

**Expect A Miracle !**

Dear Newcomer,

Just three words. We get it.

Soon after I first came into OA, I was sitting in my good friend's kitchen. Eventually the conversation moved from what each other's kids were doing to me telling her that I had started going to OA meetings to get help with compulsive overeating. She was legitimately confused as to what my trouble really was. Why didn't I just "not eat"?

In trying to explain it, I pointed her to a container of bakery items sitting at the end of her kitchen counter and told her that since I had entered her kitchen and noticed that container, the contents had been on my mind. That even while we were catching up about life, I was thinking about how much I would like to eat what was in that container, wondering if she would offer them, thinking perhaps that if she left the room, I could discreetly get into them or maybe I could stop somewhere after I left her house to get some of my own. In other words, they were consuming my thoughts.

She looked at me wide-eyed like I was speaking a different language. She said, "What? Those? They don't even taste good! Why would you want them?" I responded, "Exactly. That's what it's like being a compulsive overeater."

I don't think my sweet friend ever understood what I was talking about, but Newcomer, I know that you do.

When I started in OA, it was only because diets were not working anymore. I had lost 125 pounds on a super restrictive diet in seven months and put most of it back on in an even shorter time. I had prayed for God to help me lose weight. I had been in counseling. I had tried an outpatient eating disorder clinic. Nothing worked.

In desperation, I went to an OA meeting with a huge chip on my shoulder because I knew that this was just going to be another thing that failed. I didn't want to be there. The parking lot needed resealing. The church basement had a funny smell. I didn't want to be one of "those" people who probably just met together because they didn't have any friends in their regular life. At that meeting, I heard things like "Welcome Home". Well, this certainly wasn't my home, I thought.

As I listened, I started hearing things that I had never really heard before. I heard that food was cunning, baffling and powerful. I heard that rarely had they seen a person fail who had thoroughly followed their path, I was still skeptical of course. After all, diets promised the same. But then I started listening to people's stories. I heard what they dealt with and the lengths in which they had gone in order to binge and suddenly I was sitting up straight. Wait, what? I heard how they gave up the struggle and turned it over to their Higher Power. I heard about recovery. REAL recovery. I was actually having a moment of hope.

.... Continued on page 2

**In this issue...**

- Expect A Miracle !..... 1
- Your Story Your Miracle.....2-3
- Expect A Miracle continued..... 3
- Readers Email ..... 4
- Meeting Spotlight ..... 4
- Sponsors Corner.....5
- MAI Board ..... 6
- OA World Service ..... 6
- Seeking a Sponsor..... 6

\* Graphics were submitted by participants of Convention Workshop activities.

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](mailto:yourstory@oamilwaukee.org). Your words can make a difference to those who visit the oamilwaukee.org website.

## *Your Story. Your Miracle.*

**Voices of Recovery reflections** - March 12 While working toward a healthy body weight, many of us may have been so focused on following our plan of eating and physical recovery that we....failed to delve into the issues that caused us to eat compulsively." from A Lifetime of Abstinence: One Day at a time, page 9

"Though our decision was a vital and crucial step (step 3), it could have little permanent effect unless at ONCE followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor (food) was but a symptom. So we HAD to get down to causes and conditions" Alcoholics Anonymous, page 64

I LOVE this reminder. My compulsive food and food behaviors were just a symptom of much deeper issues. For me, as I've learned after working these vital steps and trusting God with my food and weight one day at a time since spring of 2009 when I hit my breaking point of desperation and came into the rooms of OA, that I ate to soothe my fears, anxieties, insecurities, anger that others were not following my script - doing things I wanted them to do.

I felt the ease and comfort gave me for a long time, it worked until it stopped working and the food started to control me! So scary. It stopped working and I was desperate.

Today I "turn my ever-elusive goal weight over to the decision of my Higher Power." I also turn over my expectations of myself and others over to HP. I recognize my emotional disturbances and admit them and turn them over. I make amends if I do or say something that is harmful to myself or others. With God and the fellows of OA and working all the 12 step principles in my life daily, I can feel at peace around the food, the scale, my body image, my relationships, work, finances and uncomfortable feelings.

