



November 2021

Thriving Thru the Holidays

Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana

New Intergroup Officers Needed	pg 4
Share Favorite Slogans	pg 4
Favorite Big Book Quotes	pg 4
Next Month's Newsletter Topic	pg 4
Intergroup Meeting Minutes	pg 5
Treasurer's Report	pg 6
Need Help Finding a Sponsor?	pg 7
Like to Check Out Intergroup?	pg 7
Intergroup Meeting List	pg 7
11th Step Workshop – November 6	pg 8

Intergroup Meeting Changing Day and Time

In an effort to allow more people to attend the Intergroup meeting, the Intergroup voted to change its meeting day and time to the last Monday of the month at 8pm. This started with the October 25th meeting. As before there will be no Intergroup meeting in December. In May we will change the date to avoid Memorial Day.

Slogan of the Month:

To Fail to Plan Is to Plan to Fail



Strategies for the Holidays

“Keep it simple, Sweetie” (K.I.S.S) especially applies to the holidays with more food, more family, and more feelings than on other days of the calendar. I view the holiday period beginning with Halloween and ending with Super Bowl Sunday. There seems to be license to

overspend our time, energy, and money besides calories and fat grams. The old adage, “fail to plan, plan to fail” gives fair warning to neglecting basic self-care. Doing what works plus vigilance will maintain abstinence.

- Meetings: If your routine is 2-3 meetings per week, bump it up to 4-5. Zoom and telephone make this easy, especially when travelling.
- Journaling: Write out feelings when overwhelmed, exhausted, or lonely. I often find answers in my writing – the answers are not in the pantry or fridge!
- Commitments: Utilize the Home Group and Sponsor to speak out loud on plan of action, meal preparation and food recording, or service.
- Three-legged stool: The physical, emotional, and spiritual aspects of our disease all need tending. What can I do today to enhance my conscious contact with God during these special days of giving thanks and gifts?

The food demon is patient and persistent, waiting for us to relax our vigilance. Even when alone, we are never truly alone. Help is only a prayer away. Have a Plan. Work the Plan. (HPWP)

— N.J., Illinois



Planning for Success

"To Fail to Plan Is to Plan to Fail." What a mouthful! Such a tiny yet powerful piece of advice in words.

I plan what I shall eat for the day in the morning and give the list to my sponsor. I like this planning. It keeps my abstinent. I succeed when I plan.

If I do not plan: I am into my old eating habits of eating what I want when I want it because I want it. This kind of eating is not God's plan for me.

— Bev, Goshen



Bookending

Dealing with holiday events seems so much easier to me now than when I started in the late 80s. I know you youngsters don't remember a time without cell phones. Today, if I am at an event and I need OA help I can step into the bathroom or outside

and call another OAer on my cell phone. Back in the olden days, most houses had just one telephone and it was on the wall in a very public area. Even if I could find a semi-private phone, other OAers were at holiday events and I didn't have the phone numbers for where they were. It just didn't work well to rely on the telephone tool on holidays. Cellphones make that so much better.



One tool that worked back in the 80s and works just as well now is "bookending". I planned what I was

going to eat and how I was going to handle a holiday situation ahead of time. Then I called my sponsor or another OA member and told them what my plan was, what I was committing to. After the event or maybe the next morning I called the same person again and told them what I had actually done.

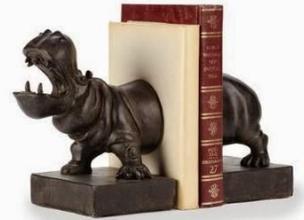
Before OA I was an expert at lying to myself. I almost never kept commitments I made to myself. But bringing another person into that commitment totally changes things. It makes it much harder to deviate from my plan if I know I will have to confess it to another OAer later. It is almost like I am taking that OAer to the holiday event with me. No wonder it seems easier to stay on plan when I am "bookending!"

You might say, "Well, in the modern age we have cellphones so I don't need to do "bookending". I can just

grab my cellphone and make a call if I'm in trouble." Ahhh.. but bookending has a number of advantages. First, you have to plan ahead if you want to "bookend." There is no way around it. Second, I've found that when I'm in the midst of a difficult food situation or when I am about to eat, I do not make sane decisions about the food I consume. I may decide at the last minute to not use my cellphone and instead binge my brains out. With "bookending" I don't have to worry about losing the resolve to protect my abstinence at the last minute. I've already done my protection work by planning and committing the plan to another person.

"Bookending!" Give it a try! It works if you work it!

— K.G.



Planning for Enjoying the Holidays

This month our slogan (need to plan) gives us guidance for our topic (holidays).

Before coming to OA, my Best Ever Binge Season was from Halloween until New Year's Day. Being in a food fog resulted in discomfort, weight gain and no meaningful time with friends and family. Thanks to my OA program, holidays are now a time of freedom, joy and serenity.



