



Monarch Monthly

Three Rivers Intergroup Newsletter
April 2008

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Letter from the Editor

Hey there! This note is to let you know that the Monarch Monthly is officially under new management! We here at the paper will be looking to write a Mission Statement and we can't really do that just yet because we don't know exactly what you want this paper to be. Please contact the editor about ANYTHING AND EVERYTHING you think of that might help with the paper. We are open to suggestions!

To reach me, e-mail: hirschelmanb@comcast.net

We have a lot of ideas and know that you have many more!

We are interested YOUR STORY. A lot of people feel that they have not been blessed with the gift of words, that is no problem! Contact me, and we will work on an article together. Your story. I want to hear it. ODAAT!

Bethanie



Editor's Meditation

I trust God's process. Everything in its season. I am part of this world's season. God has placed me in this time and around these specific people for a reason. God supports me and brings all good and positive experiences. I believe He is able and willing to help me succeed, and also fail if it will bring me closer to Him. I believe in His ability to refine me; that He is currently working on everything in me: mind, body, and soul. If I feel depressed, lonely, or angry, it is ok as long as I do not dwell on those feelings. They are pits, and I am not a peach. If I am feeling strongly negative, why is it? Am I hiding something from someone, from God, or from myself? I embrace honesty as a pathway to success. Only through Honesty, Open-mindedness, and Willingness will I succeed in any way (including in my relationship with my higher power!). I find that when I practice these qualities, people do not judge as I thought they would, but are receptive and even encouraging. I do not have to put on a happy face if I am sad or angry, I have the right to feel this way but embrace the opportunity to talk to a friend, mentor, or loved-one about the way I feel to discover why I am feeling that way...in particular, the REAL reason I feel that way. I realize that anger is often a mask to other feelings, it is my default emotion. Other peoples' default emotions may be guilt, fear, or any number of things. I must strive to understand the emotion behind my default emotion. It is only in the underlying feeling that I truly discover what is bothering me. If I cannot discover the underlying emotion, it may require the counsel of others, reading OA literature, or disciplined and honest prayer. I commit to praying difficult prayers, as in them, God reveals important truths about my recovery in them. I will not limit God. He stands next to me and offers me a fantastic gift, I must merely surrender this current life and everything in it to attain the body, mind, and emotions that my Higher Power has for me; not to mention the relationships, jobs, and things that bring joy (the relationships, jobs, and things that currently bring me joy—when surrendered—may need to be taken from me as they may not be healthy). But the wonderful thing about putting away things that are gone, over, and past, and learning to work one day at

a time--while having positive hopes for the future--is being able to trust the God of my understanding to provide new gifts, jobs, and hobbies that glorify my HP and recognize my potential. **BH**



We Care List



Telephone calls are a tool of the OA program! We reach out to accomplish something we cannot do alone.

Seeking Great Ideas! We need:

Sure, sure, we've got a few ideas of our own, but there's nothing in this world like fresh ideas!

Send suggestions or questions and answers via hirschelmanb@comcast.net

- 1) Questions for opinion polls
- 2) Questions to answer (like a Dear So-and-So question)
- 3) We are interested in your concepts of a Higher Power! No matter what you believe, we are intent on sharing concept of how your HP has helped you achieved experience, strength, and hope!
- 4) We will also need answers to these things! Here is your first assignment:

Poll: **How many meetings do I need to attend each week? 0-7**

Q & A: Please answer this question with as much or as little detail as you please and send the answers to the e-mail address at the right. Please state in the e-mail if you would like to remain anonymous or be cited by your initials. **What are some ways you have discovered to help place "principles before personalities?"**

Overeaters Anonymous Treasurers Report, March 2008

<u>Balance as of 2/17/08</u>	301.01
Debits:	
Monarch Monthly	-27.00
Shaefer's Answer phone	-55.00
Credits:	
Goshen	+85.24
Hoosier Day of Recovery	+101.50
<u>Balance as of 3/16/08</u>	+405.75



Help the members of the intergroup by bringing up important issues such as a need to re-stock literature supplies

Literature Inventory March 16, 2008

Balance 2/17/08 1,164.12

No Activity

Balance 3/16/08 1,164.12

Respectfully submitted,

Marcia S.
Treasurer

Minutes of February Intergroup Meeting

The 25 February 2008 Intergroup meeting was called to order by Ron, Vice-Chair. Present at the meeting were Ron, Marcia, and Bea. Ron opened the meeting with the Serenity Prayer.

Corrections were made to the January 2008 minutes. The Treasurer's name was stated as Martha in the meeting minutes and should have been Marcia. Also, Marcia was misspelled as Marsha. Please note that our Treasurer is Marcia. Sorry for any inconvenience caused.

Marcia made a motion that the minutes be accepted as

amended and this was seconded by Bea.

Calls: Marcia had one call.

Treasury: Marcia gave treasurers report. We wish to thank Goshen for their check to Intergroup. It is greatly appreciated.

