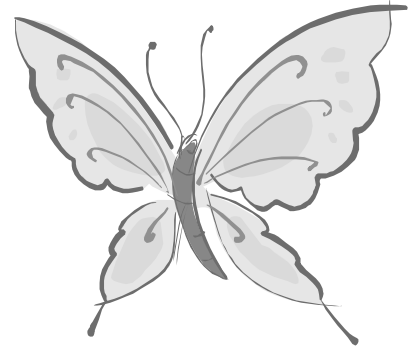


MONARCH MONTHLY



We do this
One Day at a Time

Three Rivers Intergroup Newsletter



Letter from the Editor

Hello my fellow OA's,

This month I would like to share a poem I found in a Life-line from February 2009.

Drip, drip, drip
And
Drop, drop, drop.
It's raining,
And I realize
Every drop by itself

Seems insignificant,
But lots of drips and drops
Make more.
The sum is greater than its parts.
We are OA.
The sum is greater Than its parts.
Aren't we lucky-blessed -honored?
Whether I am a drip or a drop,

I count.

I am one of us,
And we make a difference!
Walk on-walk-on-walk-on!
Love and hugs.

Robin T.

*Thank you,
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.
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.

I Can Give You This

Dear Sponsee,

I can't give you solutions to all of life's problems, doubts and fears. But I can listen to you, and together we will search for answers in the Twelve Steps.

I can't change your past with all its heartache and pain or the future with its untold stories. But I can be there as you work each Step and you need me to care.

I can't keep you from stumbling into relapse. I can only offer my hand that you may grasp and not fall.

Your joys, triumphs, successes and happiness are not mine, yet I can share in your laughter.

Your decisions about food plans and abstinence are

not mine to make, nor to judge. I can only support you, encourage you and help you when you ask.

I can't prevent you from falling away from OA, from friendship, from your values, from me. I can only pray for you, talk to you and wait for you.

I can't determine your boundaries, but I can give you the room to change, grow and be yourself.

I can't keep your heart from breaking, but I can cry with you and help you work the Steps as you pick up the pieces and put them back in place.

I can't tell you who you are. I can only love you and be your friend as together we "trudge the road of happy destiny."

- Lifeline, August 2000



**OA Three Rivers Intergroup
Treasurer's Report
May 21, 2010**



**Treasury
Report**

Withdrawals:

Check #2028 Patty - Reg 5
Ass'bly \$40.00
Check #2029 Marilyn -Literature
\$239.40
Check #2030 Schaefer's
\$ 60.00
Check #2031 Justine - Mar, Apr,
May newsletter printing \$87.63

\$427.03
Deposit:
5/4/10

Literature: \$145.25

Goshen Mtg: \$75.60
Saturday FW Mtg:\$67.42
Goshen Workshop: \$63.23
\$ 351.50

\$654.34

(Check # 2031 not yet cashed.)
Checking Account balance as of May
21, 2010: \$741.97
Respectfully submitted,
Debra M.



MARK YOUR CALENDERS

**Hoosier Recovery Day
June 26, 2010**

Come hear 3 speakers !
9:00 a.m. to 3:00 p.m.
EST
Registration 8:30 EST
St. Roch's Parish Life Cen-
ter
3603 South Meridian ST
Indianapolis, IN 46217
Suggested Donation
\$5.00

Lunch - Brown Bag or Res-
taurants nearby .

Pop and Water available
For more information
Contact Joan W. 219-926-
4486

* Clothing Exchange * Fel-
lowship * Fun * Raffle *

**Please see Region 5 web-
site for more information!**

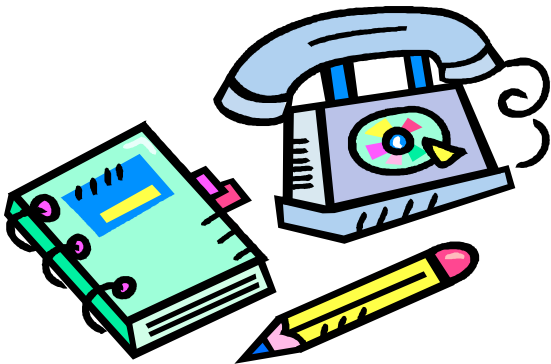


Three Rivers Intergroup Meeting List

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

Cross Talk Makes Me Cross



The young woman poured out her heart about a recent problem and how the OA program had helped her. With tears trickling down her cheeks, she ended her sharing. The next person who spoke looked at her and said, "I know just how you feel; I've felt crazy at times, too." As I observed the confused look on the young woman's face, I thought, "This is why most OA meetings ask people to refrain from cross talk. It causes problems on many levels."