These are a few of the things that help me maintain my abstinence:

- I put extra deposits in my abstinence account. In addition to my daily action plan, I can use more tools more often and spend more time with my HP. I have an extra resource this year because many OA meetings are still on Zoom, so I can find one almost any time.
- I remember that it is OK to say, "No, thank you" when offered sugary treats. That is still difficult for



me to do at times, but I know it is the right thing to do and most people do not notice or care what I am eating!

- If I do not know what will be served at an event, I may take something that is on my food plan with me, but I can usually find something that is OK for me to eat. If I am spiritually fit, I am not tempted by the other food. If I take food to an event, I always take something I would enjoy.
- I keep the pamphlet *Before I Take the First Compulsive Bite* where I will see it often. When I travel, I put it in my purse or with my OA literature.

I am grateful that food is no longer my main focus during the holidays. Enjoying the people I am with and the sense of well-being that comes with abstinence is the best gift ever!

— JH



Planning the Holidays

It can be easy to feel overwhelmed at times when so many people are focused on food -- during holiday celebrations. What's a recovering compulsive overeater to do?

It seems that every group outside of program that I am a part of wants to gather to celebrate and eat at this time of year. It's important that I plan ahead for these times and keep the focus in the right place. If possible, I try to get in on the planning, so that I know what food is being served. Many times I will volunteer to bring a couple things that I know will work well on my plan. Other times, I will call ahead and ask what is being served so that I can plan. If the food served is not food that works in my plan, then I can choose to eat before or after, or bring my own food. It depends on the situation.

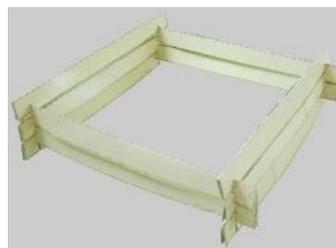
Another part of planning is going over the plan with another OA, usually my sponsor. What will I eat and when? We talk about this so I know what I can do to deal with tricky situations. I don't have to eat everything that is offered to me. When I have talked with someone about this ahead of time, then I feel much

more comfortable. And afterward I check in, or sometimes while I'm still at the party, to let my sponsor know how it is going.

It would be easier in some cases to skip the event all together, but I don't like to do that most times. (I should add that it is ok to say 'no' to some invitations when the food and setting just don't work well.) I remind myself that I go to those gatherings to see other people and visit with them. The focus for everyone else there can be on the excess food and drink, but I can focus on others -- catching up with an old friend or making a new one.

Most importantly, I need the help and guidance of my Higher Power all the time, and especially when food is the focus. By taking HP right there with me for these events, I have the help that I need!

-Debra M.



Thinking Outside the Corral

I still remember my first abstinent Thanksgiving 32 years ago! At first I couldn't imagine how I

could get through a normal Thanksgiving meal without overeating. My sponsor and I worked hard to think things through ahead of time. He always told me, "To fail to plan is to plan to fail."

In the end we decided it was best to make my plan as simple as possible. I agreed to have one plate of food, no second helpings and one piece of dessert. I was quite nervous on that day but as I ate my meal I could enjoy the food there and the people I was with.

After the meal was over, something very strange happened! I didn't feel like I needed to go lay down somewhere to sleep it off! Instead, we all played mahjong with real Chinese tiles and had a wonderful afternoon. I had been afraid of what I would miss out on by not being able to eat everything I wanted. In truth, staying abstinent allowed me to partake of enjoyable social interactions all afternoon. I hadn't realized what I had been missing on those Thanksgivings before OA.

Although sugar was not on my list of “red light” foods at the time of my first Thanksgiving in OA, it is now. Sometimes when I think of the things I choose not to partake of at Thanksgiving I start to feel a little deprived. Then I think of the image of a corral. When I put my “red light” foods into the corral and choose not to eat them anymore, there is still a whole ranch outside of the corral. I have many wonderful food choices. In comparison to the rest of the ranch I have only a few foods in the corral. If I focus on the foods in the corral, then I start feeling deprived. If I focus on the foods outside of my corral, I am very thankful for all I have available to me. Where I focus is my choice.

People often bring out special foods for the holidays. Although I choose not to partake in those foods containing sugar, that does not mean I can't have special, celebratory foods, too. For Thanksgiving, my dear wife will make me a sugar-free pumpkin custard cup. That way I can enjoy that distinctive pumpkin and spice taste, too. Other times, when I will be eating a holiday meal at someone else's house and I know that certain foods will be loaded with sugar, I bring along a special fruit serving for myself. Maybe it will be a fruit I don't normally buy or that has just come into season. I can create my own holiday traditions to help make the meal special. I have so many choices as long as I am willing to think outside of the box. Getting ideas from my sponsor, other OAers and my HP can also help make the holidays special and abstinent.