Literature: No report given.

Old Business:

Ron took Sally's request for help back to the meetings and received no feedback from the members. Sally was not present so the request from Region to run the Market Place was tabled until Sally was there and due to the fact that

only three board members were present. Ron will call Sally.

Ron also talked to several individuals about running for Alternate Regional Representative and there was no feedback. Ron is willing to be the Alternate Regional Representative – Thanks Ron.

Spring retreat is coming up. Be sure to obtain a flyer from the meetings or to use the one in the Newsletter to sign up. Debra needs to know by the end of this month, March 31, 2008. Please consider going as it is a beautiful location, a great time for meet-

ing and getting to know your fellow OA members, and we have outside speakers coming to share their journey to recovery.

NEW BUSINESS:

Newsletter: Help for Sally to put out the newsletter.

Hoosier Day of Recovery is June 28, 2008. They have requested two speakers from our area, an Emcee, and one person to help do activities for socialization.

Public Information Officer: Is there anyone who would be interested in being the public information officer to get information out to the public regarding OA. If anyone is willing to take this very important office on, please contact an Intergroup member.

Intergroup: We would love to see each group send one or two members to Intergroup to pick up literature and newsletters, as well as to share your ideas and recovery with us. Please consider coming to the Intergroup meeting on the last Monday of each month at 6:30 p.m.. We meet at Park Center in the Greenlee building.

Motion was made to adjourn by Ron—Meeting closed with the Serenity Prayer

Respectfully submitted by Bea.

Leap into Recovery!



*Friday and Saturday May 2-3
At Kempski Retreat Center at
Camp Lutherwald, near Howe, IN*

Registration and open fellowship (on the first day of the retreat) will take place from 4-6 pm. The program will start

Friday at 7:30 pm. The retreat will close on Saturday at 4 pm.

Meals: Dinner on Friday will be served (no flour, no sugar). Please bring your own breakfast and lunch for Saturday.

What to Bring: Bring comfortable clothes and shoes, your OA/AA literature, your own towels, single bed sheets, and a blanket, as well as your toiletries. Don't forget anything! There is not much available in

the nearby town!

Questions?

Call or e-mail Debra M. at: itsdebra@comast.net
Or at 260-492-2481

*please just leave a short message with your name and number. This is not a voice-mail number and can be heard by others when played back from the machine!

Date and Time	Town	Meeting Place	Type of meeting	Contact person
Monday 7:30-8:30 pm	Fort Wayne	<u>Park Center</u> 909 E. State Street Greenly Bldg. Room 105	Big Book & discussion	Sally (260) 623-3485
<i>Last Mon of the month</i> 6:30-7:30	Fort Wayne	<u>Park Center</u> 909 E. State Street Greenly Bldg. Room 105	Intergroup meeting	Sally (260) 623-3485
6:00-7:00 pm	Elkhart	<u>1st Presbyterian Church</u> 200 Beardsley Room 206 (babysitting rm)	Format varies	Debbie (574) 266-8710
6:00-7:00 pm	Portland	<u>Mt. Zion Lutheran Church</u> 218 E. High Street	Format varies	Judy (260) 726-9187
Tuesday 7:00-8:00 pm	Garrett	<u>St. Joseph Parish Center</u> 300 W. Houston Street	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)	Step Study OA 12 & 12	Debra M. (260) 492-2581
Thursday 5:30 pm	Culver	<u>Culver Public Library</u> 107 N. Main St.		Chris (574) 850-3914
6:00 pm	Mentone	<u>Bell Memorial Public Library</u> 101 W. Main Street		Amy (574) 551-0727
Friday Noon	Fort Wayne	<u>Reliable Cleaning</u> 1015 Production Rd	Big Book meeting, bring abstinent lunch	Jennifer (260) 450-0062
6:00 pm	Elkhart	<u>Freedom Hall</u> 2513 Eddy Street		Cindy (574) 534-6092
Saturday 8:30 am	Kendallville	<u>Parkview Noble Hospital</u> Noble Room 3		Jackie (260) 347-8540
9:00-10:00 am	Fort Wayne	<u>Parkview YMCA</u> (off of Dupont) Meeting room D	For Today — <i>Speaker</i> <i>1st Sat of Month</i>	Patty (260) 338-1249 Also Debra M.
10:00 am	Goshen	<u>Trinity Lutheran Church</u> 202 S. Greene Road		Kevin (574) 533-3777

Special Events

April 12, 2008
Seeking the Spiritual Path Workshop
Elmhurst, Illinois
More information to be announced

April 18-20, 2008
Spring Retreat
Central Indiana Intergroup
Flat Rock YMCA Camp

April 25-27, 2008
Spring into Recovery
Warren Meeting
Plymouth, MI

May 2-3, 2008
Leap into Recovery Spring Retreat
Three Rivers Intergroup
Howe, IN

www.region5oa.org

About **Monarch Monthly**

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