

NEWS YOU CAN USE – July 2026

Save these Dates for Events to More Recovery!

July 4th Event In Person Only "Freedom from Obsession, Freedom from Food and Freedom from Fear" 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" **"Pre-registration ends August 1st"** - See more below.

2026 Retreat October 2nd - 4th, 2026 This Year's Theme will be: "Body, Mind, Spirit: The Art of Balance"
Look for Registration to be opening the first half of August.

Greetings Fellows In Recovery!!

In this issue you will find:

- Upcoming Events!
- Links on how to find, print and join in on Recovery!!
- Intergroup Opportunities!

Spread the word - come join a great meeting!!

Looking for a meeting in the Franklin area featuring variety of OA and AA-approved literature?

Come hear the *Experience Strength and Hope* of fellow OA members- and share your own as well.

There is also a **new Zoom link and Password**,

For more details, Please Visit: oamilwaukee.org

Looking for **Freedom**:

- **Freedom** from the Obsession
- **Freedom** from the Food
- **Freedom** from Fear

Join the fellowship at the in-person July 4th event at Martin Luther Church

Located at 9235 W Bluemound Rd Milwaukee, WI 53226

There will also be a clothing Exchange for more information go to Oamilwaukee.org

Saturday, July 4th - Meeting Updates

The following meetings will Not be held:

- 8:00 AM - Oconomowoc
- 9:30 AM - Fox Point
- 9:30 AM - West Allis

However, there are several other meetings you can attend:

for more information, Please visit: Oamilwaukee.org

Public Information:

Tech-savvy member needed to give service for up to six months, using computer (not smartphone.) Training and guidance will be provided.

Est two hours weekly for the first 2-4 weeks, then 1 hour weekly.

Email publicinformation@oamilwaukee.org if you can help.

Vice Chair Needed

Our intergroup is in need of a new vice chair. We are looking for someone comfortable with the following responsibilities, and in particular, making updates to our MAI Policies and Procedures document. There is some work in progress already with two volunteers helping out.

Please email chair@oamilwaukee.org if you are interested in doing this valuable service.

Vice Chair responsibilities are:

1. Taking attendance at Intergroup meetings.
2. Reading the appropriate service concept at Intergroup meetings.
3. Assisting the chair and members in interpreting and applying Rules of Order to ensure our meetings are orderly, efficient, and fair. We use *Robert's Rules of Order*. Region 5 has developed a technical-assistance document for use in Intergroup meetings to support our region's Vice Chairs.
4. Gather, from chairs and/or officers, accumulate and periodically process changes to update MAI Policies and Procedures as approved.

One year of abstinence is required for the Vice Chair.

In love and service,

Ann

"2027" CONVENTION

Remember the Miracle of Recovery and all the Fellowship
from previous OA-MAI Conventions?

Here's your chance to be a part of helping make Miracles happen.

The first **2027 OA-MAI Convention Committee**
will be on zoom on Wednesday, July 8 at 6:30pm
Meeting ID: 856 1124 4572 Passcode: 197852

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'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



Fellowship is Looking for Groups to Host:

Sponsorship Day August 15, 2026

and

Labor Day September 7, 2026

The Twelve Freedoms of OA"

Pre-Registration Ends "August 1st, 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/>

Inspirational Quote for Step 7, from "For Today"

I need not be afraid to admit anything to God and to another person, under God's guidance. Page 308

Service Opportunities

Region 5 and World Service Representative

Interested in being a Representative for MAI?

Contact chair@oamilwaukee.org if you have any questions.

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 NYCUC send an email to emailblast@oamilwaukee.org