-K.G.

New Intergroup Officers Needed

The Intergroup will be looking for a new vice-chair and a new secretary for 2022. The current officers have met their term limits.

All officers shall be abstinent at the time of service. Whenever possible, officers shall have one year of current abstinence upon nomination.

The vice-chairperson:

1. Shall perform duties of the Chairperson in his/her absence.
2. Shall perform duties as designated by the Chairperson or Intergroup membership

The secretary:

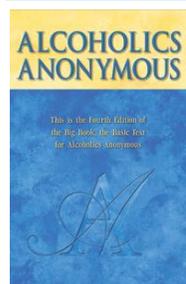
1. Shall see that minutes are kept of all Intergroup meetings and that a copy of the Intergroup minutes is printed in the Newsletter.
2. Shall maintain a file of all minutes of past meetings.
3. Shall give notice of bylaw amendment votes, Intergroup meeting and election changes.

If you have questions or are interested in serving, please contact the chairperson as soon as possible at chair@3riversOA.org.

Share Your Favorite Slogans!

Please share your favorite slogans with us along with why you like them. Send to:

newsletter@3riversOA.org



Big Book Quotes Needed!

Do you have some favorite quotes from the AA Big Book? We now have a section in the newsletter for people's favorite Big Book quotes! Please include the page number and a little about why you like it, if you are willing. Send them to: newsletter@3riversOA.org and keep them coming.

December Newsletter



An Attitude of Gratitude

The December Monarch Monthly topic will be. "An Attitude of Gratitude."

What are you grateful for? What role does gratitude play in your recovery?

Articles are due Friday, November 26th. Thanks for making our newsletter great! Send articles to: newsletter@3RiversOA.org

OA Three Rivers Intergroup Monthly Meeting, 9/28/2021

Meeting opened with the Serenity Prayer at 7:35pm.

This meeting was held on Zoom (ID 970 5024 1729, Password 198390).

Attendance, Positions, and Meetings Represented:

- Kevin G, Treasurer, Goshen Wednesday and Saturday
 - Also sharing information from Jan C. on Fort Wayne Monday night and Thursday.
- Joyce, Elkhart Monday
- Suzette, Region 5 Rep
- Christina H, Secretary, Fort Wayne Saturday
- Susan H, Fort Wayne Monday noon

Today's agenda was accepted without changes.

Minutes from 8/31/2021 were accepted without changes.

Treasurer's Report was accepted without changes.

Region 5 Representative Report:

- Suzette is registered for this weekend's convention and for the Region 5 Fall Assembly.

Newcomer Report:

- Elkhart Monday = 0
- Fort Wayne Monday noon = 0
- Fort Wayne Monday night = 0
 - This meeting's attendance has improved, so it will continue!
- Goshen Wednesday = 0
- Fort Wayne Thursday = 0
- Fort Wayne Saturday = 1
- Goshen Saturday = 0

Newsletter Report:

- September had 1 submission.
- October - Thriving through the holidays. Articles due 10/21/2021.

Old Business:

- Changing meeting days: Suzette can do Monday nights. Motion to move the Intergroup Meeting to the last Monday of the month at 8pm passes. Kevin will put this in the newsletter to notify those in the area.
 - No meeting in December, as usual.
- Fall Workshop in Fort Wayne: This has been cancelled. Susan lacks the time to coordinate it, and there are many virtual workshops happening around the same time with the same theme. Some of these will be advertised in the newsletter by Kevin.

New Business:

- Our November meeting will have our elections.
 - Positions:
 - Kevin G can run for one more term as treasurer.
 - Debra M can run for one more term as chair.
 - Dave C can run for one more term as vice chair, but Kevin G will reach out to see if he is interested. Dave C has not been in communication for a while.
 - Suzette will run for Region 5 Rep.
 - Christina H cannot run for secretary again, but she may be interested in vice chair.

- Kevin will put election information in the newsletter.
- Goshen / Elkhart / South Bend radio ads for this year.
 - Kevin G will contact Debbie H, since she has done it before.

Zoom Meetings Issues / Support:

- Goshen Saturday and Elkhart Monday are hybrid meetings. They have found that a conference microphone attached to the laptop used for the call helps a lot.
- People outside our area are finding our hybrid meetings, but we are not sure how. This isn't an issue in itself.
 - The Wednesday Zoom only meeting had a Zoom bomber. Kevin G kicked them permanently. This was 4-6 weeks ago, and there have been no repeats of the incident, so the Zoom password will not be changed at this time.

Motion to end the meeting early passes.

8:22pm, meeting closed with the Unity Promise.

Motion to affirm Suzette as the Region 5 Rep. passes.

