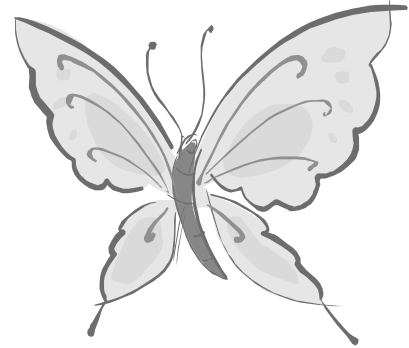


# MONARCH MONTHLY

## Three Rivers Intergroup Newsletter



We do this  
One Day at a Time

### Letter from the Editor

Hello my friends,

Winter always turns to spring! I seem to be more grateful for that this year. I am looking forward to enjoying the sun and the nice warm air.

I can't wait to work in my yard and take walks in my neighborhood.

As I reflect on

doing those things , I also look back on what I have done and learned over the winter. I am excited that OA has become more important to me. I now know that the meetings are important, the literature is important, the phone calls are helpful and important. Mostly I have learned how im-

portant the members are . I am thankful for every phone call and every encouraging word that I could give and that was given to me.



Happy March,  
*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 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.

## Step Three

**Made a decision to turn our will and our lives over to the care of God as we understood Him.**

Over five months have passed since I walked into my first OA meeting. I have grown in many ways and am now working on Step Nine of the Twelve Steps. But at no time have I struggled more than with the concept of abstinence. I have sought its meaning, but until today it has escaped me. During these months, compulsive overeating took hold of me, and I became its prisoner again and again.

I recently attended an OA meeting on the Third Step- turning our will and our lives over

to the care of God. I believe this step is the secret of success with abstinence and recovery.

For me, the secret of abstinence lies in living Step Three. I knew I needed to take this step daily, sometimes hourly. It is not a step taken one time, only to move on. It requires daily adherence. This step requires me to give up my selfishness. When I am not into myself, I can become abstinent. Compulsive overeating is eating to feed my disease, not my body's nutritional needs. Therefore, I am abstinent when I eat to feed my body and not my disease. It is that simple!

Abstinence means eating within the guidelines of a healthy food plan, avoiding trigger foods and not feeding my disease or eating selfishly. The wonderful paradox of our program is that while abstinence begins as a surrender we do not want to make, it becomes the key to a life beyond our wildest dreams.

When I first arrived at OA almost six months ago, all I had was hope. Now, by staying abstinent and working the Steps, that hope becomes a reality in a life of serenity. I am grateful!

Suzanne P., Rochester Hill, MI,  
March/April Lifeline 2008

**The only requirement for OA membership is a desire to stop eating compulsively.**



**Tradition Three**

that impressed me when I came into the program three years ago. The other Traditions blurred together, but I sat up and paid attention when I heard, “The only requirement ... is a desire...”

“Yes!” I thought. “I have that! I have the desire to stop eating compulsively; to stop being out of control

and a slave to the food; to stop loathing myself; and stop this madness, although I don’t have any idea how.”

I came in only 12 pounds overweight physically, but about 1,200 pounds overweight spiritually and emotionally. I carried around shame, guilt and fear about the terrible things from my past, especially my insane eating behavior. Although memories of finishing bags of treats and hiding the garbage, sneaking food when my family was out of the room and stuffing more food in my hurting stomach were painful and heavy burdens, I couldn’t put them down.

When I came to my first meeting, I worried about how to get the recovery I saw. My disease had to always told me that

to get good things, I had to qualify by intelligence and willpower. I thought I would have to read all the literature and rack up lots of back-to-back abstinence to qualify as a “real” OA member.

Well, thank goodness the only requirement is the desire to stop eating compulsively. In the first few months, as I struggled with my food plan and looked for a sponsor, I counted on Tradition Three to tell me I still an OA member. When I broke my abstinence, it told me I was still a member, and when I did my Fourth and Fifth Steps and felt unworthy even to be alive, I was still a member....Thank you, OA!

Joan P., Mountain View, CA,  
March/April Lifeline 2008

**SECRETARY’S REPORT OA THREE RIVERS INTERGROUP MEETING 25 January 2010**

Ron M, Chair, opened the meeting with the Serenity Prayer at 6:15 PM.

Those present at the meeting were: Ron M. - Chair, Patty B – Region V Rep, Mary M-S - Secretary, Marilyn – Wed Rep, Suzette R, -Tuesday Rep, Lynne - Monday Rep, Patricia and Mary N representing themselves. Kevin G., the Vice chair called and was excused.

The meeting was opened with the Serenity Prayer at 6:22 PM, by Ron M.

The minutes from the 30 November 2009 Inter-group meeting were submitted by Ron M., and approved with a very minor correction of the initials of a member’s last name.

The Treasurer’s Report was accepted as presented. The checking account balance as of 21 January 2010 was \$655.62.

**COMMITTEE REPORTS:**

Telephone Committee Report: 9 calls were received

in December and 10 in January.

Literature Committee Report: Marilyn reported that there has been a fairly brisk sale of books. She needs to complete her inventory to input into the Treasurer’s report.

Newsletter Committee: No report. December Newsletter was published.

**OLD BUSINESS:**

1. Kevin was unable to be present. The Goshen group is still working on an upcoming event.
2. Discussion ensued as to whether a Service and Traditions workshop would be of enough interest to be well attended.

**NEW BUSINESS:**

1. The annual Financial Audit will be conducted prior to the next meeting. Chair Ron M appointed Patty B and Mary M-S to conduct the audit.
2. Mary M-S proposed assessing interest in developing an outreach program. It was agreed that it

would be mentioned at each Ft. Wayne meeting and those interested could call Ron.

