

## Higher Power Speaks Through Our Intuition

I attended a book launch last night. A friend from my writing group was publicly introducing her newest book to the community. I sat with three people I didn't know and got to know them through their connection to the author. When the program began, the speaker talked about community and its importance in our lives.

After the presentation, I spoke with another friend from our writing group. I excitedly shared with her the amazing intuitive messages I received lately. One helped further heal my dad trauma and other messages urged me to complete my own book. I told her I was amazed by the persistence and creativity with who was nudging me! My friend shared about the wonderful things in her life. We hugged and my heart was full, realizing how many places I have warm, inviting community. I felt gratitude as I first consistently found this kind of community in Overeaters Anonymous.

This morning, September 6, I opened my *Voices of Recovery* book to read about how intuition is our

Higher Power's direct line into our minds and hearts. It goes on to say how the writer should not be surprised by Higher Power's persistence and creativity after 10 years.

I smiled. Smiling is how I now respond when I realize how often intuition, or Higher Power, shows up in my life. I intuitively know how to handle a situation which used to baffle me. I went from entering program in my 20s trying to figure out how I was going to recover balancing on a two-legged stool with physical and emotional recovery, to knowing God is doing for me what I have never been able to do for myself. God is often the first item listed on my gratitude list. It's now that easy to recognize intuition at work!

What is your Higher Power saying to you?

— Anonymous



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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.

The theme for the first quarter 2025 *Cocoon* is "Steps 0 and 1." Writing about any experience, strength, and hope also is welcome. Due: Dec. 17. Email [cocooneditor@oamilwaukee.org](mailto:cocooneditor@oamilwaukee.org)

## Milwaukee Area Intergroup

*Serving Eastern Wisconsin*

**MAI Website** oamilwaukee.org

**Facebook** Overeaters Anonymous - OA Milwaukee

### Contact Info

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### QR Code

direct to website



### Board of Directors

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

**Chair, Pat G:** chair@oamilwaukee.org

**Vice Chair, Louise V:** vicechair@oamilwaukee.org

**Secretary, Ann E:** secretary@oamilwaukee.org

**Treasurer, Mary P:** treasurer@oamilwaukee.org

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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!**

Issue	Deadline	Topic
1st Quarter	Dec. 17	Steps 0 and 1

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

Editor: Leya B.

### 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.

## Carrying the Message

### Service at the Pulse Health Fair

In Fall of 2023, Milwaukee Area Intergroup voted to include a column in each issue of *The Cocoon* dedicated to helping members “Carry the Message.” We all are invited to “Carry the Message.”

I had an absolute blast working the Overeaters Anonymous (OA) booth at the Pulse Health Fair! Being new to OA, this was my first big event, and it couldn’t have been more fun or eye-opening. One of the best parts was meeting so many new members, sharing stories, and hearing how OA has impacted their lives. Plus, I was lucky enough to find a sponsor — talk about a win!

The booth was buzzing all day, especially with our “Pick a Prize” puzzle game! It was a huge hit. Watching people light up when they won prizes was just as exciting as playing the game myself. Between chatting with curious visitors about OA and explaining what the program is all about, I felt like I was spreading the word and helping others take a step toward their own journey.

I also soaked up so much knowledge about OA just by being there and talking to experienced members. During my breaks, I strolled around the fair, checking out the other booths, winning some prizes of my own, and just enjoying the lively atmosphere. All in all, it was a day filled with fun, new unity!

—Anonymous

### Reflections on OA Service at a Health and Wellness Fair...

Sunday September 8th, 2024, I had the amazing opportunity to help and organize a booth for OA MAI to help plant seeds in the community about the amazing transformative program OA has to offer those who may still be suffering. Why, might you ask, would I do such a thing? To take time out of my busy life to do service at this level? Will this even make a difference? Will it save someone’s life? Will the numbers at our OA meetings increase? Will it increase OA’s pocketbook?

