

# Monarch Monthly

Three Rivers Intergroup Newsletter  
July 2008

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## Dear Friends:

I hope you find the article on anonymity helpful. Writing the article really helped me clarify some things in my own program.

Next month the topic will be FOCUS and how focus helps us in our program. I may be contacting some of you and asking exactly what it is that distracts you from working the program. I often find myself making great import of outside issues that have no bearing on my recovery! I will tell you about my struggle as well as research some ideas on how to handle the situation. I would love to hear from you!

Bethanie

## Anonymity

A concept like anonymity seemed difficult to me. It was easy for me to understand the term in regards to **gossip** and the whole no **stars or VIPs** thing. However, like many things we are told to do in life (either by the law or by a great spiritual guide) there is a purpose that lies below the surface for the admonitions presented us. I can only receive these great insights from those who have gone before me in the journey.

There are several deeper concepts to these two "reasons" mentioned above. By learning not to value ourselves MORE than anyone else, as well as not thinking ourselves as HP's faulty product, we look at Tradition 2. The great thing is that the traditions are like a crossword puzzle: I may have only a few blanks figured out but because the words **INTERTWINE**, I am

able to use what I DO understand to figure out what I DO NOT understand.

In Tradition 2, we learn about what it means to be part of a greater whole—the group conscious. We do not disclose information because it will threaten the **SAFETY** of the group as a **WHOLE**. Many of us come to OA after not feeling safe ANYWHERE—after years of repeated rejection, inadequacy, fear, and the behavior I learned well: isolation. The still suffering compulsive overeater, as well as the new-

comer, are our **PRIMARY PURPOSE**. Another aspect of Tradition 5 is to teach us what we have in common and what we each share—the disease of compulsive overeating. Outside issues (such as age, race, religious or political views) have no bearing whatsoever on my status as a compulsive overeater. This is a selfish program! I've learned to say "I" and "my" because despite the fact that I DO share something in common with the group, I have unaffiliated opinions on a lot of outside issues.

Tradition 5 is extended in Tradition 10 where we learn that **no one else' problems have a bearing on WHO I AM. It is not my job to fix or save anyone.** My job is to seek my HP and work the program. Also, at meetings, our ad-

monition is to share experience, strength, and hope, as well as **SOLIDIFY MY OWN** program. When I do seek and work the program, everything else falls into place.

Tradition 11 is where the rubber meets the road on the issue of anonymity. Personal anonymity is briefly explain...but only in the essence that we are told guidelines. The reasons, or purpose, for this hallmark tradition are not explained beyond face value. After looking deeper it appeared to me that one approach is the

idea that no individual is either **MORE** or **LESS** than anyone else. After realizing this, the thought dawned on me that this makes things much easier on me. I am not responsible for anyone else's recovery.

We all come into recovery equally terrified and desperate. My value and worth as a person are not defined by the number of pounds I've lost, my position in service, or anything else! We are all equal which fosters **PROPER** humility. I am learning that since we are equal, we are all equally important to the group's health, safety, and longevity. Just like a finger is a small part of a greater whole, I am learning what is meant by the phrase: there are no small parts, only small actors.

I think the final aspect is most important. We are quite clearly told that anonymity is the spiritual foundation of the program. I was puzzled by this for a long time! Through anonymity, I begin to experience what I think I've needed all along! **I learn what unconditional love and acceptance are. I receive these truths and live them out and come to realize that I am no longer alone.**

*Through anonymity, I begin to experience what I've needed ALL ALONG!*

Welcome to Overeaters  
Anonymous.  
Welcome home.

**Overeaters Anonymous Treasurers Report, June, 2008**

Balance as of 5/20/08 465.58

**Debits:**

Monarch Monthly -20.89  
 Ron – Reg.V -30.00  
 Sally – Reg.V -30.00  
 Lifeline -15.00

**Credits:**

Literature 39.15  
 Wednesday Meeting 81.64  
 Retreat 16.00

Balance as of 6/19/08 506.48

Literature Inventory June 19, 2008

Balance 5/21/08 1,027.27

Debit 39.15

Balance as of 6/19/08 988.12

Respectfully submitted  
 Marcia S.  
 Treasurer

**Overeaters Anonymous Secretary Report 19 May 2008**

Ron M., who is the Vice-Chairman of the Overeaters Anonymous Three Rivers Intergroup, opened the meeting at 6:35PM with the Serenity Prayer.

The attendees were Ron M. (vice chair), Marilyn R. (Literature Committee and Monday Night Representative), Sally S. (Region Five Delegate Representative), Bethanie (Newsletter Editor and Wednesday Night Representative).

Ron M. read the minutes from the Three Rivers Intergroup April's meeting. Sally S. made the motion to accept the minutes as read and Marilyn R. seconded it. The vote passed.

Treasurer Report: No report due to no Treasurer present at this meeting.