Submitted by Christina H, Three Rivers Intergroup Secretary

Bank Account Register Three Rivers Intergroup October-2021

Initial Balance: \$3,787.29

Current Balance: \$3,991.51

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	9/28/2021	Beginning Balance				\$3,787.29
	10/4/2021	7th Tradition	Member Donation		\$74.00	\$3,861.29
	10/12/2021	7th Tradition	Gosh Sat #22495		\$130.22	\$3,991.51
						\$3,991.51
						\$3,991.51
						\$3,991.51
						\$3,991.51
	10/25/2021	Ending Balance				\$3,991.51
Totals				\$0.00	\$204.22	\$3,991.51

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$75.00	\$217.56	34.5%
Elk Mon #02327	\$0.00	\$500.00	\$455.49	109.8%
FW MonN #57032	\$0.00	\$133.37	\$0.00	
Gosh Wed #89142	\$0.00	\$145.05	\$32.92	440.6%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$123.00	\$163.15	75.4%
FW Sat #37739	\$0.00	\$236.67	\$532.71	44.4%
Gosh Sat #22495	\$130.22	\$481.22	\$598.17	80.4%
Member Donation	\$74.00	\$328.29	\$0.00	
Workshop Income	\$0.00	\$15.00	\$160.00	9.4%
Deposit Total	\$204.22	\$2,037.60	\$2,160.00	94.3%

Transaction Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$10.00	\$180.00	5.6%
Public Information	\$0.00	\$0.00	\$750.00	0.0%
Region 5 Assembly	\$0.00	\$0.00	\$600.00	0.0%
Region 5/WSO Donation	\$0.00	\$1,209.83	\$0.00	
Website Hosting	\$0.00	\$96.30	\$100.00	96.3%
Workshop Expense	\$0.00	\$0.00	\$180.00	0.0%
Zoom/Phone Conf Srvc	\$0.00	\$99.80	\$150.00	66.5%
Other	\$0.00	\$0.00	\$100.00	0.0%
Payment Total	\$0.00	\$1,415.93	\$2,160.00	65.6%

Need Help Finding a Sponsor?

Having trouble finding a sponsor? Now you can request help from Region 5 OA. Just go to the following link and enter your information: region5oa.org/request-for-assistance-in-find-a-sponsor

Would You Like to Check Out Our Intergroup Meeting?

We meet on the last Monday of the month (except December) at 8pm via Zoom. All in our Intergroup area are welcome! Just click [Zoom Meeting](#). If prompted for an ID or password use:

ID: **970 5024 1729** and Password: **198390**.

Email chair@3riversOA.org ahead of time to ask for the documents that will be used in the meeting.

Three Rivers Intergroup Meeting List

Instead of including a meeting list that may be out of date before it is sent out, we recommend you rely on the master meeting list on our website for meeting information. Please go to: 3riversoa.org/meetings.

Donations to the Three Rivers Intergroup

You can make online donations with a credit/debit card to the Three Rivers Intergroup by going to: 3riversOA.org and clicking the "Donate" link. You can also mail a check. Go to: 3riversOA.org and click the Contact Us link to get the mailing address.

Region 5 Website: Region5oa.org

OA World Service Office Website: OA.org

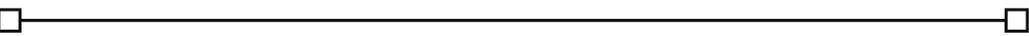
Three Rivers Intergroup
intergroup@3riversOA.org
www.3riversOA.org
(260) 203-1199

Disclaimer: The Monarch Monthly is the Three Rivers Intergroup publication for compulsive eaters. Opinions expressed here are not those of Overeaters Anonymous as a whole. In most cases, if material is edited in some way, it will be for grammar/typos. Permission to reprint articles in the Monarch Monthly is granted to all OA groups and service bodies.

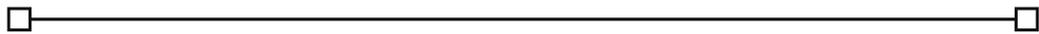
All images by Unknown Author are licensed under [CC BY-SA](#)



SOUTHWEST MICHIGAN INTERGROUP
PRESENTS



SPIRITUALITY AND CONSCIOUS CONTACT: AN 11TH STEP WORKSHOP



SATURDAY NOVEMBER 6, 2021
9:30-NOON ON ZOOM
ID: 899 3716 8614
PC: 508288

PROGRAM BEGINS AT 10:00 WITH
SPEAKER
WRITING EXERCISE
BREAK OUT GROUPS
PRAYER & MEDITATION TECHNIQUES
TIME TO VISIT BEFORE AND AFTER

Contact
Kathy D - 269.910.0123, Jude - 773.209.7876
Deborah - 810.241.8727
For More Info