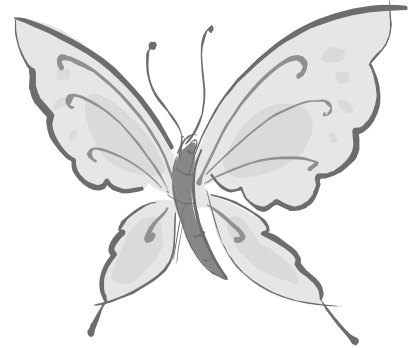


# MONARCH MONTHLY



We do this  
One Day at a Time

## Three Rivers Intergroup Newsletter



### Letter from the Editor

Hello Everyone,

October, the month of change, change of seasons, change of time, changes of life. Now is the time to recheck your program and see if any changes are needed. Check your food plan, check your reasons for eating, check and see if you are following the steps to the best of your ability. If you check these things and you see any thing out of alignment, make a change. Change hurts at times, but it is usually good. Change for the better.

I hope you enjoy this month's newsletter. Happy recovery.

Thank you,  
Justine

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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.

## OA Three Rivers Intergroup Treasurer's Report

**Last Report – August 21, 2010:                      \$497.15**

***Withdrawals:***

<b>Check #2038</b>	<b>ComNet</b>	<b>\$60.00</b>
<b>Check # 2039</b>	<b>USPS – Annual P.O. Box Rental</b>	<b>\$40.00</b>

***Deposit:***

<b>9/22/10</b>	<b>Literature</b>	<b>\$17.00</b>	
	<b>Monday FW</b>	<b>\$50.00</b>	
	<b>Saturday FW</b>	<b>\$151.65</b>	<b>\$218.65</b>

**Checking Account balance as September 23, 2010:                      \$615.80**

**I signed up for the automatic payment plan from the answering service.**

**Respectfully submitted,**

**Debra M.**

## An Experiment

Just for today I'm going to try something new.

Today I will choose to totally love and accept myself as I am. I embrace my disease, my dependence, my fear, my desire for home and safety, my reluctance to "get out of there and adapt," my vivacity and chattiness, my playfulness, my childishness, my selfishness, my giving spirit, my sexuality, my initiative, my fear of growing up, my fear of responsibility, my fear of the world, my love for the program, my recovery despite my current obsessing on food, my one-meal-at-a-time abstinence (five weeks today!), my insecurity about my body, my relationships, my abilities, myself. Just an experiment, today I choose to embrace all of me.

Today I give myself permission to be me: to be spontaneous, to reach out, to give and to command love and affection, to express my needs, joys, pain, opinions. I have no need to repress myself for another person who may not like who I am. I am beautiful and alive, and my first loyalty is to myself. To express who I am is the most wonderful thing I can do for myself and for those around me, because I have so much to give.

— Lifeline, *May 1986*

## Inspiration

OA's love has given me  
self-acceptance, self-respect  
and the willingness  
to change what  
I can just for today.

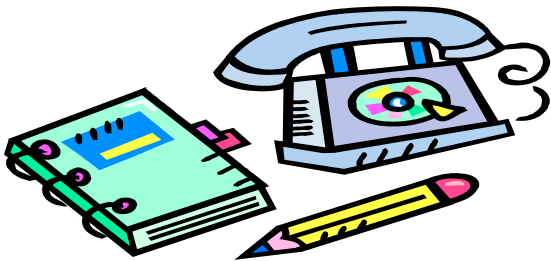
Lifeline,  
*March/April*  
1977

## 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 308 Peters St.	OA 12 & 12	Gene L. (260) 357-4189
<b>Wednesday</b> 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
<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 #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	<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
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	
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	(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	
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
Suzette	(260) 357-5534 H (260) 750-6180 C	<a href="mailto:SMRodgers1@aol.com">SMRodgers1@aol.com</a>	Yes	Anytime
Tricia	(260) 705-2453	<a href="mailto:tricia1012@aol.com">tricia1012@aol.com</a>	no	



Have your name and number added to the we care list by emailing the editor at [nmrk.justine@gmail.com](mailto:nmrk.justine@gmail.com)

## Upcoming Events

For more information please see flyers posted on the Region 5 Website  
[www.region5oa.org](http://www.region5oa.org)

October 8 – 10, 2010	Sail with the Slogans Retreat Milwaukee Intergroup Racine, WI
October 9, 2010	Back 2 Basics with Sponsorship Darien Tuesday Meeting Elmhurst, IL



### **Build your Bridge to Recovery At the Region 5 Convention**

**Save the Date! October 15 – 17, 2010**

Doubletree Hotel Detroit/Dearborn  
5801 Southfield Expressway  
Detroit, Michigan, United States 48228  
1-313-336-3340  
1-800-445-8667 (Hilton)  
[www.dearborn.doubletree.com](http://www.dearborn.doubletree.com)

October 15 – 17, 2010	Region 5 Annual Convention Detroit IG Dearborn, MI
October 15 – 17, 2010	20th Annual Fall Retreat CSSI Frankfort, IL
October 23, 2010	Four Recovered Speakers Land Between the Lakes IG London, ON
October 30, 2010	Open Meeting Greater Detroit IG Warren, MI
November 12 – 13, 2010	Region 5 Business Assembly Region 5 Board Ft. Wayne, IN
November 20, 2010	IDEA Day 2010 Turning Point Intergroup Chicago, IL
November 20, 2010	Super Saturday with Gratitude Luncheon WMI Big Rapids, MI
November 20, 2010	IDEA Day Celebration Ann Arbor IG Ypsilanti, MI
November 25, 2010	Thanksgiving Day Meetings Turning Point Intergroup Chicago, IL
December 25, 2010	Winter Holiday Meetings Turning Point Intergroup Chicago, IL

**SECRETARY'S REPORT – MINUTES OF THE  
OA THREE RIVERS INTERGROUP MEETING  
AUGUST 30, 2010**

Chairman, Ron M opened the meeting with the Serenity Prayer at 6:20 p.m.