Secretary Report: No report due to no Secretary present at this meeting.

COMMITTEE REPORTS:

LITERATURE: No Big Books yet. Sally stated that she will be going to the AA Intergroup tomorrow and will purchase a ½ case of Big Books if she has the money to do so. Marilyn gave Sally S. \$60.00 for the books. New professional heal Care Pamphlets are available and Sally S. made a motion to purchase 40 pamphlets and the motion was seconded. Motion passed.

NEWSLETTER: Bethanie will publish it soon, however, the rough draft has been made. May's newsletter theme will be on anonymity, please help carry the message to other compulsive overeaters by writing an article.

TELEPHONE: Sally stated that she received 5 calls this month.

OLD BUSINESS: Sally, who is the Region Five Delegate Rep and the Committee Head for the Decoration Committee for the Region 5 Convention in October, needed clarification that the Three Rivers Intergroup will support the Decorat-

ing committee at the convention, and it was affirmative that this is what the intergroup chose to do. Sally asked if their will be a donated basket to raffle off at the Marketplace. She stated that she did talk to Debra really early in 2008 and Debra asked that she talk to her in the summertime about that. Sally asked if our intergroup would like to rent a table for \$25.00 at the 2008 Region Five Convention, a discussion occurred as to weather the craft items had to inline with OA suggestions or not. Ron M. made a motion to table that discussion until after the region Five Assembly in July. Motion passed.

Hoosier Day of Recovery: This event is scheduled from 8-3 on June 28, 2009. For carpool information, see Debra M. for more details. Sally suggested a sleep over for some people, but the information was sketchy, so it was decided to wait until Sally can get more information to the intergroup group on this matter.

OA Retreat: Approximately 14 – 18 people attended the OA Retreat. Profit for the intergroup was \$16.00. Debra stated that she would like to do it again next year, with some help from another OA member interested in carrying on this service.

NEW BUSINESS: Debra stated that she can obtain more information on an upcoming Health Care Faire. A motion was made and seconded and a discussion occurred. After discussing this issue, the motion was affirmative.

Sally S. made a motion to adjourn the May 19, 2008 OA Three Rivers Intergroup Meeting and Ron M. seconded it. Motion passed. Ron closed the meeting with the Serenity Prayer at 7:11pm.

Minutes respectfully submitted  
 Sally S.  
 Acting Secretary

Upcoming Events: **July 11 and 12:** Region 5 OA Summer Assembly Board in Fort Wayne, IN

**October 10 through 12:** Region 5 OA Annual Convention in Cincinnati, OH

**November 7 and 8:** Region 5 OA Fall Assembly Board in Fort Wayne, IN

For more information about any of these events (as well as events not affiliated with our Intergroup) check out the OA Region 5 website.

[www.Region5OA.org](http://www.Region5OA.org)

## Meeting List &amp; We Care List

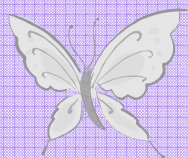
Day and Time	City	Location	Meeting Type	Contact
<b>Sunday</b> 3:30-4:30 pm	Fort Wayne	<u>Lutheran Hospital</u> 7950 W Jefferson Blvd (Classroom 1 & 2 in basement) Follow signs for “Rozanne’s Friends”	Women’s focus, closed to students	Jennifer (260) 450-0062
<b>Monday</b> 7:30-8:30 pm	Fort Wayne	<u>Park Center</u> 909 E. State Street Greenly Bldg. Room 105	Intergroup meeting	Sally (260) 623-3485
6:30-7:30	Fort Wayne	<u>Park Center</u> 909 E. State Street Greenly Bldg. Room 105	Intergroup meeting-- <i>Last Mon of the month</i>	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
<b>Tuesday</b> 6:00 pm	Elkhart	<u>Freedom Hall</u> 2513 Eddy Street		Cindy (574) 534-6092
7:00-8:00 pm	Garrett	<u>St. Joseph Parish Center</u> 300 W. Houston Street	Book study	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)	Step Study OA 12 & 12	Debra M. (260) 492-2581
<b>Thursday</b> 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
<b>Friday</b> Noon	Fort Wayne	<u>Reliable Cleaning</u> 1015 Production Rd	Big Book meeting, bring abstinent lunch	Jennifer (260) 450-0062
<b>Saturday</b> 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 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

## We Care List continued from previous page

\*To be included on the We Care List please send your information to us via [hirschelmanb@comcast.net](mailto:hirschelmanb@comcast.net) or the PO Box bellow.

### About Monarch Monthly

#### Contact us:



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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.

Regional website:	OA's website:
<a href="http://www.region5oa.org">www.region5oa.org</a>	<a href="http://www.oa.org">www.oa.org</a>

Editor's e-mail: [hirschelmanb@comcast.net](mailto:hirschelmanb@comcast.net)