

NEWS YOU CAN USE – June 2026

Save these Dates for Events to More Recovery!

July 4th Event In Person Only "Freedom from Obsession, Freedom from Fear and Freedom from Food" And Clothing Exchange. More info to come, watch the OAmilwaukee.org for upcoming flyer.

Region 5 Annual Convention September 4th-6th, 2026 "Flutter into Freedom" "[Early Bird Registration and Scholarships End "JUNE 7th, 2026"](#)" - See more below.

2026 Retreat October 2nd - 4th, 2026 This Year's Theme will be: "Body, Mind, Spirit: The Art of Balance"

A Big Welcome to our New:

Vice Chair: Kathy W.

Professional Outreach Committee Chair: Kelly M.

Professional Outreach Committee Members: Sue W., Anna S., Judy K.

And

As Our New Public Information Designer: Carly S.

In this newly-created role, Carly will prepare libraries of digital assets to support PI and PO priorities. These assets are used on flyers, in NYCU, on the website, on Facebook, for the Convention and more.

Request from Public Information Committee:

Much gratitude to the Menomonee Falls Tuesday am meeting for a commitment to continue greeting the public at the MF Farmer's Market.

PI Committee plans to blitz the MF community...but service is needed. If you can help in either of these ways for a 3 to 6 month period, please contact Laurie L, PI Chair, at publicinformation@oamilwaukee.org or 414/308-0748. Training will be provided.

- Hanging posters around the MF community
- Posting digital posters on MF Patch.com (remote position)

2026 Retreat

Mind, Body, Spirit: The Art of Balance

Mind, Body, Spirit: The Art of Balance

Explore how to harmonize physical, emotional and spiritual recovery to create a strong 3-legged stool.

October 2, 3 and 4 at St Iakovos Retreat Center, Kansasville, WI (near Kenosha)

Watch the website for more information soon.

"We Get It!"

Are you new to OA?

Maybe you've been around for a while, and you are looking to Spark up your Program?

To the Newcomer you can read the Blog "We Get It"

To the those currently looking to further their program, If you go to OAMilwaukee.org

There are Podcasts from previous conventions.

You can listen to others share their Experience, Strength, Hope.

You can also find the list of Meetings within the

Milwaukee Area Intergroup



We're gonna Zoom Zoom!



Virtual meetings using Zoom may be interested in a cost-saving opportunity through Milwaukee Area Intergroup (MAI).

Meetings can now purchase a Zoom Workplace Business subscription through MAI and receive the nonprofit discount of 50%, bringing the total annual cost to just \$89 per year — less than \$7.50 per month.

In addition to the lower cost, there are several added benefits.

The Zoom link can easily be shared among trusted members if the virtual host changes, helping maintain continuity for your meeting. Another advantage is that multiple groups may use the same Zoom link, provided meeting times do not overlap.

Meetings are asked to commit to a minimum of one year at a time.

For more information or to sign up, contact Heidi W at business@oamilwaukee.org.

"The Twelve Freedoms of OA"

Early Bird Registration and Scholarships End "JUNE 7th, 2026

SAVE THE DATE

Please join in fellowship at the **Region 5 2026 Annual Convention!**
September 4th - 6th, 2026
Crowne Plaza, Indianapolis-Airport

FLUTTER INTO FREEDOM

Based on the Twelve Freedoms found in "Voices of Recovery" July 23rd.
Printed with Permission

GENERAL EVENT PROGRAM

- Keynote speakers modeling lives of recovery
- Levels of service panels
- Opportunities to find a sponsor
- Writing tools workshops
- Live meetings throughout ALL of convention
- Recovery-centered crafts
- How to adapt a food plan to life's changes workshop

[Go to Region 5 Convention for more information:](https://www.region5oa.org/)

<https://www.region5oa.org/>

Don't forget to Print and Share the New Cocoon!
Together We Get Better



Need a Meeting?

Explore the Newly Updated Meeting list on OA.org

Inspirational Quote for Step 6, from "For Today"

I open myself to God's will by putting out of my mind something I want but don't need and can't get. Page 224

Service Opportunities

Region 5 and World Service Representative

Interested in being a Representative for MAI?

Contact chair@oamilwaukee.org if you have any questions and come to November Intergroup.

Cocoon – Please Share your Experience with Strength and Hope. Send articles to Milwaukee Area Intergroup P.O. Box 270054, Milwaukee, WI 53227 or email to cocooneditor@oamilwaukee.org.

Monthly News You Can Use: Send announcements to emailblast@oamilwaukee.org.

Does your meeting need a Representative? Check out an Intergroup meeting as a guest and see if this service is for you. Milwaukee Area Intergroup meets monthly online, the third Monday of each month at 6:30 p.m. Each OA group can have 2 representatives. Contact chair@oamilwaukee.org if you have any questions.

Responsibility Pledge *“Always to extend the hand and heart of OA to all who share my compulsion;
for this I am responsible.”*

Milwaukee Area Intergroup, oamilwaukee.org, 414-259-0640, P.O. Box 270054, Milwaukee, WI 53227

To subscribe to NYCUCU send an email to emailblast@oamilwaukee.org