Present were: Ron M, Chair; Kevin G, Vice Chair; Mary M-S, Secretary; Patti B, Region V rep; and meeting reps: Kevin G, Sat., Goshen and Mon., Elkhart; Suzette, Tues., Garrett; Marilyn, Wed., FW and Lit chair. Also attending were Michael C, Jennifer S, Mary J, and Lynn representing themselves.

The July 26, 2010 Intergroup Minutes were accepted as presented.

**Treasurer's Report** – 2-month report, balance at August 21, 2010: \$497.15

Treasurer reported a change in phone company ownership and requested permission to pay the phone company's bill automatically online. Approved by consensus.

**Region 5 Report:** Region 5 Rep, Patti B. reported on the OA Region Assembly of July 9-10, 2010 in Ft. Wayne. A copy of her 1- page report dated Aug. 30, 2010 is attached.

**COMMITTEE REPORTS**

**Telephone Committee Report:** Calls received: Ron 7, Suzette 1.

**Literature Report:** Nothing new. Suzette brought revised pamphlets from World Service, and Commitment to Abstinence (one on sponsoring.) Ron said to order some things.

**Newsletter Report:**

No report. August was published (but not put on internet as Kevin didn't receive it; he'll check on it.)

**OLD BUSINESS:**

**Hoosier Day of Recovery:** June 26 in Indy. No report. Treasurer's report said we received our payment.

**NEW BUSINESS:** None

**Meetings Rep Forum:**

Ron: idea to take back to meetings: encourage convention attendance. It's not necessary to attend 2 days; to keep costs down share carpool expense, just pay registration fee for a one-day round trip.

Patti: consider a cruise meeting

**Key Dates:**

- Sept. 27, 2010, Three Rivers Intergroup Meeting
- October 15-17, 2010 Region 5 Convention in Dearborn, Michigan
- Oct. 25, 2010, Three Rivers Intergroup Meeting
- Nov. 29, 2010, Three Rivers Intergroup Meeting – Elections
- July 27, 2011 Hoosier Day of Recovery (Three Rivers will be host.)

Ron adjourned the meeting at 7:11 p.m. with Roseanne's Promise.

Respectfully submitted,  
Mary M-S, secretary

## Something For The Men

### GOOD FOR MY ABSTINENCE?

Should I take that new job? How about going to the family reunion on July 4? Is it a good time to move away? Can I afford to redo the \_\_\_\_\_?

We all face decisions that throw us out of sync with our normal rhythm—usually ones where we think a lot is at stake.

Suddenly, we're no longer living in the day. We're torn between the bad stuff that might happen and the fantasies of good fortune that might pass us by if we "blow it." It's almost like an obsession, isn't it? What shall we do?

One answer is to "keep it simple." Someone told me that almost all these situations (and this goes double for someone without much abstinence) can be resolved in a healthy way by answering the most important question of all: will this situation or decision be good for my recovery, or will it make staying abstinent harder?

Will getting into a new relationship (or starting to date right after getting out of a bad one) allow me to keep putting my recovery first? Will going back to school or moving to a new place interfere with working my tools, getting to my meetings and continuing to take the quiet time that gave me back the instincts I can now trust?

Will tapping out my financial resources to acquire some material thing recreate the economic insecurity that drove me to the food in the past? When I make decisions born of calmness, deliberation and healthy dialogue with my sponsor or others, they seem to work out well even if they don't achieve the intended results. I can accept that I did my homework and that my Higher power's will was done.

But when I'm "rolling the dice" or acting on impulse, I'm reinforcing the old belief that I can handle things myself. Even when it does work out, I've distanced myself from the security of my support network. Usually I know when I'm drifting back into self-will. Fear that someone will tell me to wait or not to do anything at all may stop me from asking important questions. In the past, has such selfishness often ended in failure?

I can usually avoid this by checking my motive and asking the fundamental question, "Is it good for my abstinence?" My abstinence is a gift worthy of special consideration. If I give my disease a toehold to get some leverage, I'm flirting with relapse to fill another desire.

What could possibly be worth putting that at risk?

# FOR NEWCOMERS

## My Recovery Comes First

I was in an airplane a few years ago, and the flight attendant announced the safety instructions: “In the event of an emergency if there is a reduction in cabin pressure, oxygen masks will drop down. If you are traveling with a child, first put the mask on yourself, and then put one on your child.”

How selfish! I thought. You should take care of your child first. But then I immediately realized it wasn't selfish. It was practical. If you don't take care of yourself, you won't be able to take care of anyone else. And you're both in danger of perishing. It reinforced what I had felt about my program from the time I had entered. Service is the bedrock of the program. I sponsor people, work at the intergroup level, and volunteer at meetings. By helping other people, I help myself most of all. Despite that, I cannot jeopardize my recovery by putting anyone else's before my own.

If I lose my recovery because I'm trying to help someone else, then I can't help either one of us. And if I lose myself in the disease, I may never come out.

— Lifeline, *March 1994*

### About the Monarch Monthly

The Monarch Monthly is always looking for articles from local members, please feel free to send your work to the editor .

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

[www.oa.org](http://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

*Editor's e-mail:*

[nmrk.justine@gmial.com](mailto:nmrk.justine@gmial.com)