



Letter From the Editor:

The end of summer is fast approaching and I hope that everyone had a great abstinence one. As school begins again and

~Justine

Overeaters Anonymous Preamble

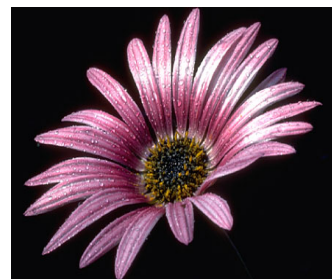
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Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues of fees for members; we are

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 pur-

pose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.



We do this One Day at a Time

The Twelve Steps

2

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 & to another human being the exact nature of our wrongs.
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.



**Just like the butterfly,
I too will awaken in
my own time.
~Deborah Chaskin**

What is OA?

OA is the person who calls to ask, “How are you doing?” It’s the warm smiles that greet you as you walk in the door. It’s the hugs that convey the message, “Hey, I’m so glad you’re here.”

OA is that special someone called “sponsor” who is so helpful because she listens and cares and understands.

It’s the person who cries with you when you need some tears shared. It’s the sweet laughter from one who can help you laugh over a “goof” you just went through—the applause and big grins when you say you’ve abstained.

OA is the sympathetic, loving glow in someone’s eyes when they reveal they know how it feels to slip and start over.

It’s the scared, shaky voice of someone leading a meeting for the first time because she wants to do her share.

OA is the cooperation of members who set up chairs, make the coffee, put up the signs, sell the literature, and help clean up. It’s the gentle squeeze of the hands you hold in the closing circle.

What is OA?

You are OA!

Thank you for being there when I need you.

- Lifeline, *July/August 1977*



I’m depending on you,
my fellow OAers, to
be there whenever
and wherever
I need you.
— Lifeline,
March 1993

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 Greenlee Bldg. Room 105 <i>Kinship Room</i>	Big Book meeting	
6:15 -7:15pm	Fort Wayne	<u>Park Center</u> 909 E. State Street #09145 Greenlee 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
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 Washington (meeting in small house next to playground) #47393	Step Study OA 12 & 12	Ron M. (260) 704-0453
Thursday 10:30am	Various Locations	Happy Wanderers #51350	Speaker Meeting with Convention CD's	Suzette (260)750-6108
5:30 pm	Culver	<u>Culver Public Library</u> 107 N. Main St. #47753 (Meeting on Hiatus. Please call before attending.)		Chris (574) 850-3914
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 DuPont Road) Turn right as soon as you come in the front doors.	For Today	Patty (260) 241-6009
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
Brenda	(260) 482-6464	Brenda.gems@frontier.com	No	Before 8am After 5pm
Debra M.	(260) 437-3443	itsdebra@comcast.net	Yes	Before 9 pm
Diane	(260) 627-3324	dlallen54@frontier.com		
Gary (Indy area)	(765) 621-2115	renindy@sbcglobal.net	Yes	
Jerri W.	(260) 471-4432	Jerri_tnm@frontier.com	No	Before 9 pm
Justine	(260) 415- 8085	nmrk.justine@gmail.com	No	
Kevin G. Goshen	(574) 533-3777	kevin@kevingross.net	Yes	
Lynn	(260) 426-1111	jo58LYNNE@aol.com	No	
Marilyn	(260) 432-8313	marilyn313@frontier.com		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

**SECRETARY'S REPORT –MINUTES OF THE
OA THREE RIVERS INTERGROUP MEETING
June 27, 2011**

Chair Kevin G opened the meeting with the Serenity Prayer at 6:22 p.m.

Present were: Kevin G, Chair, Goshen and Elkhart rep; Paula R, Vice Chair and Saturday, Fort Wayne Rep; Mary M-S, Secretary and Monday rep.; Marilyn R, Literature Chair, and Ron M, Wednesday, Fort Wayne rep.

The May 23, 2011 Intergroup Minutes were accepted as presented with an amendment to add Marilyn R, Literature Chair, as having been present on May 23.

Treasurer's Report – The Treasurer's report will be completed by Debra M since Suzette, the Treasurer, is out of the country.

Region 5 Report: The Region 5 Rep, will be out of town for the July 8-9 Region 5 Assembly; Vice Chair Paula R and Secretary, Mary M-S are authorized to attend as non-voting guest attendees in her place.