Thank you OA and God! The promises of the program are my reality today. I think I'll keep coming back.

Have a wonderful God directed day - I know I will!

Peace and Love,  
Kim B.



### **God Spoke Through Our Daughter**

I am so glad I had already started on the Atkins diet before I began with my OA low carb food plan. I didn't have to struggle to eat so cut my intake of food. I was amazed at how full I was when I was eating so little! In the past I had put so many calories in my body each day, it's amazing I only weighed what I did. How could I feel so good with so little food...a miracle, I say!

I have always known that weight loss could not only be about dieting, but I never knew the answer, until January 7, 2023 when my husband and I attended our first zoom meeting on a Saturday morning.

As soon as we started the meeting, I knew this is where the answer lived! I don't remember what, exactly, went on there, but I heard about the 12 steps, we read something and then the women shared about their experiences. I could relate to everything they were talking about and I thought this was the answer to getting myself whole again.

As I attended more meetings and started praying a little bit, not only did a physical change occur, but a spiritual one also. My entire being is at peace. I don't ever remember feeling like this. I am usually filled with angst about...something! After more than a month, I still feel this way.

I know God spoke through our daughter to suggest coming to OA, and I know He's been with me every step of the way!      Anonymous

## Your Story. Your Miracle.

### Fifty+ Years

I walked in the doors of OA on May 15, 1974. Over the years I've seen a lot of changes. My personal plan of eating has changed but one idea from my early days has remained pretty consistent. 3-0-1. Three moderate meals a day, nothing in between, one day at a time. A little over twenty years ago I was diagnosed as a type 2 diabetic. I believe the way I ate before that time had kept it under control. I was under a tremendous amount of stress the year I was diagnosed. The day after my doctor appointment I would find out if I would be downsized from a long time job (The process had been going on for 4 months) and 2 months earlier my mother had a stroke that she was not recovering from.

Learning to say NO or NOT TODAY to foods I enjoyed in the past is hard but only for the moment. Over the years I have followed many different "printed" diets, made up my own (I did major in Foods and Nutrition in college but knowing and doing are two different things), following plans given to me by dietitians and the list goes on. A couple big changes for me was getting rid of the diet mentality and finally turning my food over to my higher power.

Currently I have a home group that I try not to miss unless I am out of town or ill. I have a sponsor that I contact on a regular basis and I sponsor other women. I call or text other members (I heard at an event in Kansas City in 1974 to make 3 phone calls a day), I read OA and AA literature daily. I use daily meditation books from 12 step programs and my personal faith beliefs. Writing is one tool I struggle with. I keep buying the perfect journal and the perfect pen to write with but continually fall short of my goal. I envy those who journal regularly. I have written down every bit of food put in my mouth consistently since May 2019 and this is the longest I have ever done that. I will write when I'm struggling with a decision or problem in my life and that usually consists of a pro and con list which usually helps me come up with an answer.

Service has been one tool that I believe has helped keep me coming back. Early on I was taught to come early to a meeting and help set up and stay late to help clean up. Lots of fellowship occurs during those times. I got involved with intergroup early on (at that time we thought we were a steering committee). My first OA meeting was the first meeting of the 5<sup>th</sup> group in the greater Milwaukee area. We took turns leading the meeting and since there were 5 of us in the beginning the longest you could attend before leading was 5 weeks. Since we were all new I volunteered to attend the intergroup meeting which was held in a member's home. Over the years I've held many jobs in OA. One of the first was literature person for the meeting. We couldn't store our meeting supplies where we met so the box was in my trunk. That brought me to meetings at times when I didn't want to go because they would notice if I wasn't there. Because of positions at the group, intergroup, region and World Service level I have met many wonderful friends and developed a commitment to recovery.

Sometimes I wonder why have I kept coming back all these years while others have left. All I know is that I need this program and its 12 steps, 12 traditions and 12 concepts. I know I need the program and all of you. I hope you do too. Keep coming back or better yet stay until the miracle happens.

