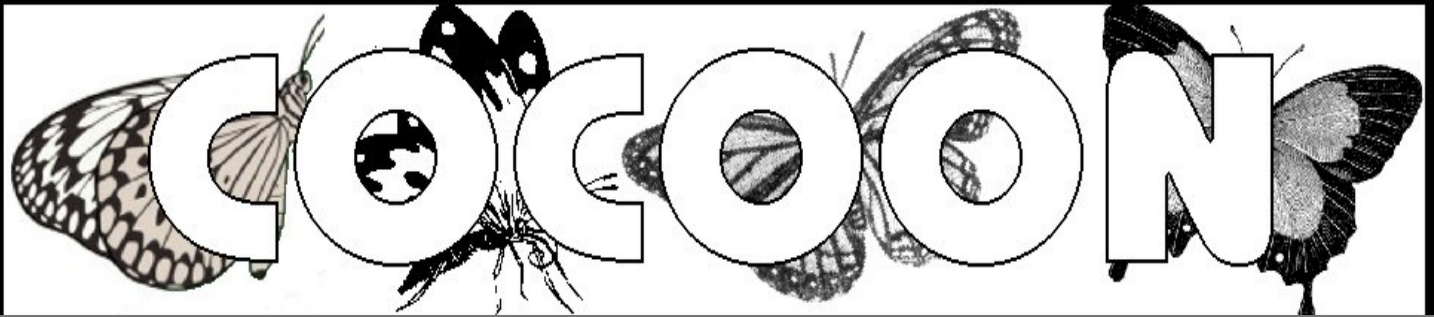




Expect A Miracle!

The Miracle Continues One Day At A Time

To me, giving back what I have been so freely given in the program is so vital to my recovery. I'm so grateful that there was a local meeting in my area and that someone was there to open the door and welcome me into the group.

That love and acceptance was amazing as I came into my first meeting—desperate, deflated, and with nowhere else to go. What if no one was there? What if I was rejected by the members of the group?

Because of the love and acceptance in OA, and hearing the directions in the OA steps and traditions, I kept coming back and the miracle happened to me. I've been at a healthy body weight by the grace of my Higher Power, and working the spiritual principles in all my affairs, one day at a time.

I was told early in my recovery by my first sponsor that I cannot keep what I have unless I give it away.

That first sponsor had me doing service right away—picking members up to attend the meeting, being the chairperson of our small meeting, and even took a vote for me to be the group representative. After working the first three steps with my sponsor she had me sponsoring new members that came to our meetings.

Continued on page 3....



Fall - to me - is a beautiful time of year.

Leaves of the trees turn beautiful bright colors of orange, yellow, red, maroon, and all the shades in between green to brown.

Transformations happen in nature. It's a beautiful harmony and that's what I get working with others in recovery of Overeaters Anonymous.

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* Artwork was submitted by Davney	

Our *Cocoon* is an impressive example of the on-going work of OA members in MAI's communities. You can give service by taking a few of your program moments to read a *Cocoon* article, and give your own comments about anything in the *Cocoon* (anonymously or with your name) to be posted in the blog on our website. Just email a few words to yourstory@oamilwaukee.org. Your words can make a difference to those who visit the oamilwaukee.org website.

Your Story. Your Miracle



I've Worked So Hard To Get Here

Last Monday at the meeting I shared that I was proud of the way I looked in the mirror. I lost so much weight. Over a hundred pounds. I worked so hard to get here.

When I look in the mirror, I see a whole new person. One that I haven't see for a while. I love the way all my clothes look. I hope that I don't sound conceited.

At the meeting, a lady came up to me and called me skinny. It made me feel so good. I tell everyone they will be carrying me out of the meetings in a coffin. That's how long I'll be in OA. I joined in 1994 but I didn't work the program until 2008. I've been working it every day since.

I love OA for all it has done for me. I have recovery on all three levels; physical, emotional and spiritual. Mary

The Awkwardness of Abstinence

I was doing step three work (...again this year) and I noticed after dropping off at step eight last year, I'm coming at it with a deeper understanding. My prayers are different. My forgiveness and acceptance is increasing and I am more patient, tolerant, kind, and loving today. I'm willing to admit I am powerless over the past and over the future and certainly over my food! I'm better understanding about listening for and hearing my Higher Power. I can see more of my HP's work in my life and my journey. No longer do I just brush things off unconsciously. I am giving HP due credit. Now here, on step three, on my knees saying - I'm willing. Allowing for God to do for me what I cannot do for myself.

How willing am I? Again, I say, just how willing am I?

I'm reading OA literature. I'm discussing it with a sponsor. I'm asking God to be relieved of the craving and asking for the strength to practice discipline.

At times it feels so awkward to be absent. And not being abstinent feels so normal.