COMMITTEE REPORTS

Telephone Committee Report: Calls received: Ron: 7 (some multiples from the same person[s]); Kevin: 2 calls; Marilyn 1 (students); and Rick 1 (student).

Literature Report: Purchased lots of literature, including a **new book, *Seeking the Spiritual Path: A collection from Lifeline***, (Kevin enjoyed it very much and found it helpful.)

Newsletter Report: Kevin will contact Justine and pass on the minutes and see what the status is.

OLD BUSINESS

Hoosier Day of Recovery: Paula: big group, very good speakers, good clothing exchange, very well received movement presentation. Ron: 60-65 attendees; full room, speaker system worked well. Ron will divide up cash after covering costs, such as \$50 room, \$40 PA system. (13 attended from Ft. Wayne.) Next month add to agenda: consider a Moving into Recovery, workshop maybe late Sept.

Meeting contact check-in: Kevin will be following up next month contacting all contact people and verifying WSO info for the groups.

NEW BUSINESS

New Definition of Abstinence and New Tool: Plan of Action. A new edition of *Tools of Recovery* is on the www.aa.org/new-to-aa/tools-of-recovery.php ; it adds to the definition of abstinence and provides a definition for the new tool, Action Plan.

October Intergroup Meeting Date will be moved ahead one week to Oct, 24 due to the Region 5 Convention and the Halloween holiday. Accordingly, the secretary will notify each meeting about the date change 10 days prior.

MEETING REPRESENTATIVES FORUM, ESH to share:

- Wed. night meeting could use more support since summer arrived and there is no a/c.
- Friday noon (Fort Wayne) meeting was growing, could use more support.

KEY DATES

- August 28, 2011 Three Rivers Intergroup Meeting
- October 24, 2011 Three Rivers Intergroup Meeting – NOTE: this meeting will occur one week earlier than usual
- October 28-30, 2011 Region 5 Convention in Indianapolis

Kevin G adjourned the meeting at 7:05 p.m. with Roseanne's Promise.

Respectfully submitted,
Mary M-S, Secretary

Treasurer's Report

OA Three Rivers Intergroup *INTERIM* Treasurer's Report

Suzette's Last Report – May 23, 2011: \$1088.93

Withdrawals:

Marilyn - Literature - check #2046	5/23/11	\$632.00
ComNet (Ans. Service)	6/1/11	\$60.00
Marilyn – Literature – check #2047	6/11/11	\$17.56
Mary M-S – Region V Assembly expenses	7/14/11	\$19.97
ComNet (Ans. Service)	7/1/11	\$60.00

Deposits:

5/24/11		
Meeting #33135 Tuesday Garrett	\$39.00	
5/24/11		
Marilyn – Literature	\$62.75	
6/3/11	\$133.70	
Meeting #37739	\$76.70	
Literature	\$57.00	

Checking Account balance as of July 19, 2011: \$534.85

Filling in for Suzette and looking forward to her return!

Respectfully submitted,

Debra M.



FOR THE NEWCOMERS



Communicating

At this time of day three years ago, I would have been eating instead of writing. I was a college student, depressed and filled with rage, and not doing well. All I had going for me was a substitute teaching job, at which I was successful. In all other areas, I was largely non-functioning. I had some friends, not particularly communicative people, who were mostly into outdoor sports activities. Occasionally we went ice-skating, took in a movie or went bar-hopping. Afterwards, I always binged.

I was in bad shape emotionally, but I was afraid of shrinks because my fundamentalist parents taught me that people want to have sex as a condition for listening to personal problems.

When I joined OA, I started communicating. I talked about my life and about my bizarre eating behavior. I admitted that I'd eaten 10 apples in one sitting the previous day and that I was unable to leave even tomato juice in the refrigerator. I could hardly believe that other OAs had done the same things.

In my early years, I readily accepted the teaching that we are all created in God's image; but in my home, I was fed prejudice day in and day out, and that really mixed me up. As a teenager I was frightened into not delving into spiritual paths or religions other than my own. Never was I to take a college course in comparative religions.

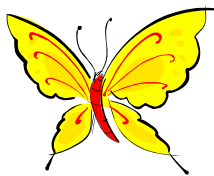
I am grateful to OA for the gift of communication; through that beautiful OA sharing, I have come to recognize and to reaffirm my true spiritual nature. I missed it so much.

— Lifeline, *May 1984*

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 .

Contact us:



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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 credit is given.

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