

# Monarch Monthly

Three Rivers Intergroup Newsletter  
June 2008

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## Letter from the Editor

A lot of people helped out with the June issue and I want to thank them, particularly our managing-editor, Jennifer C. I would like to thank the people that answered questions for articles. Anytime there's more input in this newsletter than just mine, it always turns out WAY BETTER! Any and all input is welcome.

There was a typo last month concerning the new Sunday meeting. The signs to follow are "ROZANNE'S friends." The updated MEETING LIST and WE CARE LIST is the entire last page.

Next month our issue will be anonymity. If someone wants to send me some questions, I'll put them in. Also, upcoming events didn't fit so I'll remind you of Hoosier Day of Recovery on the 28th. Check out the region five website for more information ([www.region5oa.org](http://www.region5oa.org)).

Bethanie



## Perspective on the Spring Retreat

What was your favorite part of the retreat? It was very gratifying to me to see the group laugh together so heartily during the Icebreakers Friday evening. As the planner, that was great. When you bring people together, you wonder if they'll connect. Sometimes we compulsive types have a hard time connecting with one another. That night I felt we all came together as one group. I enjoyed that a great deal.

What kind of feedback did you get afterward? Now I know why the leaders of retreats and conferences are so insistent about people filling out evaluations before they leave. I have received only 3-4 responses to the email follow-up I sent out to about 16 retreat participants. The funny thing with the responses I got was that even with just a few, people had differing ideas about most things. Generally, comments were positive and the indication of the few I've heard from was that the location and site were good and could be repeated. There are a few suggestions about how we structure our time that can be helpful for next year.

We heard you're looking for some type of apprentice for the next one, so that someone can take on the one after that, any particular qualities you're looking for? Is there someone who can stand to work with me? :-)) The ability to organize is really a must for the task. Procrastination and disorganization can kill an event like this.

If you could have changed one thing (okay or maybe two) what would they/it be? I would like everyone to get the full benefit of the time together and not miss the evening meetings or leave early. I don't have control over that, though. I was content with most of the retreat. That comes with working the program, I suppose. The Serenity Prayer helps.

Do you remember any of the things we learned through our various games (ex: the drum game, the vowel name game, the BUT stickers, etc.)? What I learned, or what the group learned? I know that I was amazed at the drum game; the sounds were not as cacophonous as I expected! I didn't realize that I would have such a hard time speaking without correcting or apologizing by using the word "but". And I was really interested to learn surprising things about my fellow OAs when we guessed which statements about them were true or not.

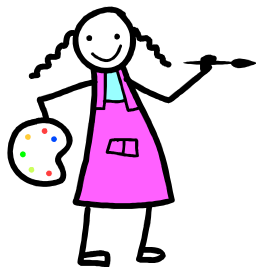
It was my pleasure and honor to plan the retreat. I appreciated the help that was given so freely. I was especially grateful to the people who took it upon themselves to do service unannounced. They saw a prospective need and filled it. We OA's need these opportunities to spend concentrated time together and learn more about our recovery. Several people mentioned to me that they felt rejuvenated in their recovery by the time spent together. That experience happens to me every time I attend an OA marathon, convention, or retreat. There's something about, "It works *when you work it.*"



## Fellowship Artists Share Their Experience

Three of our “resident experts” were asked questions regarding the use of art in their program. I maintain that a hobby, particularly if it is in some way creative, adds to recovery. A creative outlet allows me to record the past without having some kind of restrictions upon the record keeping. By using different tools, I expand myself, learning from each tool I use. The artists themselves attest to the fact that they’ve learned from their perspective arts.

The first question asks what type of art they use, often called their medium. Secondly, is how often they use their art or put into practice the tools they use to produce art. Thirdly, the artists were asked how long they have been involved in the type of art they are now using. The question I was most interested in getting answered were regarding what these three people have learned as a result of their art. HP is never boring, no matter which one you ascribe to, and I find His hand in everything I do, even drawing a picture.



type/medium: painting and crafts (I prefer paint markers to paintbrushes as I have more control with the former) Really into greeting cards and 'reconfiguring' found objects.

I practice: I've been doing it more and more. As of late I have been indulging almost daily!

When did I start: I developed my *style* of drawing 16 years ago, but only within the last few years have I begun painting in this way and putting it on crafts and cards. It has only been since discovering my own, personal HP and since I've been abstinent and working the steps that I've had the courage and determination to begin to share my talent with others.

How has this helped Recovery?: Keeps my hands busy! \*grin\* Also by allowing the innate creative force of life flow through me for the greatest good, I have been able to help others in their Recovery which reinforces my own. I also feel a sense of accomplishment and better esteem.