**Key Dates:**

- Three Rivers Intergroup Meeting 22 February 2010
- Region V Assembly in Fort Wayne 12-13 March 2010
- Three Rivers Intergroup Meeting 29 March 2010
- 15-17 October 2010 Region 5 Convention in Dearborn Michigan

The next meeting will be at 6:15 PM on Monday, 22 February 2010 at Park Center.

Ron closed the meeting with the Rosanne’s Promise at 7:14 PM.

Respectfully submitted,  
Mary M-S Secretary

## Three Rivers Intergroup Meeting List

Day and Time	City	Location	Meeting Type	Contact
<b>Monday</b> 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	Book study	Gene L. (260) 357-4189
<b>Wednesday</b> 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
<b>Thursday</b> 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
<b>Friday</b> 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
<b>Saturday</b> 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		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	<a href="mailto:beascribe@AOL.com">beascribe@AOL.com</a>	yes	
Bethanie	Cell: (260) 494-7093	<a href="mailto:hirschelmanb@comcast.net">hirschelmanb@comcast.net</a>	yes	Anytime
Debra M.	(260) 492-2581	<a href="mailto:itsdebra@comcast.net">itsdebra@comcast.net</a>	yes	Before 9 pm
Cynthia	(260) 449-1654			
Diane	(260) 627-3324	<a href="mailto:Dlallen54@verizon.net">Dlallen54@verizon.net</a>		
Gary (Indy area)	(765) 621-2115	<a href="mailto:renindy@sbcglobal.net">renindy@sbcglobal.net</a>	yes	
Jennifer	(260) 424- 4261	<a href="mailto:jenscarroll@comcast.net">jenscarroll@comcast.net</a>	no	
Jerri W.	(260) 471-4432	<a href="mailto:Jerri_tnm@verizon.net">Jerri_tnm@verizon.net</a>	No	Before 9 pm
Justine	(260) 415- 8085	<a href="mailto:nmrk.justine@gmail.com">nmrk.justine@gmail.com</a>	no	
Kevin G. Goshen	(574) 606-8926	<a href="mailto:kevin@kevingross.net">kevin@kevingross.net</a>	yes	
Lynn	Home: (260) 489-3868 Cell: (260) 426-1111	<a href="mailto:jo58LYNNE@aol.com">jo58LYNNE@aol.com</a>	no	
Marilyn	(260) 432-8313	<a href="mailto:marilyn313@verizon.net">marilyn313@verizon.net</a>		anytime
Marti	(260) 755-0550	<a href="mailto:tlk2mne@comcast.net">tlk2mne@comcast.net</a>	yes	
Mary A.	(260) 489-6055	<a href="mailto:cord.squzr@gmail.com">cord.squzr@gmail.com</a>	yes	Before 9 pm
Mary J.	(260) 445-0933	<a href="mailto:Drmary7@hotmail.com">Drmary7@hotmail.com</a>		
Patty	(260) 241-6009	<a href="mailto:PDBPDQ@hotmail.com">PDBPDQ@hotmail.com</a>	Yes	Before 9 pm
Ron	(260) 704-0453	<a href="mailto:rvmausser@msn.com">rvmausser@msn.com</a>	yes	
Sally	(260) 623-3485	<a href="mailto:sasti_is_back@yahoo.com">sasti_is_back@yahoo.com</a>	yes	until 9 pm
Tricia	(260) 489-0537	<a href="mailto:tricia1012@aol.com">tricia1012@aol.com</a>	no	

# Welcome

## For the Newcomer

### *A Little Willingness*

Today I was excited to take a 90-day chip at a meeting. This represents 90 days of complete abstinence from sugar and sweeteners of all kinds-something I didn't think possible. I haven't seen a huge weight loss yet, which has been trying, but I do have major health improvements and actually look forward to talking with my doctor about my blood tests.

I'd like to share with other newcomers a few things that have been working for me. First, a little willingness goes a long way. When I started, I was willing only to go to one meeting and listen. Then I was willing to go to another and take a welcome chip. A little at a time I became willing to write down phone numbers and, later, to call some of those numbers. I became willing to make two meetings a week, then three; now I have two service commitments. If I had to do it all at once, I could never have done it. But because I was willing to go to just one meeting, miracles unfolded.

Second, I jumped into working the Steps right away. I believe this is not merely a diet plan, but a spiritual program that will help me learn how to live and to restore my sanity. I've just completed a written First Step and am working on the Second Step. I don't know what the right pace or method is for anyone else, but I've had to take my time and do a through job. Writing a First Step has helped me see that I've been in crisis for a long time and no other plan has worked. No matter how hard I try, how educated I become or how much I wish it were otherwise, I have a disease I can't control. That powerlessness is hard to face, but it leads to a real solution-one that works!

Finally, I can come to this solution only with the help of a Higher Power. I had what they call "the gift of desperation" after my doctor asked why I was killing myself with food. Not being able to answer, and alone in the exam room, I did something I had never done before. I got down on my knees to ask for help. A few weeks later, I attended my first OA meeting. The first week in OA I asked my Higher Power to help me figure out what my abstinence should be, since I found that confusing. I received a quick and clear answer, along with the message I didn't have to get it perfect in my first week. I just had to keep coming back.

One last thing: as repetitive as our phrases and slogans can be, darn if they don't turn out to be true. Progress, not perfection, and we don't have to do it alone.

Ann W., Lifeline2008

## About the Monarch

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

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**OA's website:** [www.region5oa.org](http://www.region5oa.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

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