



# NEWS YOU CAN USE – MAY 2026

## Save these Dates for Events to More Recovery!

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**Newcomers Workshop May 16th, Via Zoom "The Tools of the Program"** All are welcome: Newcomers, Members, etc. See more below

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

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**Memorial Day May 25th Big Book Study Zoom Event 8:30am - 9:30am**

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Our dear MAI Chair, Joy M, recently had to resign her position. Joy was also the Chair of the Professional Outreach Committee. Per our bylaws, the Vice Chair, Ann E, has stepped into the Chair position.

This leaves a vacancy in two intergroup positions:

### **Vice Chair**

Responsibilities are:

1. Taking attendance at Intergroup meetings.
2. Reading the appropriate service concept at Intergroup meetings.
3. Assisting the chair and members in interpreting and applying Rules of Order to ensure our meetings are orderly, efficient, and fair. We use *Robert's Rules of Order*. Region 5 has developed a technical-assistance document for use in Intergroup meetings to support our region's Vice Chairs.
4. Gather, from chairs and/or officers, accumulate and periodically process changes to update MAI Policies and Procedures as approved.

One year of abstinence is required for the Vice Chair.

### **Professional Outreach Committee Chair**

The primary goal of the PO Chair is to inform wellness professionals about OA's program of recovery so they may share the information about OA with their patients and clients.

An OA member who is a current/former Wellness Professional is preferred. Co-chairs are welcome.

In our intergroup, this position is one of three service positions that collaborate on setting the strategies for carrying the message outside the fellowship, in working with our paid special worker, and Communications Specialist. The PI/PO Steering Committee meets- regularly on Tuesday morning for an hour.

Responsibilities may include:

1. Coordinate the efforts of members interested in carrying the message of recovery to hospitals, treatment centers, correctional facilities, religious organizations, schools, businesses or corporations.

2. Inform physicians, therapists, counselors, dietitians and other staff members at eating disorder units and correctional facilities about OA.
3. Form panels consisting of two or three recovering OA members to speak to groups.
4. Do work with
  1. individual professionals or small groups in the office setting or
  2. at local professional tradeshows for health and wellness professionals.
5. Distribute OA information to professionals using WSO's Courier publication as well as local channels of social media.
6. Develop creative and productive ways of effecting cooperation without affiliation.
7. Consult [oa.org](http://oa.org) and the Professional Outreach manual created by World Service for more tips and information, especially the list of The Professionals We Want to Reach.

There is no abstinence requirement for the Professional Outreach Chair.

Please spread the word to your fellows, and consider whether filling either of these service positions would support your abstinence and recovery. If you are interested or have questions, please email [chair@oamilwaukee.org](mailto:chair@oamilwaukee.org).

In service,  
Ann E  
OA MAI Intergroup

## Fellowship



Need a little support on "Memorial Day?"

Zoom into a Big Book Study

8:30am – 9:30am

Seeking a Group to Host

"Fourth of July"

If your group is willing, please contact Sue W. at:

[Secretary@oamilwaukee.org](mailto:Secretary@oamilwaukee.org)

**Inspirational Quote for Step 5, from "For Today"**

There is no one I can talk to who will understand me better than an OA Member. Page 14

## **Newcomers Virtual Workshop**

### The Tools of the Program

If you've been a member for two years or less, or consider yourself a newcomer, then this workshop is for you.

Learn more about OA's program of recovery from eating disorders.

Get questions answered. Meet other members - including other newcomers.

All are Welcome Saturday, May 16 2026 10am – 12noon via zoom go to [Oamilwaukee.org](http://Oamilwaukee.org) for link

# "The Twelve Freedoms of OA"

Do You know what they are?

**SAVE THE DATE**

Please join in fellowship at the **Region 5 2026 Annual Convention!**  
September 4<sup>th</sup> - 6<sup>th</sup>, 2026  
Crowne Plaza, 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

**FLUTTER INTO FREEDOM**

Based on the Twelve Freedoms found in "Voices of Recovery" July 23<sup>rd</sup>.  
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[Go to Region 5 Convention for more information:](https://www.region5oa.org/)

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## Service Opportunities

### Region 5 and World Service Representative

Interested in being a Representative for MAI?

Contact [chair@oamilwaukee.org](mailto:chair@oamilwaukee.org) if you have any questions and come to November Intergroup.

**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](mailto:cocooneditor@oamilwaukee.org).

**Join us at Intergroup**

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](mailto:chair@oamilwaukee.org) if you have any questions.

To subscribe to NYCUC send an email to [emailblast@oamilwaukee.org](mailto:emailblast@oamilwaukee.org)

**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](http://oamilwaukee.org), 414-259-0640, P.O. Box 270054, Milwaukee, WI 53227

## 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](mailto:cocooneditor@oamilwaukee.org).

**Milwaukee Area Intergroup**

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

414-259-0640

P.O. Box 270054, Milwaukee, WI 53227

**MAI secretary:** [secretary@oamilwaukee.org](mailto:secretary@oamilwaukee.org)