I’ll tell you why—because if I don’t spread the message of this amazing program to others who may still be suffering—I SUFFER! I cannot keep my recovery, my spiritual connection with God, my abstinence, without sharing it with another human. Working the 12 spiritual principles in ALL my affairs includes working with others. There is a reason why Bill W—the founder of AA—shares about how he worked with others at all levels of his recovery. There is a whole chapter in the AA *Big Book* called “Working with Others.” Bill W’s Grapevine article on Emotional Sobriety talks about battling depression by working with others.

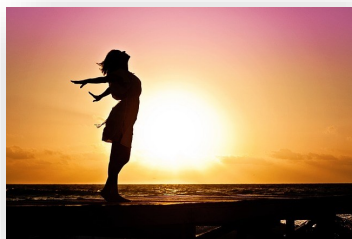
I am a human being—filled with selfishness, self pity, self seeking, and dishonesty. My head is a dangerous place to be. The way to get out of that is to get myself out of the way and focus on how I can be useful to others and to God. God is my employer. I connect with God, then ask God to direct my food, my life, my words and actions to be useful to God and to others.

So—getting up early on Sunday morning after working all day the day before—loading up my car—driving 40 minutes to the event—unloading—setting it up—checking in with other OA volunteers—meeting those who stop at our OA booth—walking around and visiting other vendors and sharing with them about our program while listening to them share—passing out OA flyers and sharing how this program has kept 140lbs off my body and helps me

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## "The most important thing I do today is not eat compulsively."



I used to hear this saying a lot at OA meetings, but rarely hear it now. I need to remind myself of this truth. It's easy to get caught up in the busyness of

life. However, abstaining from compulsive eating is the foundation of my life.

The Big Book tells us we have a progressive, incurable, fatal disease, and that left unchecked, addiction (in our case, to food) leads to death or insanity. Being in the food is a living hell. At some point, you want to stop but cannot. You can get so discouraged you give up trying to fight the disease.

It's a battle I can't win without a loving Power Greater than myself and a fellowship that understands and can guide me through the steps and tools to recovery.

By the grace of God, I found OA and made that journey out of the food four decades ago. By the grace of God, I've never left OA and never relapsed back into sugar. I am not perfect and have not had perfect abstinence, but I've kept on keeping on. Thanks to OA, I have a new way of life, a body I love, a new relationship with food, and loved ones in my life.

However, I am not cured. Living in recovery requires daily action. Each new day is a gift from God, and an opportunity to renew my gratitude. By giving away what I've been given, I can keep it for another 24 hours.

Today, I remember: The most important thing I do today is to abstain from compulsive eating. I do this by following my food plan, staying close to God, and living the steps. This foundation gives me a life free from the bondage of food, beyond my wildest dreams.

Thank you, God! Thank you, OA.

— Margaret

## Dear Fellow Sufferer...

I have wanted to share this with you since we last met. Let me tell you my story. I have been morbidly obese my entire adult life. I have lost and gained 600 pounds in my lifetime. That's hard on my body. Some through commercial ven-



ues. The only one that has made sense to me is Overeaters Anonymous. They work on the whole me, with God's help, the physical, emotional, and spiritual me.

To work on the physical me, I have to find a food plan that works. It can come from a doctor, a nutritionist, or a friend, but it isn't a diet, a short term plan. It is a lifestyle change. My food plan has no sugar, little to no flour. It is 3-0-1; three meals a day (each meal with a beginning and an ending), nothing in between, one day at a time.

The emotional and spiritual me are worked on by doing the 12 Steps, reading the literature, going to meetings, listening, talking, and growing up. I believe I entered the program stuck on being a teenager. I want what I want, when I want it. Nothing will stand in my way. I've grown up a lot since then.

I entered the program on January 5<sup>th</sup>, 1999. I knew I was in the right place at my very first meeting. There were several people there who had lost 100 pounds and kept it off for 10 years or more. There were people who hadn't touched sugar or white flour in years. Sugar and white flour were a new concept. I was willing to give it a try. I was always dieting with low fat and low carb. Diets don't work! It is the word die with a "t" on the end.