Cross talk means talking with OA members during the meeting or referring directly to what members share. Today, I try to avoid it, but when I first came to OA, I didn't understand the problem. I had participated in a number of therapy groups that encourages cross talk. Someone would share, and then the rest of us would empathize and discuss "what it brought up for us." It was a conversation.

However, my first Twelve-Step meeting was different. One woman cried as she talked. But when others shared after her, they just blabbed on about their own lives. Some were even rude enough to mention how happy they were. I couldn't understand it. These people were cold and heartless for not taking care of the crying woman. I decided I would never return, and I didn't return until months later, compelled by desperation.

Since then, I've come to appreciate the way OAers take turns sharing and don't directly address others in the group. Here are some of the reasons I like the policy (and why sometimes cross talk makes me cross): When we don't interrupt the meeting to comfort someone in pain, we remind ourselves that we don't have to rescue other people. We also affirm the dignity of the person, trusting that he or she is okay without our intervention (and there's plenty of time for hugs after the meeting).

When we don't address someone's share directly, we avoid possibly mischaracterizing what he or she said. What we heard might not have been what the person meant. It's sad to feel misunderstood in a place you come to for understanding. When we avoid cross talk, we preserve the safety that's important in OA. To share openly, we must be confident that no one will criticize, judge, debate, praise, analyze or repeat what we say. It's a way of practicing respect for boundaries. When we avoid giving advice or overtly offering solutions to others' problems, we apply the principle of "attraction rather than promotion." Without referring to another's share, we can describe our own experience and let others "take what they like and leave the rest." If they need specific counsel, they can ask their sponsors.

When we avoid referring to other OA members by name (a form of cross-talk), we practice the principle of anonymity by focusing on principles, not personalities. Outside OA, I'm ferocious about giving credit to people for their ideas. In OA, such a practice helps create OA "stars." After 14 years in the program, I've found that few ideas are original. When you repeat a sage remark, attributing it to someone else, you're probably giving that person credit for repeating what someone else said.

Am I a curmudgeon? Maybe. Am I perfect at avoiding cross talk? No. I enjoy an occasional joke or throwaway remark. But if you've been to meetings where people just converse, you know what I dislike about cross talk. Conversing is fine, but it doesn't make a meeting! ...Meetings are forums to share our common solutions and show newcomers that it works.

I'm grateful that the meetings I attend observe "no cross talk" policy.

	June 19, 2010	A Gathering of Men in Recovery Turning Point Intergroup Chicago, IL
	June 26, 2010	Hoosier Recovery Day Indiana Intergroups' Indianapolis, IN
	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,	Two Day Marathon WMI Big Rapids, MI
	October 15 – 17, 2010	Region 5 Annual Convention Detroit IG Dearborn, MI

Secretary's Report – Minutes of the OA THREE RIVERS INTERGROUP MEETING, 26 April 2010

Ron M., Chair opened the meeting with a moment of silence and the Serenity Prayer at 6:17 p.m.

Present were: Ron M, Chair; Kevin G, Vice Chair; Mary M-S, Secretary; Patty B, Region V rep; Marilyn, Wed. rep.; Suzette, Tues. rep.

The March 29, 2010 Intergroup Minutes were accepted without objection or exception.

The Treasurer's Report was accepted as presented. The checking account balance as of April 21, 2010 was \$729.87

Region 5 Representative's Report

Highlights of Patty B's summary:

- Meetings going on in the region: Back to Basics meetings, Primary Purpose meetings, and Learn How to Use BB as a Textbook meetings.
- There is a flyer for a one-day workshop on the 12 steps.
- Joan S of Ontario, Canada. was elected Vice Chair.
- We need to verify our meeting contacts regularly to keep the oa.org site current
- 12 Step Within has a newly revised handbook available. Patty sat in the 12 Steps Within committee.
- Unaffiliated groups increased from 55 to 82 unaffiliated groups

Committee Reports

Telephone Committee Report:

Per Ron he received 1 and somebody else 2; Marilyn reported receiving 2 or 3.

Literature Report:

Marilyn reported: For Today arrived. Stock of AA Big Books and 12 & 12's etc. are low, need to order. New people coming in so need them. Ron authorized Marilyn to spend a few-\$300 hundred dollars for books, e.g. a box of BBs, of 12 & 12's, etc.

Newsletter Report:

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

OLD BUSINESS:

Blooming in Recovery report from Kevin: 20+ attended. 2 Indy speakers, 1 (Chris) from Chicago. Everyone is interested in attending next year. People attended from Kalamazoo.

