

**Letter From the Editor:**

Hello Everyone,

Fall is here and change is happening all around us. Let us all continue to change and grow with each new day. Try to find time to nurture yourself and continue in your program. Please reach out to a fellow member and help them along their journey to abstinence and recovery. Tell someone who still suffers how you did it and still do it. Someone needs to hear your story. Happy abstinence and recovery to 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 or 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.

We do this One Day at a Time



Download *FREE* OA podcasts at [www.oa.org/podcast/](http://www.oa.org/podcast/)  
Hear the OA message of experience, strength and hope on the go!

**Ballard Street: By Jerry Van Amerongen**

"Get ready, I think it's working."

**BIG BOOK QUOTE :**

"With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves."

p. 569-570

**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 & 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.

## ***Taking Action: The New Action Plan Tool***

*I was skeptical at first when I heard that OA had adopted an new tool: Action Plan. I was bemused by the fact it was approved but without any description. I've been in OA 22 years and hadn't been thinking, "Boy, I wish I had an action plan." But then the approved description came out and I was impressed. It was well written and helpful but not restrictive. I still didn't have any need for it but thought it may be useful to someone.*

*I had been struggling for a while in some kind of a relapse. I was just getting willing to work with a new sponsor but wasn't sure what that should look like. In one of my meetings I led using the new Action Plan tool as the topic. Some things I heard others say that night as well as some things I heard myself say got me thinking more seriously about an Action Plan.*

*I'm a great complicator so I wanted to be sure to keep it simple. I thought, "What are the things I need to do every day for my recovery?" The list wasn't long: reading the Meditation books, reading 2 pages of some other OA literature, 15 minutes prayer/meditation, planning my food, committing it to my sponsor and making two phone calls. Part of me said, "I should read 5 pages and meditate 30 minutes and make 5 phone calls." Another part of me said, "Keep it simple. Don't overwhelm yourself before you begin. Take baby steps."*

*I started doing my action plan each day and telling my sponsor how I did the next day. I found myself being very intentional about making sure I got all my actions done each day. I didn't want to tell my sponsor the next day that I hadn't completed it. By myself I often "forgot" about doing my recovery actions until it was too late to call or I was too tired or I had committed to do something else. Funny how I can keep a commitment to someone else that I can't keep by myself. Oh well, at least I know what works and I do it. That is what matters.*



*I didn't do my action plan perfectly. But I found myself making many more phone calls than I did before. I found myself reading through and being inspired by the Abstinence book again. I found myself planning my food and giving it away almost every day. I found myself putting in the extra work of food planning for some special birthday celebrations instead of just skipping the plan that day. Now I find myself with six weeks of abstinence and a weight loss of 9 pounds. Coincidence? Maybe, but I'm sure an action plan made easier to keep my commitment to abstinence.*

*Give an action plan a try. What have you got to lose? Just remember to keep it simple.*

*-Kevin G.*

## **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 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
<b>Tuesday</b> 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 Washington (meeting in small house next to playground) #47393	Step Study OA 12 & 12	Ron M. (260) 704-0453
<b>Thursday</b> 10:30am	Various Locations	Happy Wanderers #51350	Speaker Meeting with Convention CD's	Suzette (260)750-6108
<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 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	<a href="mailto:hirschelmanb@comcast.net">hirschelmanb@comcast.net</a>	Yes	Anytime
Brenda	(260) 482-6464	<a href="mailto:Brenda.gems@frontier.com">Brenda.gems@frontier.com</a>	No	Before 8am After 5pm
Debra M.	(260) 437-3443	<a href="mailto:itsdebra@comcast.net">itsdebra@comcast.net</a>	Yes	Before 9 pm
Diane	(260) 627-3324	<a href="mailto:dlallen54@frontier.com">dlallen54@frontier.com</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@frontier.com">Jerri_tnm@frontier.com</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) 533-3777	<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@frontier.com">marilyn313@frontier.com</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) 489-0537	<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)

**SECRETARY'S REPORT –MINUTES OF THE  
OA THREE RIVERS INTERGROUP MEETING  
August 29, 2011**

Chair Kevin G opened the meeting with the Serenity Prayer at 6:23 p.m.

**Present** were: Kevin G, Chair, Goshen and Elkhart rep; Suzette R, Treasurer, Garrett rep and Thursday Wanderers rep; Mary M-S, Secretary and Monday FW rep; Ron M, Wednesday FW rep; Gene L, Garrett rep; Brenda R, Sat rep; and Jim R representing himself. Paula R, Vice Chair had an excused absence.

**Secretary's Report:** The July 25, 2011 Intergroup Minutes were accepted as presented.

**Treasurer's Report:** The Treasurer's report was accepted as submitted; the balance as of 29 August is \$646.67.

**COMMITTEE REPORTS**

● **Telephone Committee Report:** Calls received: Ron: 5; Kevin: 1.

● **Literature Report:** None. Literature chair, Marilyn R, was authorized to order the new pamphlet, *The Tools of Recovery*, part of a set of core group of pamphlets in a "Working the Program" subgroup.

● **Newsletter Report:** August Newsletter was published and is online. We are looking for someone to edit the newsletter. If you are interested in giving service through the monthly newsletter, Monarch, either as the editor or to help, please contact Kevin G at kevin@kevingross.net or 574-606-8926.

