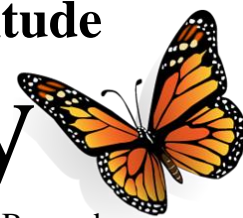




December 2022

An Attitude of Gratitude

# Monarch Monthly



The Three Rivers Intergroup of Overeaters Anonymous Serving Northeast Indiana and Beyond

<b>Intergroup Votes to Dissolve .....</b>	<b>pg 1</b>
<b>Three Rivers Intergroup News.....</b>	<b>pg 3</b>

## Intergroup Votes to Dissolve

At the December 5<sup>th</sup> 2022 Three Rivers Intergroup of Overeaters Anonymous meeting, it was decided that we would dissolve our Intergroup and suggest that our meetings join the Central Indiana Intergroup ([oaindy.org](http://oaindy.org)).

Over the last several years we have fewer people willing to take leadership roles in the Intergroup. We see that online meetings abound, making connections with others easier.

The current officers of and representatives to the Intergroup have agreed that we can use our service resources better by this decision.

### What will change:

- Meetings that join CII will be listed on the Central Indiana Intergroup website. ([oaindy.org](http://oaindy.org))
- We will not have a monthly Three Rivers Intergroup newsletter.
- We will not have a 3riversOA.org website.
- Meeting treasurers will send donations to the Central Indiana Intergroup ([oaindy.org](http://oaindy.org)) rather than the now-dissolved Three Rivers Intergroup

### What will NOT change:

- Our OA meetings – same times, places & people.
- Our recovery – same 12 steps and 12 traditions.
- As always, our meeting information will be available on OA.org
- Our connection, in person and with online meetings, with other OAs in northeast Indiana.

We are still free to gather in person or online, for events in Northeast Indiana.

The current officers, listed below, will work together to disperse the assets of the Intergroup and help groups connect with the Central Indiana Intergroup ([oaindy.org](http://oaindy.org)). We are happy to take your questions.

In OA service, *Debra M*

Debra M., Chair, 260-437-3443  
email: [chair@3riversOA.org](mailto:chair@3riversOA.org)

Susan H., Secretary, 708-990-9617  
email: [secretary@3riversOA.org](mailto:secretary@3riversOA.org)

Kevin G., Treasurer, 574-742-1042  
email: [treasurer@3riversOA.org](mailto:treasurer@3riversOA.org)

## Gratitude in All Things



Yes, the Intergroup I have been involved in for more years than I can remember has decided to dissolve. What is there to be grateful for?

I am grateful for the many good things that the Three Rivers Intergroup brought my way. My recovery is definitely stronger because of it. Some of the things I am grateful for are:

- Learning how to disagree agreeably
- Learning how to take good minutes
- Learning how to be a good treasurer
- Learning how to be a good chairperson
- Learning how to be a good region rep
- Learning how to go to any lengths to get to the monthly meeting
- Learning how to use new technology to make the Intergroup meeting as open to everyone as possible

- Learning to focus on what the Intergroup can bring to others
- Learning how to prioritize group relationships over efficiency

The Three Rivers Intergroup never asked for my resume. They asked if I was willing to learn. They asked if I was willing to try. They supported me when I made mistakes. They taught me to go farther than I thought I could.

I have a lot of skills to take to the next Intergroup I am involved with, skills I didn't have before joining the Three Rivers Intergroup. I am thankful for all the ways the Three Rivers Intergroup improved my recovery and improved my life.

— K.G.

## Grateful, Thankful, Blessed



My God Box serves an unintended dual purpose. I initially used an emptied wooden potpourri container for challenging events and big decisions, like being asked by my daughter-in-law residing in England to visit

for the month of February in preparation for new baby and care of a toddler. For those of you who are not familiar with a Blessing Bag, Prayer Jar, or Sleeping St. Joseph, I will share part of my trust/gratitude relationship with Creator God.

Prayer, meditation, journaling, and OA Buddies are mainstays of my program, and most life situations are managed through one or more of those avenues. However, out of the ordinary circumstances or ongoing troublesome challenges (health, raccoons, repair projects) require more talent, strength, and courage than I possess. God is my Power Source, so I ask "Big."

After writing my concern on paper and dating it, I place the request in the box and close the lid, trusting he will take care of it in his way and in his time. If directed to take an action, I do



so promptly. If confusing developments occur, I date and note them on the original paper in the God Box, like the neurosurgeon said..... or the former husband did..... Some situations exist for years, but I see/feel Holy Presence – and that calms my storm, even when the waves are rocking the boat and drowning looks imminent.

When my God Box is filled, I empty it and read all the entries. Here is where the grateful, thankful, blessed looms large! Resolutions, happy outcomes, and greater understanding go in one pile. The few remaining return to the God Box with confidence in the silence and secrecy that belong to the Lord.