Nancy H.

### Continued from page one ... Expect A Miracle!

Then another miracle happened. The people at the meeting looked me in the eye and said how glad they were that I was there. They gave me their phone numbers. With my permission, they hugged me. They offered to meet with me; they offered to sponsor me. This wasn't fake. This wasn't marketing to get me to buy a diet. I was struck by what I had heard and the love of the people; they UNDERSTOOD.

As I went to a few more meetings, my realization was confirmed, that these strangers whom I would never have met otherwise completely knew what I was going through. They knew me in a way that my closest family and friends did not. I didn't have to try to explain the unexplainable. They *already* knew. I was truly speechless. This recognition has put me on the path to recovering from compulsive overeating which I never thought possible. During the process, I have learned so much and also still have so much to learn. It's not always easy, but it is so worth it.

So, my dear Newcomer friend, please join us. While your story and situation may differ somewhat from those at the meetings, know that at the core, we get it. Come and see. Expect a Miracle!

Anonymous



## Reader's Email

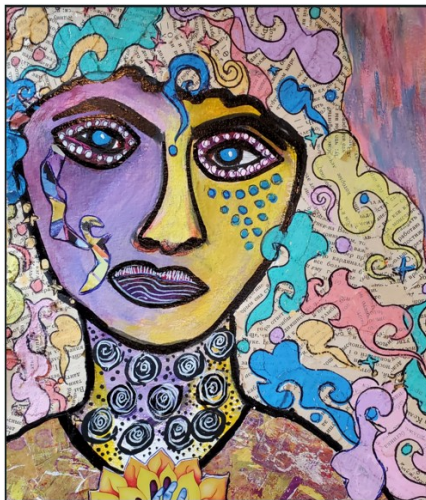
### Who Am I Without Perfectionism?

"We're entirely ready to have God remove all these defects of character." Step Six

For me, my life has been way easier without that old devil defect, demanding perfectionism from myself-nobody else but me. I was pretty hard on myself. But about five or six years ago, a wonderful god with skin on brought it to my attention. Since then, along with praying for Higher Power to remove it, I talked about it with Program cohorts and a sponsor, a therapist, my hubby, and myself. Believe me, I have noticed how much happier I am without it, because I'm free to be me with all my foibles.

Love you and me and HP,

Bobbi



### Seeing Clearly

When I was into the disease of compulsive overeating I felt like I was lost with pain and heaviness. The weight of my disease was crushing me.

I can see clearly now ... all of the wonderful parts of me.

### Voices of Recovery Reflections for April 8th

"I cannot do God's part; I never could, but as I operate in harmony with what God does, I am recovering." "12 step Principles; HONESTY, HOPE, FAITH, COURAGE, INTEGRITY, WILLINGNESS, HUMILITY, SELF-DISCIPLINE, LOVE, PERSEVERANCE, SPIRITUAL AWARENESS, AND SERVICE.

When I started asking God to help me with HIS plans, instead of asking his help with MY plans, I was on my way!"

Today I asked God to guide and direct my day. To dance with me in partnership with life. I let God hold me and lead me around the dance floor of life, this day, this moment - I will cherish myself in it every moment is a miracle from God.

I surrender to God today and the day will unfold like a beautiful flower.

### My Spirituality

When I attended my first OA meeting about two years ago, I considered myself an atheist. When I heard God, I was a little nervous. Then I heard a God of your understanding... and that comforted me. I also heard that religion is different than spirituality and to seek out a Higher Power. I never heard this before! It took a while to find the HP of my choosing. At first, it was the meetings which transformed HP into something in the universe. Now I have a spirituality I rely on daily. I feel I have something that always has my back. HP guides me and makes me a more understanding and kind person. I've never felt this whole and fulfilled as I am in OA.

Thank you for my dear Higher Power!