Anything specific?: Most of the time I sit down and begin to draw without a clear idea of what I want to create. It develops with each line on the paper often revealing and expressing moods and ideas I have held subconsciously. —JC

Medium/art of choice (i.e.. What is your instrument, tool of crafting, or type of art) - clay/ceramics

how often do you engage in or practice your art? as much as possible

When did you start doing this kind of art? 2 yrs ago

How has your creative outlet helped you in Recovery? It helps me take my mind off of the food.

Have you learned anything specific about recovery from your particular type of art? Patience, go forward in faith even when you're afraid. You can do more than you ever imagined. You must crawl before you can walk and walk before you can run, but if don't give up (keep coming back) you will run!!!! —MC

Medium/art of choice (i.e.. What is your instrument, tool of crafting, or type of art) Stained Glass, jewelry making, glass blowing and stepping stones

How often do you engage in or practice your art? When I am behaving compulsively I will go in extreme bursts. When I have a good program foundation and am abstinent, perhaps 8 hours a week if my schedule permits.

When did you start doing this kind of art? 10 years ago

How has your creative outlet helped you in Recovery? I find that any creative thing I work on allows me to experience freedom of expression. Sometimes working on a project will help me work through a particular pain or thought. Even if I throw away the item I created, I expressed myself by allowing it to come forth from my soul and be made. Sometimes I get to use my craft to spend time with others or to donate to charity for fund raising opportunities.

Have you learned anything specific about recovery from your particular type of art? I apply the thought of mosaic glass as a mental lesson for my recovery. When the broken pieces of glass are laying on my art table they are all separate, sharp edged and I cant see anything beautiful in them. They remind me of the pieces of my life. Different sizes, colors and shapes. When I bring those pieces together, glue them to a solid foundation and use grout to fill in the gaps, they are no longer sharp and become something beautiful. It reminds me that even in my brokenness I can be beautiful. But with a solid foundation of recovery, literature, meetings and recovery friends I can fill in all those gaps and have a solid foundation. Those broken pieces become something that others can enjoy as well. —KS

**Overeaters Anonymous Treasurers Report, May 2008**

<u>Balance as of 4/22/08</u>	<u>395.48</u>
<b>Debits:</b>	
Monarch Monthly	-30.00
Shaefer's Anserphone	-110.00
<b>Credits</b>	
Literature	123.35
Friday Meeting	72.00
Newsletter	14.75
<u>Balance as of 5/20/08</u>	<u>465.58</u>



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

Literature Inventory May 20, 2008

<u>Balance 4/22/08</u>	<u>1,150.62</u>
Debit	-123.35
<u>Balance as of 4/22/08</u>	<u>1,027.27</u>

Respectfully submitted  
 Marcia S.  
 Treasurer

**Minutes of Three Rivers Intergroup April Meeting**

28 April 2008

The meeting was called to order by Ron, Vice-Chair at 6:35 PM.

The meeting was opened with the Serenity Prayer.

Those present were:

- Ron: Vice-Chair
- Marcia: Treasurer
- Marilyn: Literature
- Bethanie: Newsletter/ Wednesday Rep
- Jennifer: Friday Rep

Mary N Visiting

**Old Business:**

Minutes of the last meeting were read. Jennifer made the motion to accept and Mary seconded it. Minutes were accepted.

Marcia gave the treasurer's report. Bethanie made the motion to accept as read and Jennifer seconded. Treasurer's report was accepted.

Calls: Marcia and Marilyn had no calls, Sally and Debra had calls but were not present.

Literature: Marilyn indicated that we are low on Big Books, OA Twelve and Twelve, For Today and Newcomer Packets. It was decided to order some Big Books this month and defer the rest until some outstanding cash collections were made. Further, we are advising the groups to not give Newcomer Packets to Students but rather to give them the *For the Health Professional Pamphlets*. There were requests for Step Workbooks. We asked the Newsletter editor to put a notice in the next newsletter giving the OA website to purchase these.

Bethanie reported that the newsletter is ready to publish. She returned the balance of last months advance to the Treasurer who issued her

another advance check to cover printing.

**New Business:**

Jennifer presented that she was ready to start a *new meeting* at Lutheran Hospital on West Jefferson to meet from 3:30-4:30 in the afternoon. It will be advertised as having a women's focus and use the OA Lifeline as its source material. There was some discussion as to how the meeting could be closed to students and meet the guidelines to part of our inter-group. Since the meeting is open to all OA persons (anyone with a desire to stop eating compulsively), we decided it met the guidelines. The contact person will be responsible to direct potential students to other meetings. She asked that the Intergroup help with initial materials. After some discussion regarding previous precedent Mary N moved that the Intergroup purchase a one year subscription in the Intergroup's name for

delivery to our PO Box and that it be lent to the Sunday meeting. Marilyn seconded the motion. The motion passed. The Treasurer will execute the ordering.