It is so easy to forget the many treats and surprises God delivers every day when life gets overwhelming. Reviewing my journal pages and God Box entries and sharing with others help me remember his faithfulness. Psalm 105 says to "recall the wonderful deeds that he has wrought." Counting my blessings does indeed strengthen my relationship with God. I have everything I need to be everything God wants me to be.

— N.J./Illinois

## Everyday gratitude



As I write this, Thanksgiving Day has not arrived. When it does, it will just be another day in many

ways. I will have the same food plan, recovery program. love of my HP, family and friends and the "attitude of gratitude" that I nurture every day. One of the gems of OA is teaching me the importance of noticing the good things in my life and saying "thank you" to my HP. This includes lots of things, small and large, like feeling well, the beauty of the fall leaves, a text message from a grandson, a reading in my daily reader that speaks directly to



me, money to buy healthy food, that I sleep all night, etc., etc.

This does not mean that I never have difficult days. My siblings and friends die, I face unwanted signs of aging, it starts to rain when I'm taking a walk. Even then, I can be grateful that I can feel and express my emotions in healthy ways and I can always notice the goodness in my life.

Because of the gifts of this program, I have a life overflowing with joy and serenity, truly beyond my wildest dream! I am grateful.

— JH

## An Attitude of Gratitude

Gratitude as an attitude is a concept I learned in the 12 step meetings. I was waiting for a good thing to happen and then I would feel grateful. That's how I thought.



In the 12 step meetings I learned to be grateful every day for the many blessings I have been given. I may or may not feel grateful, but I benefit when I express gratitude to my God for the blessings I have been given first. Then when something good happens, I express additional thanks and gratitude to God for that extra gift.



Gratitude causes me to see the glass of my life as half full instead of half empty. My attitude is a choice. I choose to look at the many good things in my life. What I focus on gets larger. Focus on gratitude makes my life fuller and richer and more vibrant and more enjoyable.



I write a gratitude list every evening in my written 10th step action. It keeps me focused on the many things I have to be grateful for today.

— Debra Hughes

### Bank Account Register

### Three Rivers Intergroup

### October-2022

Initial Balance: \$3,218.46

**Corrected**

Current Balance: \$3,324.46

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	9/27/2022	Beginning Balance				\$3,218.46
140	10/7/2022	Unity of FW Rent 10-29	Workshop Expense	\$80.00		\$3,138.46
	10/10/2022	7th Tradition Contribution	FW MonN #57032		\$96.00	\$3,234.46
	10/10/2022	7th Tradition Contribution	FW Sat #37739		\$90.00	\$3,324.46
						\$3,324.46
	10/31/2022	Ending Balance				\$3,324.46
<b>Totals</b>				<b>\$80.00</b>	<b>\$186.00</b>	<b>\$3,324.46</b>

Expense Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$10.00	\$50.00	20.0%
Public Information	\$0.00	\$500.00	\$750.00	66.7%
Region 5 Assembly	\$0.00	\$0.00	\$750.00	0.0%
Website Hosting	\$0.00	\$101.65	\$105.00	96.8%
Workshop Expense	\$80.00	\$155.00	\$100.00	155.0%
Zoom/Phone Conf Srvc	\$0.00	\$149.90	\$150.00	99.9%
Other	\$0.00	\$0.00	\$100.00	0.0%
Year End Donation	\$0.00	\$2,164.69	\$2,164.51	100.0%
Payment Total	\$80.00	\$3,081.24	\$4,269.51	72.2%

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$234.03	\$77.73	301.1%
Elk Mon #02327	\$0.00	\$491.87	\$518.22	94.9%
FW MonN #57032	\$96.00	\$333.00	\$251.20	132.6%
Gosh Wed #89142	\$0.00	\$163.33	\$150.34	108.6%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$194.36	\$127.48	152.5%
FW Sat #37739	\$90.00	\$350.58	\$420.46	83.4%
Gosh Sat #22495	\$0.00	\$310.21	\$498.76	62.2%
Member Donation	\$0.00	\$18.81	\$340.26	5.5%
Workshop Income	\$0.00	\$40.00	\$15.55	257.3%
Deposit Total	\$186.00	\$2,136.19	\$2,400.00	89.0%

**Bank Account Register**

**Three Rivers Intergroup**

**November-2022**

Initial Balance: \$3,324.46

Current Balance: \$3,399.46

Check	Date	Description	Category	Withdrawal	Deposit	Balance
	11/1/2022	Beginning Balance				\$3,324.46
	11/7/2022	7th Tradition Contribution	Elk Mon #02327		\$75.00	\$3,399.46
						\$3,399.46
						\$3,399.46
	11/28/2022	Ending Balance				\$3,399.46
<b>Totals</b>				<b>\$0.00</b>	<b>\$75.00</b>	<b>\$3,399.46</b>

