List

| Name | Phone | E-mail | Sponsor | Best time to call |
|------------------|----------------------|--|---------|-------------------|
| 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 | |
| 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 | (260) 426-1111 | jo58LYNNE@aol.com | no | |
| Marilyn | (260) 432-8313 | marilyn313@verizon.net | | anytime |
| Marti | (260) 755-0550 | tlk2mne@comcast.net | yes | |
| 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 | |



Have your name and number added to the we care list by emailing the editor at nmrk.justine@gmail.com



New Way of Living Brings Joy

I lived in fear and insecurity all my life and was often overcome with guilt. I think this came from growing up in an alcoholic and very religious home. It seemed that no matter how hard I tried, I was never good enough. To survive, I had to play by the family rules, which meant that mistakes and certain feelings were not allowed and certain things were not discussed. Often I was alone, feeling unsafe and unprotected.

Food became my way of avoiding or coping with my inner or outer turmoil. I thought I could control food. Consequently, it became the area in my life most out of control. I struggled with bulimia for eight years and with compulsive overeating for another three years. The daily cycle was predictable. To escape the overeating, I resorted to any means possible — dieting, restricting food, starving and swearing to never binge or purge again. The disease consumed my life, and the secrets ate away at my soul. It reduced my sense of self-worth and self-esteem to almost nothing.

Four years ago, I received a chance to start a new life in Hawaii. I am not sure how it happened, but God was already working miracles for me. My new life, my partner's unconditional love, my therapy and my personal growth were enough to begin an amazing healing process.

I was recovering from bulimia, but the compulsive overeating remained. Shame, guilt and fear kept me from reaching out and being honest about my predicament. Convinced that no one could understand, I felt defeated, desperate and alone. I could not stop — not until I walked through the doors of OA at the age of 24 one year ago.

In OA, I found fellowship, love and understanding. No longer alone, I finally had hope. I had discovered that OA not only offered me a way of living without the food but also facilitated my physical, emotional and spiritual recovery. One of the biggest challenges and the most powerful force in my growth has been my spiritual development. Before I could develop spiritually, I had to move beyond the old, distorted religious beliefs and the shame associated with them into a new understanding of God as a kind, forgiving comforter with an all-encompassing love.

Immense healing came through the Fellowship, support from my loving husband and my new understanding of God. I learned how to love and be loved. Most of all, I found inner peace. I accepted that who I am is enough, embracing all that I am, including my imperfections. Shame and fear have subsided. Today I no longer eat to stuff my feelings or to keep life's problems from overpowering me. I do not exert precious time and energy on an unrealistic and hopeless journey toward perfection. Because my heart, mind, thoughts and energy are now freed from the obsessions, I can be fully present in the moment.

Now I have a better understanding of recovery. Physical recovery alone was not enough. Although I only needed to drop 15 pounds to be at my goal, I have lost over 215 pounds of emotional weight. Because my recovery has been physical, emotional and spiritual, I am seeing the changes of the disease slowly release their hold on me.

I continue to work my program, blessed with the miracle of abstinence and recovery. I am okay, and I will always be okay as long as I keep God by my side. I am finally happy, joyous and free.

Reprinted from [Lifeline](#) magazine

HAPPENINGS

| | |
|----------------------------|--|
| July 4, 2010 | Independence Day Marathon Turning Point Intergroup Chicago, IL |
| July 9 – 10, 2010 | Region 5 Business Assembly Region 5 Board Ft. Wayne, IN |
| July 17, 2010 | Super Saturday, Suttons Bay WMI Suttons Bay, MI |
| July 23 – 25, 2010 | Big Book Study/Workshop Madison Area Intergroup Madison, WI |
| July 23 – 25, 2010 | Step 10 and 11 Silent Retreat Chesterton, IN Group Donaldson, IN |
| July 31, 2010 | Open Meeting Greater Detroit IG Warren, MI |
| September 6, 2010 | Labor Day Meetings Turning Point Intergroup Chicago, IL |
| September 17 & 18, 2010 | Two Day Marathon WMI Big Rapids, MI |
| October 15 – 17, 2010 | Region 5 Annual Convention Detroit IG Dearborn, MI |

OA THREE RIVERS INTERGROUP MEETING 24 MAY 2010

Ron M., Chair opened meeting with a moment of silence and the Serenity Prayer at 6:15 p.m.

