** NEWS YOU CAN USE

November 2026

Responsibility Pledge

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

To subscribe to this newsletter, see Subscribe function at the bottom
or send email to emailblast@oamilwaukee.org

** Save these Dates for Upcoming Events!

IDEA Day: A New Vision for You Saturday November 21st 1:00-2:30 pm More information below
---
Thanksgiving Virtual Meeting Thursday November 26th 7:30-9:00 pm More information below

THURSDAY MEETINGS
Please contact Julie C, Meeting List Editor, at meetings@oamilwaukee.org
(mailto:meetings@oamilwaukee.org) or 414/259-0640 to report whether or not your meeting
will meet on November 26, Thanksgiving Day.

Twelfth Step Within Day Saturday December 12th - More information coming soon!

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!

October 1 - November 29, 2026
OA-MAI has opened a GRATITUDE Appeal during this annual season of Thanksgiving.

Did you know that there are fewer meetings and fewer members (since 2020) to contribute toward covering the costs of operating the intergroup?

But there are many fellow sufferers who have not yet heard our message of hope about attaining and maintaining a healthy body weight.

CARRYING THE MESSAGE IS MORE IMPORTANT NOW THAN EVER BEFORE as people are finding new hope in stopping patterns of overeating and obesity.

Every member of OA-MAI is asked to participate in some way, expressing GRATITUDE for our own recovery, through service and/or a special contribution.

Your participation assures the message remains available to fellow sufferers in eastern Wisconsin who have not yet heard our message of hope!

Please consider nominating yourself to give service to OA-MAI as Region 5 Rep (2 needed) or World Service Delegate

Some Leadership positions are open now. If you have interest, please contact Chair Ann E at chair@oamilwaukee.org (mailto:chair@oamilwaukee.org) :
* Fellowship Committee Chair, one year term beginning December 1, 2026; renewable one time
* IT Administrator, one year term beginning December 1, 2026; renewable one time
* Newcomer Committee Chair, one year term beginning December 1, 2026; renewable one time
* Young Person's Committee Chair, one year term beginning December 1, 2026; renewable one time

The PI Committee seeks new members in the following roles. If you have interest, please contact PI Chair Laurie L at publicinformation@oamilwaukee.org (mailto:publicinformation@oamilwaukee.org):
* Events Editor, keeping the website current for upcoming fellowship events with guidance from the PI Chair and our paid special worker. This is a newly-created role.
* New You Can Use Editor, laying out the monthly digital issue (and an occasional special edition) with guidance from the PI Chair and OA-MAI's paid special worker.

IDEA DAY 2026 INTERNATIONAL DAY OF EXPERIENCING ABSTINENCE
A New Vision for You
Saturday, November 21 - 1:00 - 2:30 pm

VIRTUAL THANKSGIVING MEETING
Thursday, November 26th - 7:30–9:00pm

Step 11
from OA 12 & 12

Through prayer and meditation, we align ourselves with a Higher spiritual Power that gives us everything we need to live to our fullest potential.
Page 80

** Service is easy: Consider Contributing to Our Publications
---
Monthly News You Can Use: Send announcements to emailblast@oamilwaukee.org (mailto:emailblast@oamilwaukee.org) .

Cocoon articles: Send to cocooneditor@oamilwaukee.org.

Milwaukee Area Intergroup
oamilwaukee.org (https://oamilwaukee.org/)
414-259-0640
P.O. Box 270054, Milwaukee, WI 53227

MAI secretary: secretary@oamilwaukee.org (mailto:secretary@oamilwaukee.org)

To subscribe to News You Can Use, send an email to emailblast@oamilwaukee.org (mailto:emailblast@oamilwaukee.org)

For the latest in news and events, visit the MAI Web Site at oamilwaukee.org (https://www.oamilwaukee.org/)

Seventh Tradition
Please remember that we are self-supporting through our own contributions. Send contributions to OA MAI, P.O. Box 270054, Milwaukee, WI 53227 or contribute online at oamilwaukee.org. (https://www.oamilwaukee.org/our-intergroup/make-a-contribution/)

Next Milwaukee Area Intergroup meeting
Monday November 16th, 2026 @ 6:30-8 p.m. via telephone/Zoom conference.

Join Zoom Meeting
Meeting ID: 818 7526 9829
Passcode: mai1212

Dial to join by telephone
312/626-6799
ID: 818 7526 9829# Participant ID: #

Contact chair@oamilwaukee.org (mailto:chair@oamilwaukee.org). to request electronic files for the meeting
==========

ABOUT US:
The Milwaukee Area Intergroup of Overeaters Anonymous (OAMAI) covers all of eastern Wisconsin including the Milwaukee Metropolitan Area and parts of Central Wisconsin. MAI holds meetings on the third Monday of each month at 6:30 p.m.

LET'S CONNECT:
P.O. Box 270054
Milwaukee, WI 53227

P: (414) 259-0640
E: info@oamilwaukee.org