Anonymous



## Sponsors Corner

### Wisdom from OA Literature

#### What is a sponsor and what qualifies one to be a sponsor?

Sponsors are OA members who are living the 12 steps and 12 traditions to the best of their ability. They are willing to share their recovery and are committed to abstinence.

From Tools of Recovery

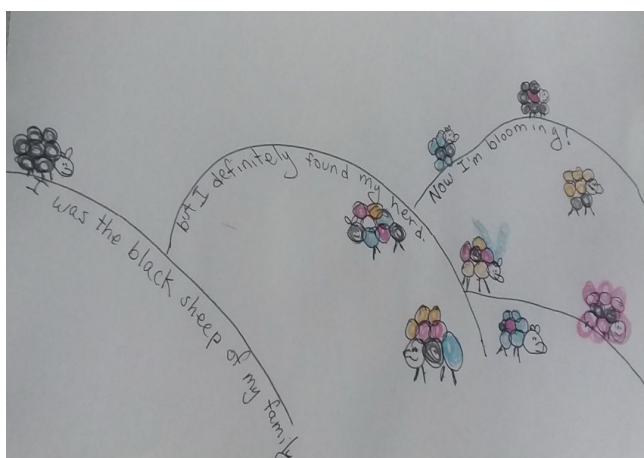
Nobody is perfect! The Big Book page 18 states “he has no attitude of Holier Than Thou, nothing except the sincere desire to be helpful”.

#### When is someone ready to be a sponsor?

“Sponsoring begins when an OA member, after careful reflection, decides they feel ready or when someone approaches the OA member because they see the recovery they want. Potential sponsors do not necessarily need to complete all 12 steps before offering to sponsor. Willingness is Key.” From Sponsorship in OA

#### What are some reasons to sponsor?

- Best way to keep it is to give it away
- We get to pass on the gifts of recovery and offer hope
- Opportunity to witness the miracle of recovery
- Meet new people to share the joy of recovery with
- We often say what we need to hear
- We often hear from our sponsees what we need to hear
- Keeps us focused on our recovery



#### Quotes from “Sponsorship Success,” a podcast series from oa.org

[oa.org/podcasts/sponsorship-success](http://oa.org/podcasts/sponsorship-success)

If you are feeling hesitant to commit to sponsoring a wonderful resource is “Temporary Sponsors: Newcomers’ First Twelve Days”, available from [oamilwaukee.org](http://oamilwaukee.org) and / [oa.org](http://oa.org). It is also suggested to talk to one’s own sponsor about sponsoring and, most important, to one’s Higher Power.

Please consider emailing [12th-stepwithin@oamilwaukee.org](mailto:12th-stepwithin@oamilwaukee.org) or call 414-259-0640 and leave a message to talk with a committee member about being available to sponsor.

Watch this space in the future for tips on sponsoring.

Expect A Miracle

## Milwaukee Area Intergroup

*Serving Eastern Wisconsin*

MAI Website [oamilwaukee.org](http://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](mailto:chair@oamilwaukee.org)

Vice Chair Vacant

Secretary, Sue W: [secretary@oamilwaukee.org](mailto:secretary@oamilwaukee.org)

Treasurer, Cindy F: [treasurer@oamilwaukee.org](mailto:treasurer@oamilwaukee.org)

#### Region 5 Reps:

Lynn H: [region5rep@oamilwaukee.org](mailto:region5rep@oamilwaukee.org)

Carol Ann M: [region5rep2@oamilwaukee.org](mailto:region5rep2@oamilwaukee.org)

#### World Service Rep,

Lynn H: [wsorep@oamilwaukee.org](mailto: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](mailto: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](mailto:chair@oamilwaukee.org) for the information. Each member group can have two voting representatives. All OA members are welcome.

## OA World Service

[oa.org](http://oa.org)

Free OA podcasts featuring OA speakers: [oa.org/podcasts/](http://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](mailto:Espanol@oa.org)

French OA Website [Francais@oa.org](mailto:Francais@oa.org)

## Region 5

[region5oa.org](http://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](mailto: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](mailto: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](mailto: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.