This program is awesome; not scary at all. The people there will love you until you can love yourself. I wish everyone could be in a 12 Step program, the world would be a better place.

Give OA a try. What have you got to lose?

Love, A Compulsive Overeater





This is a photo taken at the fall 2024 retreat that shows all of the things we need to take out of our program suitcase and the extra space and weight they take up as the big boxes, and how much more room we have in

## One Attendee's Reflections on the 2024 Retreat

What did I love most about this year's retreat? All of the people who attended! And all of the service everyone did. Every couple of hours someone different was either speaking or leading an activity, like a program related craft, a meditation, a meeting, or a sing along. We have such a talented and giving membership. We shared our experience strength and hope throughout the weekend.

It was so healing for me to be with my fellows for that extended period of time. Reaching out in

between meetings is not my strong point. Even though I call my sponsor daily and take calls from my sponsee, I can feel alone and overwhelmed sometimes. At the retreat I felt so connected and so at home.

Program people are my people! I love what we share - our common struggles, along with what we've learned and how we've grown. I learned from everyone. The first speaker of the weekend said exactly what I needed to hear to move forward in my program. I knew I was right where HP wanted me to be.

I got closer to people I already know and met awesome new people. I got closer to myself and HP. I felt inspired, empathy, joy, and most of all hope. I left with a stronger commitment to my program and a deeper understanding of what 'Together we get better' means.

- Anonymous

## Two Prayers...

### Prayer from Maria

My husband has been in the hospital four times in the last 2 months, the last time for 17 days. He has a disease and needs to be on liquids and soft foods, even the blended foods do not go well for him. He has trouble drinking the nutritional drinks and water, too.

I am afraid. I cannot control what he eats or drinks. I pray to give him to God and to give me to God, too. My time goes much better when I remember to pray for us.

God, help me accept xxx as he is, help me want You to bless him with everything I want for myself: health, prosperity, and happiness. God, I give You my husband's attitudes. God, I give You my husband's perceptions. God, I give You my husband's perspectives. God, I give You my husband. And because I'm the one having trouble, God, I give You me, I give You MY attitudes, MY perceptions, and MY perspectives. God, I give You me. And God take the relationships between us and let them be what You want them to be.

Thank you,  
— Marie

### Prayer from Anonymous

I have been married to my husband for a lot of years and now spend most of my time with him. He is often on my resentment list. I use the acceptance prayer a lot.

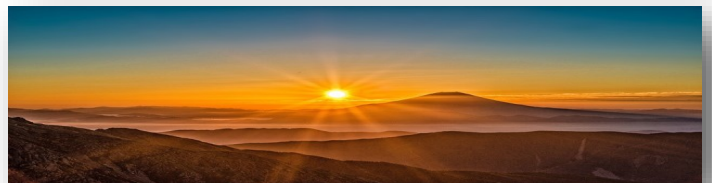
God help me accept xxx as s/he is, help me want You to bless him/her with everything I want for myself: health, prosperity, and happiness.

I add:

God, I give You xxx. God I give You xxx's attitudes. God, I give You xxx's perspectives. God, I give You xxx's perceptions. God, I give You xxx.

And because I'm part of the problem: God, I give You me. God, I give You my attitudes, my perspectives, my perceptions. God, I give you me. And God please take the relationships between and among us and let them be what You want them to be.

— Anonymous



## Reflections on OA Service at a Health and Wellness Fair...

*From Page 3*

on a daily basis feel comfortable in my own skin—how my relationships have improved—my physical health has improved—sharing about the pain and misery I was in at 300lbs. I do this to save my LIFE from this cunning, baffling, powerful disease that is sneaky when I stay isolated and in self pity and despair.

Are you ready? Are you willing to carry the message? Are you ready to spread the message of recovery—experience, strength, hope? It's our weakness NOT strength that binds us together! This is a WE program. WE CAN CARRY the message—BE the message. Fear of people are gone when we stand united together working

towards a greater good.

Who is with me?

OA love and hugs,

— Kim B.

### Overeaters Anonymous Responsibility Pledge:

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