**OLD BUSINESS**

● **Moving into Recovery Workshop Update:** Preliminary planning underway; more next month. If you would like to give service by participating in the planning email 3R-Movement@Region5oa.org or call 260-245-1148.

**NEW BUSINESS**

● **Nominating Committee for November Elections:** Committee includes Ron M and Suzette R. If you'd like to be a more formal part of the Intergroup activity, please contact Ron or Suzette.

● **IDEA Day, INTERNATIONAL DAY OF EXPERIENCING ABSTINENCE, Nov. 19:** Looking at possibility of doing an event (maybe *Moving into Recovery*) either in the first couple of weeks of October or November 19. Due to short time frame will need to use more than newsletter to contact OA members, e.g., email, phone calls and promote at Reg 5 Assembly.

● **Possible Dec. Holiday Event:** Often people ask about doing an OA Holiday social event. We are asking OAers what they would like to do and who would like to host it. Interested? Contact Kevin G at kevin@kevingross.net or 574-606-8926.

**MEETING REPRESENTATIVES FORUM, ESH:**

● Both Elkhart and Goshen have been reading about the new tool, Action Plan, and trying their interpretations of it. It has helped some people connect with knowing they need to do certain things and actually doing them on a daily basis – not perfectionistic but *what do I need to be doing for my recovery every day?* It helps to tell sponsor: *I completed my action plan for the previous day.* One person's phone calls are up by about 400% (they had been very low.)

• Tuesday night meeting doing well; was 2, now a steady 5-6; were listening to CD speaker one day a month but through group conscience changed it to a straight 12 & 12 format. Thursday Happy Travelers meeting is still a CD speaker meeting.

**KEY DATES:**

**INTERGROUP MEETINGS AND OA CONVENTIONS ARE GREAT OPPORTUNITIES TO**

**ENJOY FELLOWSHIP**

**ENHANCE RECOVERY**

**LEARN**

**GIVE SERVICE JUST BY BEING THERE**

- September 26, 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 – A great opportunity close to home!  
Nov 19 IDEA Day
  - November 11-12, 2011 Region 5 Assembly, Fort Wayne Hilton. *NOTE: Sat. 8:30 p.m. there is an open meeting usually with very good speakers.*
  - November 28, 2011 Three Rivers Intergroup Meeting and elections
  - January 30, 2012 Three Rivers Intergroup Meeting
- Kevin G adjourned the meeting at 7:05 p.m. with Roseanne's Promise.  
Respectfully submitted,  
Mary M-S, Secretary

**Three Rivers Intergroup  
Treasurer's Report  
September 26, 2011**

<b>Opening Balance</b>		<b>646.67</b>
<b>Deposits</b>		
09/03/11	72.00	
Literature		
09/09/11	60.00	
Mtg # 47393 Wednesday FW		
09/22/11	42.00	
Mtg # 00256 Friday Noon FW		
09/22/11	71.73	
Mtg # 03792 Happy Wanderers		
<b>Checks and Withdrawals</b>		
09/13/11		
ComNet (Answering Service)	60.00	
<b>Outstanding</b>		
09/08/11		
Check #2049 USPS (PO Box)	42.00	
<b>Closing Balance</b>		<b>832.40</b>

Respectfully submitted,  
Suzette R.  
Treasurer

## FOR THE NEWCOMERS



### Back and Digging Deeper

I've been in OA twice. The first time was for seven years, 20 years ago, with successful food abstinence. I made it back eight months ago, and I am struggling. This time around, I see how much more deeply I am working the Twelve Steps. I went to many meetings 20 years ago, sponsored people and was thin, but I did not work the program like I am working it this time.

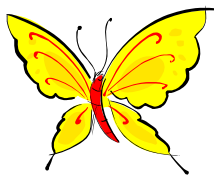
We live in a small town and are lucky to have three to four people at our meeting regularly; but we are there, and we work those amazing Steps! I have experienced abstinence off and on, but it sure does seem like I am learning much more about myself in the process this time. It is painful and scary, and those emotions will send me to food in a heartbeat. But I am learning to call my sponsor, to write and to turn things over (sometimes each moment) to my Higher Power. I didn't take these actions much in my first seven years. Recently, my sponsor asked me to write down what I wanted food to be in my life. I procrastinated about this for a while, but Higher Power sat down with me this morning, and I want to share what came.

I want to be grateful for my food, not obsessed with it. I want to eat to nourish my body and only when I am hungry—not to stuff down, run from and avoid my feelings. I want to enjoy food, not feel angry because I can't eat more or eat when I want and feel deprived. I want to know my food is a blessing and not feel guilty because I ate too much. I do not want to use food as a weapon to abuse my body, mind and spirit. I want eating to be a choice, not something I reach for when I "need a fix." I want to be able to eat normally, wherever I am and whatever I'm doing. I don't want to be afraid of food or feel victimized by my addiction to it. I want to give my relationship with food over to my Higher Power daily and let him show me, through the Twelve Steps and OA, how to listen and hear how to eat in a sane, healthy manner. I want to appreciate the food I am given, my support system, Higher Power, my friends in OA and anyone else I can talk with to help me get a clearer relationship with food.

### 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](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 credit is given.

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