It's very easy to sleep, to be unconscious, where ego lives and stirs and bolsters. So here I am now, praying to be willing to be in the awkward, to be uncomfortable. That is where God is leading me so that God can align me to abstinence. Then in a minute after doing my step work, after taking these last several weeks to admit - to believe -to surrender - to accept, I'm walking through the kitchen into the dining room with something in my hand, and I glimpse myself in the mirror and I say, "oh my goodness look at me, starting to slip, in an instance." I quickly put that thing away and go on with an action plan that serves me better. That's definitely a miracle! Even in the tiny form it shows up, it helps me to start being comfortable with the awkwardness of abstinence. Jennifer

Your Story. Your Miracle

“What Does It Take To Do Your Program?”

The Big Book of Alcohol Anonymous says, “Rarely have we seen a person fail who has thoroughly followed our path.” The significant word for me is THOROUGHLY. And I have found, for myself, that I must thoroughly – methodically, carefully, systematically – follow the path set out by the founders of the AA, and by our OA 12 and 12.

For me, I must work all 3 parts of the program – physical, emotional and spiritual. If one is left out, then the three-legged stool falls. I have tried to skimp and it just doesn’t work for me.

With all that the OA program has to offer, it is workable to bring all three aspects of the program into my life, and my day, each and everyday. I must, if I want the recovery that is awaiting me each day. I must do the footwork – use the tools, be honest, prayerful, and comprehensive in my efforts. Painstakingly (I learned that word from the AA Big Book), I write and execute my action plan, including quiet meditation time, exercising my body, reading OA literature and writing about it, planning my meals and committing to that plan, reaching out to other OA members, sponsoring and having a sponsor, getting to a meeting every day, and if I can’t, listening to an OA podcast, and having some prayer time, time with God, time to remember, each and every day, that I am not doing this alone.

I have a spiritual and emotional disease, which manifests in compulsive overeating. Each day that I address my spiritual and emotional condition, I am moving in a positive direction with my disease of compulsive eating.

Terrie

Continued from page one The Miracle Continues... !

It was a lot, but the pain and suffering of compulsive eating scared me into right actions. I plunged myself into helping others so that I could keep this amazing miracle in my life.

Today - fourteen years later - the miracle continues one day at a time as I continue to grow spiritually - my mental health, emotional health, relationships, and healthy body improves. I still have what I call a healthy fear of relapse and going back into the depths of this disease, which is still cunning, baffling, and powerful.

I need to remember what it was like and how OA and God continues to restore me to sanity one day at a time. I NEED to give away what I have, I need to reach out to those who are still suffering. When I put my hand in yours, marching hand in hand, shoulder to shoulder, WE GET BETTER.

We can keep trudging this road together in alignment to our spiritual principles which orchestrates empowerment, healing, unity, growth, encouragement, and fellowship.

KIM



POEM from Sue W

Broccoli, zucchini, celery
root, parsnips

I think it's a miracle

Treadmill, stationary
bike, scary machines,
sweating

I think it's a miracle

Chocolate, cake, pie - I
am no longer interested

I think it's a miracle

Disappointment, fear,
loneliness, exultation
my God, those are feel-
ings

Reader's Email

We Band Together To Carry The Message

I've been a member of the Milwaukee Area Intergroup Marching Band Public Information and Professional Outreach Group for a few years and it's been an amazing journey of transformation and harmony in my recovery. I get to work with beautiful, recovered Overeater Anonymous fellows and our hired marketing staff person - who is so amazing and encouraging.

Just like a marching band - it takes good leadership and participation from each other. When I was in marching band in high school - our band director would attempt to get us all to march and play our instruments in alignment with the standards of marching heel to toe, shoulders back, head straight and instrument up ready to play. We'd watch for the instructions of the band leader and do the best we could as teenagers.

In this MAI OA marching band, I'm listened to, heard, and welcomed. We follow the twelve steps and traditions of Overeaters Anonymous. We keep our focus on the still suffering compulsive overeater as directed in our twelfth step.

I plan to keep on marching with this band who understand me as a compulsive overeater and welcomes me so that we can band together to carry the message to those who are still suffering. To be "attuned to the welfare of others" and to share this amazing program with those in the community through public outreach and professionals who have never heard of this life saving program. Who will join me?

We need more band members. We will welcome you with open loving arms and as we band together - we get better.

United under the direction of a Power greater than ourselves.

In loving service, Kim B.



My Diseased Mind Plays Tricks On Me

Recently it told me I could buy my favorite dessert to serve while my kids are here. And who is going to eat it? Who do you think? Yours truly. Instead of buying the darn dessert, I can buy what I always buy; beautiful organic fruit that we all can indulge in, and I won't have to worry about going off my food plan and possibly losing my abstinence.

