

PO Box 10823  
Fort Wayne, Indiana 46854-0823  
(260)460-4958

## My Higher Power and Me and Our Mountain

I have a power within me that I can call upon every minute of the day if I so choose. It has been with me, just as my shadow has and never leaves my side.

But I didn't know that my Higher Power belonged to me until one day I cried desperately, "Please, please help me."

I was sitting in a dark ugly pit, crying bitterly. Anger, resentments, hatred, jealousy, envy, worry, anxiety and fears were surrounding me. A wall of fat held me as I kept sinking further into the pit of depression. I wanted out, but couldn't seem to find the way. Why am I here? I don't want to be depressed. I begged and pleaded for an answer.

My Higher Power said, "Oh, but there is a way," and he pointed to a mountain, and asked me to begin to climb that mountain. "Who me?" I asked, "Climb that mountain?" "Yes" my Higher Power said, "All you have to do is use the tools to begin your climb."

It seemed so simple, but, I am a doubtful, negative person so I remarked, "I can't climb, my legs will get tired, the stones are loose and jagged, I might fall and get hurt. It will take me a long time to get to the top." But gently my Higher Power asked, "Can you climb, just for today?" And added, "If you really want out of the pits, all you have to do is try, there is a choice, you know. You can stay there in the darkness, or you can rise above."

So with my lifeline in hand, I began to climb.

The more I used the line and tools that were given to me, the easier my climb became. My fears are left behind only to be looked on as a lesson that was needed to give me strength to climb the mountain.

Mountain climbing is rough! The rocks are falling; I slide backwards, but keep pulling up again. Willingness will get me there. Whoops, there I go sliding again. OK, OK so take it easy, easy does it, an inch at a time will get me to that larger rock. There is

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The Monarch Monthly is the Three Rivers Intergroup publication for compulsive overeaters. The contributions and articles in this Newsletter are not necessarily the opinion of OA as a whole. Materials submitted to Monarch Monthly cannot be returned and we reserve the right to edit material. Permission to reprint all material in Monarch Monthly is automatically granted to all anonymous groups, providing proper source credit is given. Monarch Monthly is sent to contributing area OA groups, other Intergroups, Region V and WSO, who send Newsletters in return. Please send articles to:

**THREE RIVERS INTERGROUP  
MONARCH MONTHLY  
P.O.BOX 10823  
FORT WAYNE, IN 46854-0823**

OVEREATERS ANONYMOUS THREE RIVERS INTERGROUP MINUTES  
May 24, 2004

**OFFICERS PRESENT:**

Vice Chair: Dee G.  
Secretary: Mimi W  
Treasurer: Debra M.  
Region Reps: Marilyn

**GROUPS REPRESENTED:**

Monday	Fort Wayne Park Center	7:30 pm
Tuesday	Garrett St. Joseph Parish Center	7:00 pm
Wednesday	Fort Wayne St. John's Lutheran Church	6:30 pm
Thursday	New Haven New Horizons Fellowship Church	10:00 am
Thursday	Columbia City Parkview Whitley Hospital	7:00 pm

**MINUTES:**

The minutes were read and accepted.

**TREASURER'S REPORT:**

The treasurer's report was read and accepted.

**COMMITTEE REPORTS:**

**TELEPHONE:**

Dee 6

**NEWSLETTER:**

Nothing new.

**PUBLICITY:**

No change.

**LITERATURE:**

We gave Debra some literature to put in the basket for "Hoosier Day of Recovery".

**OLD BUSINESS:**

We received the tax exempt number from the IRS. We decided on a theme for the September workshop. It will be "Roots of Recovery".

**NEW BUSINESS:**

Debra will make up a basket of literature and other nice things to take to "Hoosier Day of Recovery".

Respectfully submitted:

Mimi W., Secretary

<b>OA Checking Account Report May 20, 2004</b>	
Balance as of 5/20/04	\$2742.87
Checks:	
Region V Assembly Reg. for Dee	\$25.00
Region V Assembly Reg. for Marilyn	\$25.00
Schaeffer's Anserphone	\$55.00
Mich. Message Center	\$17.45
Subtotal	-\$122.45
Deposits	
Goshen	\$58.70
Literature	\$10.00
	\$68.70
Balance as of June 20, 2004	\$2689.12
Literature Inventory - June 20, 2004	
Balance 5/20/04	\$1389.08
Literature Deposit	-\$10.00
	\$1379.08
Respectfully submitted, Debra M., Treasurer	

***Calendar of Upcoming Events***

***Independence Day Marathon***

Turning Point Intergroup  
 Sunday, July 4, 2004  
 Swedish Covenant's Anderson Pavilion  
 2751 West Winona, Chicago, IL  
 One block south of Foster at California

***Labor Day Marathon***

Turning Point Intergroup  
 September 6, 2004  
 Swedish Covenant's Anderson Pavilion  
 2751 West Winona, Chicago, IL  
 One block south of Foster at California

