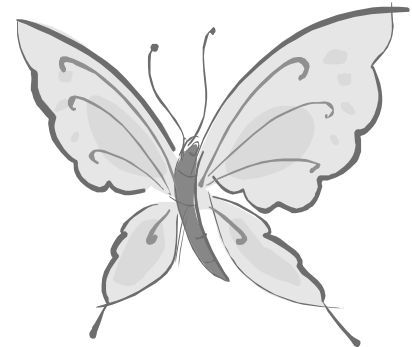


MONARCH MONTHLY



We do this
One Day at a Time

Three Rivers Intergroup Newsletter



Letter from the Editor

Hello my fellow OA's,

Tradition Five says, "each group has but one primary purpose, to carry its message to the compulsive overeater who still suffers." I hope that with this newsletter I can inspire someone to reach out to another person

by passing this newsletter onto that someone

who is still suffering.

In this issue you will find something for the newcomer, and an article about the dangers of cross talk. All members who are interested in being on the We Care list please email me your informa-

tion, (others cannot reach you if they do not have your info) at

nmrk.justine@gmail.com.

I will also be soliciting people to write for the newsletter in the upcoming issues, if you have anything OA related that you would like to share, please feel free to send it to me.

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 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.

Avoiding the Pitfalls of Cross Talk

I looked up cross talk in a dictionary: “unwanted signals in a communication channel (as in a telephone, radio, or computer) caused by transference of energy from another circuit (as by leakage or coupling). “ I’m struck by the word “unwanted” in this definition.

As a ham radio operator, I’m well acquainted with the effect that radio frequencies , which interfere with commercial broadcasting and telephone lines, have on communication. It’s called “interference.” I think interference is a good term to use here, too. It interferes with and sometimes obliterates communication.

Cross talk is intrusive

feedback that’s unwanted or offensive, either during or after a person’s pitch. Sometimes people feel they have to “fix” the person who is talking, and they have an answer or solution to the problem the person is talking about. If the person is crying, they jam tissues in his or her face, which usually shuts the person off.

I’ve had people who have reacted so much while I’m pitching, either because it hurt them and they could painfully relate to me, or they felt they had the answer and nodded to the point where their heads almost fess off, that it was distracting and offensive to me. I felt like screaming, “stop it!”

I’ve tried to sit on the same side of the room as people who do this, so I don’t have to see them. Body language, such as fidgeting, sighing, sitting with crossed arms, or wearing an angry expression or smirk can be cross talk. It also depends on who is doing it.

If I ask for feedback, I want it. If I don’t ask for it, I don’t want the next person in line to say, “I was once in the place that you are in today, but I’m past it now, and here is how I did it.” They’re trying to fix me. It’s demeaning and condescending.

Arizona/Phoenix Metro Intergroup, Nov. 2002

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



**Treasury
Report**

Last Report – March 24, 2010

\$621.37

Withdrawals:

Check #2027 Schaefer's

\$60.00

Total checks:

\$ 60.00

Deposit:

3/10/10

Literature: \$8.50

Monday meeting: \$100

Friday noon: \$60

\$ 168.50

\$729.87

Checking Account balance as of April
21, 2010: \$729.87

Respectfully submitted,
Debra M.



MARK YOUR CALENDERS

- May 8th Workshop— Business Assembly, Region
Spring into recovery 5 board, Fort Wayne, IN
 - Michigan City Monday
Night Meeting, Michigan
City, IN
 - June 19th A gathering
of Men in Recovery, Turn-
ing Point Intergroup, Chi-
cago, IL
 - Hoosier Day of Recov-
ery 26 June 2010
 - July 9—10 Region 5
 - 15-17 October 2010
Region 5 Convention in
Dearborn Michigan
- 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
number
we care list
the editor.



name and
added to the
by emailing

Secretary's Report
OA THREE RIVERS INTERGROUP MEETING MARCH 29, 2010

Ron M., Chair opened the meeting with the Serenity Prayer at 6:18 p.m.

Present were: Ron M., Chair; Kevin G, Vice Chair; Mary M-S, Secretary; Lynne, Mon. rep; Suzette, Tues. rep.; and Marilyn, Wed. rep.

The February 22, 2010 Intergroup Minutes were read and accepted without objection or exception.

Committee Reports:

The Treasurer's Report was accepted as presented. The checking account balance as of March 24, 2010 was \$621.37

Telephone Committee Report:

Marilyn received a couple of calls; Ron received one call.

Region 5 Assembly, March 12-13

Our representative, Patty B was working and could not be present to report. Ron M. shared from his being there for a little on Fri. evening and Suzette on Sat. night.

Literature Report:

There was discussion on how groups obtain literature and what meetings might need some. Ron requested a case of For Today be ordered. A count needs to be taken of cards/pamphlets to see if more will be needed, especially considering the Goshen event. (Most existing pamphlets are very old.)

Newsletter Report:

No report. The previous newsletter is on the website at www.region5oa.org Justine is looking for articles and prefers them locally written. The closing date is March 26.

