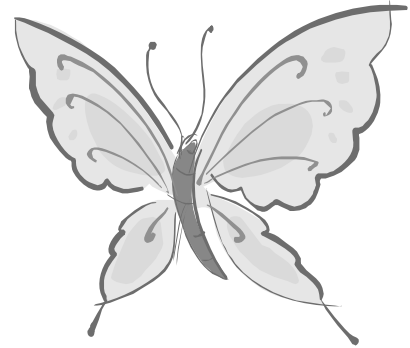


MONARCH MONTHLY



We do this
One Day at a Time

Three Rivers Intergroup Newsletter



Letter from the Editor

Hello Everyone,

It is almost convention time!! You will get a chance to meet many other OA's in recovery just like yourself. You should do your best to go and have a great freeing weekend and let others share their experience, strength and hope with you. It is a life changing good time. You can find sponsors, friends, pen-pals, a clothing swap, books, dancing, tips, raffles, and many other super activities at the convention.

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 – June 23,2010 \$418.04

Withdrawals:

Check #2035 Schaefer's \$60.00

Check # 2036 Patty B – Region V Mtg. \$40.00

Check #2037 ComNet (new phone co.) \$60.00

Deposits:

6/30/10 Literature from Hoosier Day \$68.45

8/9/10 Monday FW Mtg: \$75.00 &

Hoosier Day: \$95.66 \$170.66

Checking Account balance as of August 21, 2010: \$497.15

Please note that our phone company has changed. There is the opportunity with this company to use an automated payment plan. If there are no additional charges for this service, I would like permission to sign up for it. This would save writing checks and using stamps each month.

Respectfully submitted,
Debra M.

Member Retention Tips

Here are some suggestions to encourage member retention:

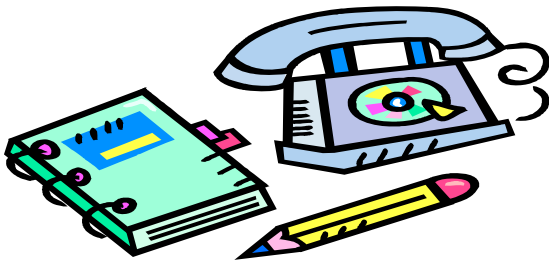
1. Name your meeting something special (for example, Hand-in-Hand or Saturday survivors).
2. Encourage fellowship after the meeting (for example, over lunch or coffee).
3. Give others your phone number, especially newcomers and returning OA's.
4. Call others when you arrive home from that night's meeting, or call them the next day.
5. Offer to meet with newcomers and others before the next meeting.
6. Call others the night before the meeting.
7. Ask for hugs.
8. Encourage sponsorship, and offer the corresponding pamphlets free to non-sponsored OA members.
9. Plan a speaker meeting.
10. Buy the OA "New-Prospect Card" from WSO, and put your contact information on it and give it to newcomers, include the best time to call.
11. Celebrate the group's anniversary.
12. Encourage all members to commit to attending meeting and doing service for a home meeting.
13. Use coins, chips or cards to honor time in program.
14. Work the Steps with rigorous honesty.
15. Encourage members to give back what they have been so generously given.

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 308 Peters St.	OA 12 & 12	Gene L. (260) 357-4189
Wednesday 6:30-7:30 pm	Fort Wayne	<u>St. John's Lutheran</u> 729 Wash- 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
Suzette	(260) 357-5534 H (260) 750-6180 C	SMRodgers1@aol.com	Yes	Anytime
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

Upcoming Events

For more information please see flyers posted on the Region 5 Website
www.region5oa.org

September 10 – 12, 2010	Fall Retreat – Mining for Gold Greater Cincinnati IG Melbourne, KY
September 14, 2010	Burbank Newcomer Session Anniversary Celebration CSSI, Burbank, IL
September 17 & 18, 2010	Two Day Marathon WMI Big Rapids, MI
September 24 – 26, 2010	Annual Retreat -- Region 9 English Lan- guage Service Board Bacharach, Germany
September 30, 2010	Open Meeting CSSI, Burbank, IL
October 2, 2010	Mini-Conference Rock River Intergroup, Beloit, WI
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

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 JULY 26, 2010

Kevin G., Vice Chair opened the meeting with the Serenity Prayer at 6:25 p.m.