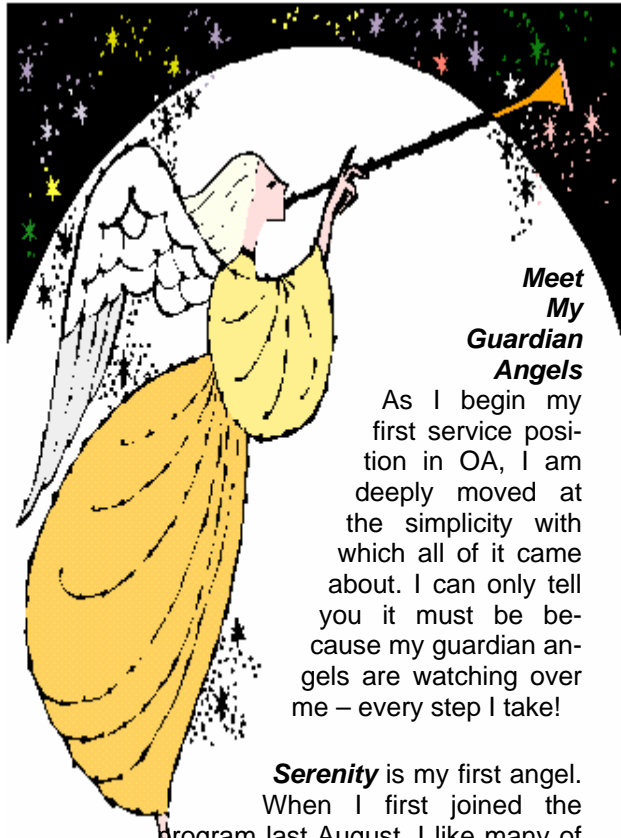
***On the Road to Recovery Campout***

Southwestern Ontario Intergroup  
 July 16 – 18, 2004  
 1502 Mersea Rd. B.  
 \$25 single or family  
 Call 519-322-2968 or email [CharleneLapierre@aol.com](mailto:CharleneLapierre@aol.com)

***Roots Of Recovery***

Three Rivers Intergroup Workshop  
 September 18, 2004 10:00 am to 4:00 pm  
 Dupont Branch Public Library  
 536 E. Dupont Rd.  
 Fort Wayne, IN  
 \$10 suggested donation  
 contact Marcia at [mstckng@aol.com](mailto:mstckng@aol.com)

***All of the above can be found at [www.region5oa.org](http://www.region5oa.org).***  
***Select Upcoming events.***



**Meet  
My  
Guardian  
Angels**

As I begin my first service position in OA, I am deeply moved at the simplicity with which all of it came about. I can only tell you it must be because my guardian angels are watching over me – every step I take!

**Serenity** is my first angel. When I first joined the program last August, I like many of you, after a few short weeks of taking it all in just jumped right in and began my first twenty pounds of weight loss. Effortlessly! Wow! It was great. **Serenity** had arrived and was taking good care of me. I finally had my weight problem behind me, and had serenity – NOW!!!!

Then **Courage**, my second angel, came along. She promptly reminded me, that no, indeed the weight problem was not behind me – not just yet. You see, it hadn't been thoroughly tested and approved. So after a short-lived period of "cloud-floating" I came crashing to the ground – with a rather loud thump! **Courage** had to help me see that if I wasn't careful, OA would become just one of another long trail of failed programs.

Finally, when I thought all was lost, **Wisdom** showed up. You see, she really was there all along, but waited patiently for her turn to help me through my first tough time in OA. She waited for Step 5 to sink in, so I could "promptly admit when I was wrong," and then she helped me get up on my feet again – after a few months of denial and destruction. **Wisdom** led me quietly back to an OA meeting a few short

weeks ago, where I saw many familiar and friendly faces to welcome me. But now I don't go alone, not even with one angel, or two, but with all three of them. Thank God, he sends his angels, to watch over us.

Thank you for this opportunity to become more involved with all of you wonderful people, and not just be on the sidelines.

Linda N.  
adapted from *The Sanctuary*, April, 2004

**When you reach for the stars, you may not quite get one, but you won't come up with a handful of mud either.**

Leo Burnett

A Prayer by Mary Ann P.

God, today is a new day for me and with you it can be a day of abstinence. With you I can handle anything. I ask for your protection in case some time during the day, my desire to eat compulsively becomes stronger than my desire to abstain. I ask for your protection today from anyone or anything which threatens my abstinence. I know that I am powerless over food and my life is unmanageable. I know that you will restore me to sanity. Please show me your will for me today and give me the willingness to carry it out. I gladly turn my will and my life over to you today. Please guide me through another day of abstinence,. God I need you. Amen.