Present were Ron M, Chair; Kevin G, Vice Chair; Patty B, Region V Rep; Suzette, Tues. Rep; Marilyn R. Wednesday Rep and Literature; and Jennifer S, self; excused: Mary M-S, Secretary. —The 2013 World Service Conference will be held in Cleveland, Ohio.

COMMITTEE REPORTS

Telephone Report:

A total of five calls were reported.

Literature Report:

Marilyn reported, she ordered materials to support the Hoosier Day of Recovery.

Newsletter Report:

No report. May newsletter was published and is on the website at www.region5oa.org. Articles wanted.

OLD BUSINESS:

Outreach Program:

Tear-off flyers were posted in several locations.

Consider disposition of Suggested Financial Procedure Updates

Hoosier Day Of Recovery June 26, 2010 in Indy (all day).

We provide one of the three speakers and bring literature. The speaker is identified and the literature is ordered. Representatives were encouraged to highlight the flyer and try to organize car pools.

NEW BUSINESS: None

Key Dates:

- Region 5 meeting in Fort Wayne 9-11 July 2010
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Meeting rep Forum:

Several members reported growth in meeting attendance and that the recovery was increasing.

Ron M. adjourned the meeting at 7:00pm with the Lord's Prayer.

Respectfully submitted,

Ron M., acting Secretary

Something For The Men

Real Men Recover

In 2001, I found a poem about AA written by my grandmother. My family was full of alcoholics, so I vowed to always watch my drink. My father died in a fire. He was drunk, and the cigarette he was smoking caused the deadly fire. Alcohol is not my problem, and I hate smoking. But I am a compulsive overeater.

Being a man kept me away from OA for many years. I thought a man shouldn't worry about bingeing, and what real man throws up to try to control his weight? When I hit rock bottom weighing 341 pounds, it didn't matter. I was desperate and needed help, and I discovered I'm rarely the only man in the room.

I went to my first OA meeting in 1996. Thinking about Steps four and nine kept me in-and-out and uncommitted for years. In fact, I never heard the word "sponsor" until this last time around. Having someone guide me through the steps has kept me honest, open and willing to believe in the Twelve-Step process.

When it was time for me to be a sponsor, I made up a rule that I would only sponsor men. I was afraid of the intimacy involved in the process and didn't think it was a good idea for me to sponsor women. I no longer keep that rule, and my sponsor is a strong, recovered woman. I sponsor anyone, but it's smart to use common sense when sponsoring. Remember, real men recover!

—James



FOR NEWCOMERS

You, Too, Can Recover!

When I came to OA 16 years ago, food wasn't my problem; it was my solution, the companion, I always turned to for comfort and relief. Obesity was an unfortunate side effect, but what choice did I have? I felt hopeless; the only option I believed I had was to ease the pain of living with more food.

Life without excess food seemed unbearable. My dependence on it was so great that, even after years of working the program, I still reserved the option of turning to food on an "as needed" basis. But I never gave up and didn't let things I couldn't do stop me from doing things I could. I worked the Steps with diligence; gave honest shares at meetings; read, wrote and exercised with my sponsor and gave service. I found a plan of eating and was willing to modify it when my needs changed

The miracles of recovery began to happen. About four years ago, I gratefully met the only requirement for OA membership—a true desire to stop eating compulsively and stay stopped! Today abstinence is the most important thing in my life, without exception. It's not just a slogan. It's a prerequisite for having a life and a "self" and being present for others and myself.

Before OA, I couldn't stay on a diet for a week. When my sponsor told me I could remain abstinent one day at a time no matter what, I believed her. I am recovering emotionally, physically and spiritually. It can happen to you too. Absolutely!!

—Tania G., East Brunswick, New Jersey
Lifeline March/April 2009

About the Monarch Monthly

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

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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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