I have been recovered for nearly forty years, and my mind still tries to play tricks on me. To me, that proves that no matter how long I'm in recovery, my mind can still work against me. In my perspective, recovery is a daily battle, never ending and always important. Abstinence daily - one day at a time. Bobbi

Sponsors Corner

Becoming Honest With Our Food

One of the first steps on our recovery journey is to develop a food plan. While OA offers options for food plans, (see “A New Plan of Eating” pamphlet at oa.org and available e-readers), and encourages going to see a professional, only we can determine what are our personal compulsive trigger foods. This requires us to honestly look at our compulsive eating behavior.

The OA publication “A Sponsor’s Toolbox” (oa.org) offers the following guidance....

“Construct a three-column list of all the foods you commonly eat. Be extremely specific. Do not say vegetable—instead, name the specific vegetable and how it is prepared. Do not say protein—instead, name the specific protein, such as steak, chicken, or fish, and how it is commonly prepared. Do not say sugar or candy—say instead the specific candy bar, ice cream, donut, cake, or junk food you eat. Include condiments, table sugar, sugar substitutes, and salt. Leave out nothing that you eat or drink.”

Column A	Column B	Column C
Foods that you know in your heart of hearts are trigger foods—foods that you often eat too much of. Foods that you never have “just one” of, foods that you consciously or unconsciously turn to when your feelings are particularly unpleasant or pleasant, foods that call to you, comfort foods.	Food that sometimes may be a problem.	Foods that clearly are not a problem for you—you can take or leave, are clearly not a comfort food for you, that you do not overeat.

From “A Sponsor’s Toolbox” found at oa.org, resource library.

As honesty and our understanding of our illness grows this list will probably change. However, it provides a starting point to what can be included in a food plan. It is also a wonderful list to take to a nutritionist.

Expect A Miracle

Milwaukee Area Intergroup

Serving Eastern Wisconsin

MAI Website oamilwaukee.org

Facebook Overeaters Anonymous - OA Milwaukee

Contact Info

414-259-0640

Milwaukee Area Intergroup

PO Box 270054

Milwaukee, WI 53227

QR Code

direct to website



Board of Directors

(new board members take office at November meeting, based on October elections)

Chair, Ann E: chair@oamilwaukee.org

Vice Chair, Cindy F: vicechair@oamilwaukee.org

Secretary, Sue W: secretary@oamilwaukee.org

Treasurer, Laurie L.: treasurer@oamilwaukee.org

Region 5 Reps:

Lynn H: region5rep@oamilwaukee.org

Carol Ann M: region5rep2@oamilwaukee.org

World Service Rep, Lynn H:

wsorep@oamilwaukee.org

Leave message for any board member: 414-259-0640

MAI News Available Via Email

Want to receive free, monthly MAI news via email? Send an email to **emailblast@oamilwaukee.org** with "Subscribe" in Subject. Include in the body of the email your first name, last initial, and home meeting.

Your email address will never be distributed nor seen by other people receiving the mailings.

MAI Monthly Meetings

Third Monday of every month, 6:30-8:00 p.m., via Zoom. Contact chair@oamilwaukee.org for the information. Each member group can have two voting representatives. All OA members are welcome.

OA World Service

oa.org

Free OA podcasts featuring OA speakers: oa.org/podcasts/. A podcast is a radio-type show you can download from the Internet to your computer.

A link is available at this site to get World Service Office (WSO) information.

Spanish OA Website Espanol.@oa.org

French OA Website Francais.@oa.org

Region 5

region5oa.org

Serving Midwest US and Canada

Cocoon Submissions

We need and want your stories of recovery, poems, and pictures, that share your experience, strength, and hope!

Send to cocooneditor@oamilwaukee.org or OAMAI, Attn: Cocoon Editor, PO Box 270054, Milwaukee, WI 53227.

Editorial Policy

Out of the Cocoon is the *quarterly* newsletter of the Milwaukee Area Intergroup of Overeaters Anonymous, Inc. We welcome OA-related contributions from members. Material cannot be returned, nor can payment be made. All submissions must be signed; names will be withheld upon request. The editor reserves the right to make editorial changes and to refuse any article not meeting the editorial policy or that breaks any traditions. Articles may not appear in the quarter of submission. Other OA groups may reprint articles without permission as long as credit is given. The opinions expressed herein are those of the writers, and not of the Intergroup or OA as a whole. Deadline for articles is the 20th of odd-numbered months to cocooneditor@yahoo.com.

Seeking a Sponsor?

The MAI Twelfth-Step-Within Committee maintains a list of available sponsors and temporary sponsors so newcomers and those still suffering can get direction and support. If you need help finding a sponsor, email **12th-stepwithin@oamilwaukee.org** or call **414-259-0640** and leave a message. Provide your contact information, the type of sponsor you are seeking (i.e. food, step, maintenance, late night calls, for newcomer, temporary, etc.), and any other specific needs you have.

Available to Sponsor?

Please add your name and phone number to the list so you can help another member. Indicate type of sponsor you are willing to be (see above for ideas) and time of day you are available.