The meeting adjourned with the Serenity Prayer at 7:20 PM.

The next meeting would normally be 26 May 2008 but that is Memorial Day observed and the facility will be closed. Per our bylaws the next meeting will be held at 6:30 PM on 19 May 2008.

Respectfully submitted,  
 Ron M  
 Temporary secretary for this meeting

To purchase OA workbooks, please visit [www.aa.org](http://www.aa.org). Other material is available there as well.

## Saturday Speaker Meeting Interview

### What surprised you most about being in the program?

There was no diet. That gym participation 7 days a week was not required. That I could lose weight. That I would find the absolute best friends of my life.

### What is your favorite CD/book/TOOL?

**CD** - I like lots of them, Joyce Myers cracks me up, love her, I like to laugh

**book** - The Bible

**Tool** - Meetings & Telephone - because it's nice to finally, after all these year to be in community & feel accepted by other people.

**What is your favorite OA slogan?** This question is a catch 22....I like lots of them....unless they are being used on me of course. "How's that working for you" and "if nothing changes, nothing changes" are two that pop into my head. They are just very true and relevant for my life. "keep coming back" seems to me to be the most important one.

**When did you first know that you didn't view food like other people?** On some level, probably always. From a program standpoint, not until I stopped taking the speck out of others eyes & dealt with the plank in my own, not until I worked the steps and came out of my food haze.

**What is your greatest joy as a result of working The Steps?** ok, I'll only share this one if you promise to not tell my sponsor.....FEELING!!!!!!! Before I was numb always. Today I moan and complain a lot about all of the bad feelings I feel, and they are no fun, but I also experience a previously unknown heart felt feeling that I can't put a word to (I think it might be joy) when I watch my 3 & 6 year old sing "Mr. Sun, Sun, Mr. golden sun...", when I see my son play the chimes, when my daughter beams as she square dances (yes I did say square dance), when my husband brings me home flowers, when my parents invite me over.....all of these things happened before, but I never experienced them, I just moved through life numb. So yes, I think feeling might just be a good thing, if I can just figure out how to deal with the bad feelings that come too....I'm working on that.

**How do you share the message with COE's who still suffer?** This question breaks my heart, because the truth is, I want to be able to do this so much better. I want to walk into the mall or the local buffet & have a following as I leave. I want to save them all. I guess that is the co-dependant part of me. It just breaks my heart because I know, and remember how awful it was to be in their shoes. My worst day in recovery as a COE suffering (and there ARE those days) is much, much better than my best day without this program. We are a program of attraction rather than promotion though, so I constantly have to remind myself of that. I also have to remind myself that no one will work this program until they are ready. They have to see someone who has what they want and then be willing to go to ANY lengths to get it. My HP has told me my job in that is to be, to the best of my ability, a person who acts like & has something that someone else might want!! So, with His help, I strive to do that each and everyday by working a program.

### Topic Question: What is something creative or otherwise that you use as a "tool" (other than the traditional OA 8) which help keep you out of the food and in life?

I don't know if I have any. I keep a very messy kitchen. The reason this is so is because I have 4 young children who are constantly in the food. If I go into the kitchen, the food is there, the temptation is there, so I stay out. Let your "kitchen managers" be 3, 6, 7 & 10 and you'll find yours is not so clean either. People keep telling me I will find a hobby one day, but so far I haven't found time for one. I kind of like to write, but that's an OA tool, so that doesn't count. I enjoy being outside with my kids and friends. I find serenity in my favorite book.

**Needed!**

Speaker meetings are held the first Saturday of every month. We need people with at least one month of recovery to share their "lead." A lead is an opportunity for you to share your experience, strength and hope with others in recovery. We want to hear what worked for you.

Here is something I tell myself a lot, I'm not sure if it's a tool or not. I tell myself I can have anything I want, to eat, to drink, to whatever...."tomorrow"....when I really, really, really want something, I say, "you can have it tomorrow" to myself. Somehow that soothes me & gets me through the moment. Then when tomorrow comes, I tell myself the same thing. So, know that IF tomorrow ever comes....I'll be in trouble :-)

—T.N.

## Meeting List &amp; We Care List

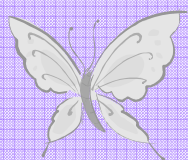
Day and Time	City	Location	Meeting Type	Contact
<b>Sunday</b> 3:30-4:30 pm	Fort Wayne	<u>Lutheran Hospital</u> 7950 W Jefferson Blvd (Classroom 1 & 2 in basement) Follow signs for “Rozanne’s Friends”	Women’s focus, closed to students	Jennifer (260) 450-0062
<b>Monday</b> 7:30-8:30 pm	Fort Wayne	<u>Park 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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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>

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