Grossed about \$250, netted \$100, 60 30 10; sold about \$70 of literature. Sold lots of raffle tickets; good raffle donations.

Assessing interest in developing an outreach program:

Ron reported that of the same 3 people interested, Ron handed out packets to some of them to give to doctors' offices.

National has radio spots, would need to get some and have people to distribute. New PSA coming out in June for TV.

Consider disposition of Suggested Financial Procedure Updates

Ron summarized the recommendations said the Treasurer is fine with it. Adopt as a recommendation for Treasurer and share forms for meetings. Suzette moved to adopt the recommendations for Treasurer and share forms for meetings; Patty seconded. No objections; motion carried.

Hoosier Day of Recovery June 26 in Indy (all day)

We provide one of three speakers and bring literature.

NEW BUSINESS: None

Key Dates:

- Three Rivers Intergroup Meeting 24 May 2010
- Hoosier Day of Recovery 26 June 2010
- Three Rivers Intergroup Meeting 28 June 2010
- Region 5 Meeting in Fort Wayne 9-11 July 2010
- Three Rivers Intergroup Meeting 26 July 2010
- 15-17 October 2010 Region 5 Convention in Dearborn, Michigan

Meetings Rep Forum:

Sat. meeting outgrowing the room but they can adjust.

Ron M. adjourned the meeting at 7:08 p.m. with Roseanne's Promise.

Respectfully submitted,

Mary M-S, Secretary

Something For The Men

On Board OA

I'm 63 years old, and I've been in program for one year. My story before OA is probably not much different from yours. I was very active in sports, and my weight was normal until about 45 years of age, when I started slowing down, dieting and regaining weight over and over. I ate compulsively before I was 45, but the activity made weight management easy.

Willpower worked until last year, when I tried to start another diet. I tried several times, but each time I would last one or two days tops and fall again. I got scared because I realized my "one or two pound (0.5 to 1 kg) a week" weight gain would have me at 350 to 400 pounds (159 to 181 kg) in short order, and I couldn't stop it. My highest weight was 293 pounds (133 kg). I am now 219 pounds (99 kg).

Enter OA. At my first meeting I received *hope*. I saw several people of healthy weight who said they had been abstinent and at that weight for years. *I had a chance*. I also found love, acceptance and understanding. My wife and friends love me, but do not understand how my brain works in relation to food—like my overpowering urge to go to a bakery and buy everything in the place. You understand, and I don't even have to explain it. I've learned many key things in OA.

I've learned that working the Steps is where recovery and relief come from. Those who work the Steps recover; those who don't work the Steps don't. I've heard a saying, "If you want what we have, you have to do what we did. If you do what you always did, you'll get what you always got."

I've learned I need a sponsor to guide me through the Steps, especially Steps Four and Five, which are essential to a quality recovery. I talk to my sponsor four or five times a week. He has become more than a sponsor; he is my best friend.

I've also learned I need to go to a lot of meetings. The more meetings I go to, the more comfortable I feel about the world and myself, and the easier it is to be abstinent. It is the place where I hear exactly what I need to hear at that moment. God works it out like that.

A quote in the Big Book says, "Either God is everything or else He is nothing" (p.53). To me, God is everything. I must read spiritual literature and pray often. I read Lifeline, The Twelve Steps and Twelve Traditions, the Big Book and the Bible regularly.

OA is a great ride. Get on board and enjoy. God bless you all.

— Gary M., Rochester Hills, Michigan

FOR NEWCOMERS

Cans and Cant's

I have always been an extremist. When I became involved in anything, it was with every fiber of my being. The involvement had to be total, and back-breaking to the point of exhausting, or why bother? And, for short periods of time, each activity I undertook was just that. My interests were short-lived, however, because eventually I burned myself out. It became tiring being “perfect” for more than a few days at a time.

Now, I try not to get too hung up on all the voids I have yet to fill in the program and in my life. “Easy does it” for me means moderation; it means one day at a time. I’m not going to become a paragon of Christian attributes or an independently wealthy black history research writer or 105-pounds (48-kg) thin today.

For today, that’s all right. I’ll do whatever I can fit into 24 hours to bring those dreams to reality. I will *not* put 24 hours and one minute worth of effort into it, or 23 hours and 59 seconds. Not too much, not too little—just enough. “Easy does it” also means freedom from anxiety and fear of failure. It is the foundation of the Serenity Prayer, and a little bell goes off in my head when I start to mix up my cans and cant's—other people’s lives and my own. It says to me: Stop, think—and then proceed with extreme caution into any place, emotion or conversation.

— Lifeline, April 1979

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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Fort Wayne, IN 46854-0823
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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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