Expense Type	Month Total	YTD Total	Proposed Budget	Percent
New Meeting Startup	\$0.00	\$0.00	\$100.00	0.0%
Newsletter	\$0.00	\$10.00	\$50.00	20.0%
Public Information	\$0.00	\$500.00	\$750.00	66.7%
Region 5 Assembly	\$0.00	\$0.00	\$750.00	0.0%
Website Hosting	\$0.00	\$101.65	\$105.00	96.8%
Workshop Expense	\$0.00	\$155.00	\$100.00	155.0%
Zoom/Phone Conf Srvc	\$0.00	\$149.90	\$150.00	99.9%
Other	\$0.00	\$0.00	\$100.00	0.0%
Year End Donation	\$0.00	\$2,164.69	\$2,164.51	100.0%
<b>Payment Total</b>	<b>\$0.00</b>	<b>\$3,081.24</b>	<b>\$4,269.51</b>	<b>72.2%</b>

Income Type	Month Total	YTD Total	Proposed Budget	Percent
FW Mon #03792	\$0.00	\$234.03	\$77.73	301.1%
Elk Mon #02327	\$75.00	\$566.87	\$518.22	109.4%
FW MonN #57032	\$0.00	\$333.00	\$251.20	132.6%
Gosh Wed #89142	\$0.00	\$163.33	\$150.34	108.6%
Ga Thur #51350	\$0.00	\$0.00	\$0.00	
FW Thur #54657	\$0.00	\$194.36	\$127.48	152.5%
FW Sat #37739	\$0.00	\$350.58	\$420.46	83.4%
Gosh Sat #22495	\$0.00	\$310.21	\$498.76	62.2%
Member Donation	\$0.00	\$18.81	\$340.26	5.5%
Workshop Income	\$0.00	\$40.00	\$15.55	257.3%
<b>Deposit Total</b>	<b>\$75.00</b>	<b>\$2,211.19</b>	<b>\$2,400.00</b>	<b>92.1%</b>

**Three Rivers Intergroup Meeting Minutes**

**Monday October 31, 2022**

\*Debra M. opened the meeting with the Serenity Prayer.

**\*Attendance**

- Debra M Chair Represents Monday noon Ft. Wayne
- Kevin G. Trea. Represents Saturday morning Goshen
- Karen B. Mtg Rep Represents Saturday morning Ft. Wayne
- Joyce H. Mtg Rep Represents Monday eve Elkhart
- Absent: Susan H. and Suzette R.

**\*Newcomers**

There was only one newcomer this month, attending the Goshen Saturday morning meeting.

**\*Agenda approval**

Karen moved that we approve the 10/31/22 agenda. It was seconded by Kevin. The motion carried.

### **\*Approval of last month's meeting minutes**

Kevin moved that we accept the minutes. It was seconded by Joyce. The motion carried.

### **\*Treasurer's report**

Kevin reviewed the report. Karen moved to accept the report. It was seconded by Joyce. The motion carried.

### **\*Newsletter**

Kevin reported several articles were submitted for the November newsler and it will be available in a few days. The topic for December will be GRATITUDE. The deadline for articles will be November 24.

### **\*Old and new business**

There was a discussion about the future of the Three Rivers Intergroup. Only 2 to 7 have been attending these meetings. The agenda this evening included nominations for new officers and a Region 5 representative. There were no volunteers for these positions. There was discussion about how this intergroup could best use our time, expertise and other resources. Debra will explore the option of us joining the Central Indiana Intergroup; what would this mean and how would we do it? This would be a change in our intergroup, but would not change our OA meetings.

The IRS has changed when PayPal must report earnings of members. Starting in 2022, Paypal has to report to the IRS if our income is over \$600 (formerly \$20,000). Our donations through Paypal were over \$600 in 2022 so Paypal will need to inform the IRS of this. We supplied Paypal with a tax ID number we have always used. They have said it is invalid. It is unclear whether we ever had tax exempt status. In any case, our tax ID has expired. We are talking with the Region trustee for advice on how best to proceed.

### **\*Next meeting**

Because of schedule conflicts, our next intergroup meeting will be at 8:00 Monday evening, December 5. Everyone is welcome to attend this meeting to listen, ask questions and share ideas.

Joyce made a motion to adjourn the meeting and Kevin seconded the motion. The meeting was closed with the OA promise.

In Service, Joyce H.

## **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](http://region5oa.org/request-for-assistance-in-find-a-sponsor)

### **Three Rivers Intergroup Meeting List**

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

### **Contributions to the Three Rivers Intergroup**

You can make contributions to the Three Rivers Intergroup by check. Go to: [3riversOA.org](http://3riversOA.org) and click the Contribution link to get the mailing address.

**Region 5 Website:** [Region5oa.org](http://Region5oa.org)

**OA World Service Office Website:** [OA.org](http://OA.org)

**Three Rivers Intergroup**  
[intergroup@3riversOA.org](mailto:intergroup@3riversOA.org)  
[www.3riversOA.org](http://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](http://creativecommons.org/licenses/by-sa/4.0/)