

NEWS YOU CAN USE – August 2026

Save these Dates for Events to More Recovery!

Sponsorship Weekend Celebration August 15th 1-3 PM In person and Via Zoom - See more below.

Region 5 Annual Convention September 4th-6th, 2026 "Flutter into Freedom" - See more below.

2026 Retreat October 2nd - 4th, 2026 "Body, Mind, Spirit: The Art of Balance" **Registration Opening Soon.**

Newcomer Virtual Workshop October 17th - See more below.

New Holstein Fall Workshop Saturday, October 17th More information to come

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!

MEETING NEWS

- **Franklin Monday 6:45 pm meeting has dwindled a lot.** If you are able to give service by attending this meeting in person once or twice per month, please do so. 7700 W Faith Dr Franklin easy parking * easy access
- **NEW MEETING: Thursday 4:45 pm St. Camillus Health Campus 101st & Bluemound Wauwatosa Use East Residence Entrance** easy parking * easy access
- If your meeting wants to grow its membership, please reach out to publicinformation@oamilwaukee.org for help. Lots of tools are available.

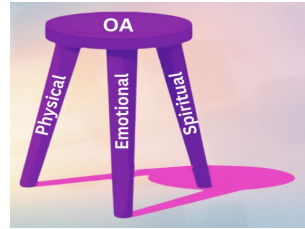
UPCOMING INTERGROUP EVENTS



Go to oamilwaukee.org for more Information and a printable flyer for you share.

OA-MAI 2026 RETREAT

- THE ART OF BALANCE
- October 2-3-4
- Registration is opening soon
- Scholarships are available
- Watch oamilwaukee.org for more information next week



NEWCOMERS VIRTUAL WORKSHOP

Saturday, October 17, 2026 10 am – Noon

- Watch oamilwaukee.org for more information soon

Pulse - A Health & Wellness Fest For All

Powered by Aurora and MWF

Saturday, August 29th

Milwaukee Area Intergroup will be setting up a table to share all about OA's Message of Hope.

OA Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible"

Volunteers Needed to help, shifts are as follows:

9:00-10:45

10:45-12:15

12:15-2:00

To sign up to help please email:

professionaloutreach@oamilwaukee.org

Pulse is a free health and wellness festival to help provide the community with the tools and resources needed to live fitter, happier, and healthier lives. For more info Click:

Pulse: <https://www.milwaukeeworldfestival.com/pulse/about-pulse>

Pulse: <https://www.milwaukeeworldfestival.com/pulse/registration>

Pulse: <https://www.milwaukeeworldfestival.com/pulse/pulse-schedule>

Read about a fellow OA experience from the 2024 Pulse Event: <https://www.oamilwaukee.org/carrying-the-message-at-a-health-fair-the-perfect-dive-into-oa/>

INTERGROUP NEWS

Recently Ann E was elected Intergroup Chair through October 2026. This left the Vice Chair position vacant.

At the July Intergroup meeting, Cindy F was elected Intergroup Vice Chair through October 2026. This left the Treasurer position vacant.

At the July Intergroup meeting, Laurie L was elected Intergroup Treasurer through October 2026.

Thank you to these members for giving service in these ways.

REGION 5 CONVENTION



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



**Region 5 2026
Annual Convention!**
September 4th - 6th, 2026
Crowne Plaza Hotel - Indianapolis Airport

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

<https://oaregion5.regfox.com/the-twelve-freedoms-of-oa-region-5-2026-convention>

Inspirational Quote for Step 8, from "From OA 12 & 12"

We turn once more to God, asking for the willingness to do the things we fear, to make the amends we owe.

Having said this prayer sincerely, we are now willing.

Page 62

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

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