Financial Audit Report:

Mary M-S reported the audit was completed by Patty B and herself; she published and distributed the report along with recommendations. The audit showed the checking account balance on the bank statements confirm the checkbook balance maintained by the Treasurer. The report was accepted without objection or exception.

OLD BUSINESS:

Goshen Workshop: Blooming In Recovery

Kevin G. reported and asked all to come. Register at door, bring gently used items for the white elephant sale and raffle items.

Report on assessing interest in developing an outreach program:

Per Ron, nothing this month. Last month he handed out flyers to meetings for placement in grocery stores, public bulletin boards, workplaces etc.

Key Dates:

April 26, 2010 Three Rivers Intergroup Meeting

June 26, 2010, Hoosier Day of Recovery in Indy; our Intergroup does the literature

October 15-17, 2010 Region 5 Convention in Dearborn, Michigan

NEW BUSINESS

Recommendations for Financial Protocols:

Concepts were introduced at this meeting; discussion/vote/motion at next meeting so the Treasurer can be informed and have input.

Need Fill-In Secretary for May/June Minutes:

Mary M-S reported she will be out of town from mid-May through early July and asked if someone would take and report the minutes during that time.

Meetings Rep Forum:

Tues. and Wed. meetings are seeing more people.

Ron M. adjourned the meeting at 7:13 p.m. with Roseanne's Promise.

Respectfully submitted, Mary M-S, secretary

STEP FIVE

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

In working the first five Steps, I've experienced a profound shift in my life's paradigm by attending meetings, reading, listening and not giving advice.

The Big Book promises that our Higher Power, if sought, can and will remove whatever interferes with developing a new attitude. To facilitate removal of these roadblocks, we admit the exact nature of our wrongs to our Higher Power, another human being and ourselves. In doing the Fifth Step, I discovered some erroneous beliefs I was using to run my life and identified replacement beliefs gained through practicing the Twelve Steps. I will let you determine which sentence illustrates my change of mind.

- God is cold, distant and impersonal, with lots of rules.
- My Higher Power cares and is listening to all my requests.

- I am in charge and good at managing my job, marriage, family and myself.
- Thoughts of driving my car into a tree and wanting to quit my job, divorce my husband or strangle my children are not indicators of a well-managed life.

- It is reasonable to always be dieting.
- Responsible eating and my Higher Power are what I need to take care of my health.

- If only he, she or it would do or be x, y, or z, then my life would be great.
- If I am focusing on someone else's inventory, I am distracting myself from my spiritual journey.

- I have no problem with addiction, and there are no addicts in my family.
- Denial can hide an elephant in the living room from a family, but one family member being honest about the elephant changes everything.

- I have to give advice when asked.
- I can share my experience; giving advice is discouraged.

Replacing these erroneous beliefs has allowed me to recognize the seven lies I tell myself.....my favorite operational delusions:

1. What I choose to eat today doesn't affect my future food choices.
2. I intuitively know what normal responsible eating looks like.
3. Compulsive eating only happens between meals.
4. Overeating does not include beverages.
5. I am going to like the parts of my personality that emerge.
6. My family will joyfully embrace my changes.
7. My sponsor will forget who I am if I don't call.

FOR NEWCOMERS

I am grateful for my 30th day of abstinence, which falls on my 38th birthday. I could never have asked for a better birthday presents than the gifts I'm discovering in OA.

When I began OA, I had no clue what the program entailed. I only knew it revolved around a Higher Power and compulsive overeating. I knew I was spiritual, introspective and overweight, but was I a compulsive overeater? That was yet to be determined. At the first several meetings, I listened quietly as others shared their stories. I felt I didn't fit in because my overeating was different than most, although I could relate to the feelings involved after a binge.

I continued going to meetings and gained a deeper understanding that food is not my issue. It's one of the objects I've used to suppress my thoughts and emotions. My illness allowed my self-destruction to repeat many times. I became comfortable in my uncomfortable world of isolation and overeating, hiding under my excess skin.

It's freeing to find a place where I have Steps I can take, work I can do and people who understand me. I'm already discovering a new, happier and more peaceful life. I'm grateful to all those in OA who have reached out to me, welcomed me and accepted me the way I am. The recoveries I witness in the meetings inspire and motivate me to continue my abstinence. While I am focusing just on today, at times I secretly fast-forward to a day when I, too, can provide guidance, love and support to others....

By using the tools of meetings and phone calls, I've heard some quotes I will continue to use throughout my recovery. Every day I mentally recite, "If hunger strikes, remember you will not die before your next meal,"; "if you crave a binge food, remember you've already had enough to last the rest of your life and be grateful for what you've already consumed" ; " never look one of your binge foods directly in the eye"; and one of my favorites, "when it comes to facing your binge foods, leave it for those who can actually handle it."

For the first time in my life, I'm excited about the possibilities my future holds. I'm blessed to have accepted the gifts of Overeaters Anonymous.

Tina S., Cold Spring, KY
May 2009 Lifeline

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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Contact us:

Three Rivers Intergroup
PO Box 10823
Fort Wayne, IN 46854-0823
(260) 460-4958



Regional website: www.region5oa.org	www.oa.org
OA's website:	

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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