Present were: Kevin G, Vice Chair; Mary M-S, Secretary; and meeting reps: Kevin G, Sat., Goshen and Mon., Elkhart; and Lynn, Mon FW. Excused Absence: Ron M, Chair

The June 28, 2010 Intergroup Minutes were accepted with a minor correction (date of the minutes) and a note (July 26 intergroup meeting not included under key dates.)

No Treasurer's report – Treasurer had been on vacation and unable to complete.

No Region 5 report; Region 5 Rep was not present.

COMMITTEE REPORTS

Telephone Committee Report: None

Literature Report: None

Newsletter Report: No report. July newsletter was published and Kevin G put it on the website at www.region5oa.org Articles are wanted.

OLD BUSINESS:

Hoosier Day of Recovery June 26 in Indy. No report.

NEW BUSINESS: None

Meetings Rep Forum:

Lynn: meeting chugging right along

Kevin: early in summer Goshen and Elkhart were smaller now back to normal size, not huge but had some newcomers

Key Dates:

- August 30, 2010, Three Rivers Intergroup Meeting
- **October 15-17, 2010 Region 5 Convention in Dearborn, Michigan**
- July 27, 2011 Hoosier Day of Recovery (Three Rivers will be host.)

Kevin G. adjourned the meeting at 6:41 p.m. with Roseanne's Promise.

Respectfully submitted,
Mary M-S, secretary

Something For The Men

Letting Go

Am I really in recovery, free from compulsive eating, or is it that today nothing diverts me from my primary purpose? It is easy for me to remain abstinent and live a sane and useful life when I am pain free. Pain can be physical, mental or emotional. Am I well because things seem to be going my way?

Am I right with the god of my understanding and the rest of the world because I work a good program, stay abstinent and have no amends to make? Do I feel as safe outside the room as I do in the rooms attending a meeting? Am I walking on eggshells, going along with the rest because I don't want to "make waves," or am I truly happy, joyous and free?

Do I feel like a hostage? Have I taken anyone hostage? Am I still cutting deals with my Higher Power, or am I living life on life's terms? Am I walking around with a smile on my face when I feel like screaming? Am I working the Steps to resolve a situation, real or imagined? Am I coming clean with another human being? Am I abstinent? Am I really like the image I have of myself?

For today, I asked Higher Power to walk with me. If my knuckles are white today, I have much work to do. The biggest thing I can do is let go! Higher Power is in charge, and I must be gracious enough to allow him to help and heal me. Today is a new chance to be the person I imagine my Higher power wants me to be. Seeking him and doing his will are what my life is about. How can I do that if I focus my brain and thoughts on food and people? I need to walk the walk with my Higher Power and not be dependent upon people, places or situations to bring me peace and joy. It is an inside job.

Anonymous



FOR NEWCOMERS

One Day at a Time

Take small steps, It's about making progress, not being perfect. When I accept that I am not perfect, nor am I expected to be, life is much more manageable . I wrote some poetry I would like to share:

Life doesn't always go as planned
You may feel like giving up
But you must carry on
'Cause as hard as things seem
As long as you're alive
There's still time to dream.
You made it through the night
And even though it was mighty tough
Be glad you won the fight.

We are fighting for our lives with this disease, but we don't have to do it alone. The OA program works when we believe it, trust it and work it. Remember this—no food will fulfill you as well as the feeling of knowing you have given your best effort to not overeat. Don't give up.

May you find unconditional love, as well as the gift of abstinence from compulsive overeating.

Louis N.

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.oa.org
www.region5oa.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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