*The Butterfly*, Spring, 2004

**On Saturday, July 10<sup>th</sup> at 8:30 pm, there will be a speaker meeting at the Region V Assembly. It is open to OAs in the area. It's at the Fort Wayne Hilton, 1020 S. Calhoun St, downtown, attached to the Grand Wayne Center. The meeting is in the hotel, not the Center. Contact Debra at 260-492-2581 or [itsdebra@comcast.net](mailto:itsdebra@comcast.net) for more info**

	<b>REFERENCE</b>	
Fort Wayne Ans. Service (260) 460-4958	Fort Wayne area e-mail address <a href="mailto:threerivers@region5oa.org">threerivers@region5oa.org</a>	OA Web Site <a href="http://www overeatersanonymous.org">www overeatersanonymous.org</a>
South Bend Ans. Svc (260)2396526	Goshen/Elkhart area e-mail address Goshen@region5oa.org	Three Rivers (Region 5) Web Site <a href="http://www.region5oa.org">www.region5oa.org</a>
Goshen/Elkhart Ans .Svc (574)293-8671	South Bend area e-mail address <a href="mailto:southbend@region5oa.org">southbend@region5oa.org</a>	Region 5 e-mail address <a href="mailto:email@region5oa.org">email@region5oa.org</a>
Region 5 Office (800)589-6262 PO Box 516 Kouts, IN 46347-0516	OA World Service Office (505)891-2664 PO Box 44020 Rio Rancho, NM 87144	Three Rivers Intergroup (260)460-4958 P.O. Box 10823 Fort Wayne, IN 46854-0823
AA Web Site ww.aa.org	Big Book Index Web Site <a href="http://www.recovery.org/aa/bbindex/">www.recovery.org/aa/bbindex/</a>	Big Book Web Site <a href="http://www.recovery.org/aa/bigbook/ww/index.html">www.recovery.org/aa/bigbook/ww/index.html</a>

**Meeting List**

<b>When</b>	<b>Town</b>	<b>Where</b>	<b>Type of Meeting</b>	<b>Contact</b>
Monday 7:30 PM – 8:30 PM	Fort Wayne 03792	Park Center, 909 E. State, Greenlee Bldg. Room 105	Literature Meeting	Dee (260)749-2208
Last Monday of month	Fort Wayne	Park Center, 909 E. State, Greenlee Bldg. Room 105	Three Rivers Intergroup Meeting	Dee (260)749-2208
Monday 6:00 PM – 7:00 PM	Elkhart 02327	1 <sup>st</sup> Presbyterian Church, 200 Beardsley, Room 106	Format Varies (Babysitting Room)	Debbie (574)266- 8710 Vera (574)537-4272
Monday 6:00 PM – 7:00 PM	Portland 45129	Mt. Zion Lutheran Church 218 E. High Street	Format Varies	
Tuesday 5:00 PM – 6:00 PM	Culver	Culver Beach Lodge 819 Lake Shore Drive		Chris (574) 850-3914
Tuesday 7:00 PM – 8:00 PM	Garrett 33135	St. Joseph Parish Center 300 W. Houston St.	Book Study	Gene (260)357-4189
Wednesday 5:30 – 6:30 PM	Warsaw 45131	On Hiatus till Fall 2004	Format Varies	Jerry (574)268-1530
Wednesday 6:30-7:30 PM	Fort Wayne	St. John's Lutheran Church Broadway House 729 W. Washington	Step Study OA 12 & 12	Debra (260)492-2581
Thursday 10:00 AM – 11:00 AM	New Haven 33566	New Horizons Fellowship Church 1330 Werling Road	OA/HOW Big Book Study	Dee (260)749-2208
Thursday 7:00 – 8:00 PM	Columbia City	Parkview Whitley Hospital Conference Room 1	Format Varies	Mimi (260)244-3681
Friday 12:10PM – 1:00 PM	South Bend 41218	Unity Church of Peace, 905 E. Colfax Ave. - **Lunch Meeting**	Literature Meeting Abstinence Book	Courtenay (574)277-4203
Saturday 10:00 AM – 11:00 AM	Goshen 22495	Trinity Lutheran Church, High School Rm. 202 S. Greene Road	Format Varies	Kevin (574)533-3777
Saturday 3:00 - 4:00 PM	Fort Wayne 37739	East State Medical Center, 3214 State Street, Door 4. Knock loudly.	Literature Meeting For Today	Loretta (260)749- 1862
Sunday 7:00 – 8:00 PM	South Bend 30916	Unity Church of Peace 905 E. Colfax Avenue	Format Varies	Jennie(574)233-1546

Phone changes to Marcia Stocking (260)484-3171 or Email [mstckng@AOL.com](mailto:mstckng@AOL.com)

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someone at the end of the line, encouraging me to keep on trying I know I can get to the top now. My confidence has become stronger. I came to a plateau on the mountain, and stood there looking out at the wonders and beauty all around me. I linger for a while, delighted with the success that I have had. I can do it, this is fantastic – so my journey continues – alone, however. Somehow, I left my Higher Power sitting alone on a rock at a lower level. My pride is with me and keeps telling me that I did it. I won't need the help any longer. But – the climb is getting unbearable. I kept sliding and then all of a sudden, I looked down at the dark ugly pit. As quick as a flash, I said, "That is where I came from and I don't want to go back there." My Higher Power was once again at my side. The days are getting brighter. As I get closer to the top of the mountain, my ears begin popping with attitude changes. There is brightness all around me. I keep climbing and reach the top. Peace and serenity are with me. I have found a new life on the top of our mountain, with my Higher Power and me.

*Written by my Higher Power and Me  
Anne D. who died in recovery at the age of 83  
From Loveline, May/June, 2004*