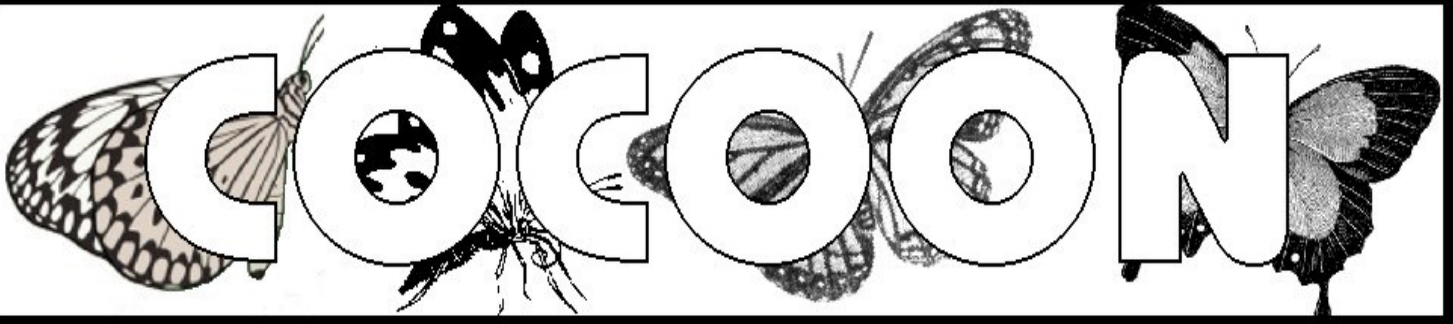


O U T O F T H E



Newsletter of Milwaukee Area Intergroup of Overeaters Anonymous

January/February 2017

PEACE OF MIND; *Peace of Body*; PEACE OF SPIRIT

PEACE OF BODY, PEACE OF MIND,
PEACE OF SPIRIT



OR PIECE OF S _ _ _ _ ?

my choice comes down to that ...

Addiction is an agitated state, there may be that brief moment of oblivion when we're actively using, but it is hardly peaceful and it wrecks havoc on our physical, emotional and spiritual wellbeing. Truth be told it completely eliminates all sense of wellbeing.

People describe Program as a three legged stool with a need for balance physically, emotionally and spiritually in order to thrive. By the grace of God I've had extended periods of physical abstinence, and extended periods of emotional stability, and extended periods of spiritual connection however I've had much briefer periods when I've had all three at the same time. Those times when my three legged stool was solid and steady stand out as the happiest, most productive, most centered and most physically comfortable times of my life. It is at those times that I can look in the mirror and like who I see, both inside and out. It is at those times that "the promises" have become reality, and when my body has taken me where I want to go rather than overtaken me, and gotten in my way. Those times of equilibrium when I have peace of body, peace of mind and peace of spirit don't just "fall on my head," as I often have said and felt that they do. Peace of body comes from clean abstinence with a solid food plan and a daily commitment and focus on Steps 1, 2 and 3. Peace of mind comes from clean living, with compassion for myself and others, while still holding myself to a higher standard and focus on Steps 4, 5, 6, 7, 8, 9 and 10. And peace of spirit comes from a clean and clear connection to my Higher Power. It becomes like a love affair with God, I feel a longing to connect and an emptiness and loss when I've been away too long. We often think of Steps 3, 11 and 12 as the "spiritual ones," but for me it's really all of the steps and the tools that connect me to God. Every time that I take the time to plan my

Serenity

I am going to share a part of myself that for the most part has been kept private, and have only shared through the years with a few trusted friends. For years I have struggled alone, shedding many tears of confusion, shame and guilt. When I was younger I had a heck of a time balancing my emotions of love. Being that my parents gave me no love. I am sure this contributed to my obsessive- compulsive- affection- addiction. It was so hard for me to control emotional of love, so much so that someone gave me a book called "For Those Who Love Too Much". I threw it in the garbage because I wasn't ready for just a book to help me. How do you control the emotion of love not to let it get out of control like a runaway train when you are so needy yourself? Without God and abstinence, it wasn't easy. I did not just love my dearest of friends, but I fell in love, adoring, idolizing and showering them with way too many gifts. I was obsessive for sure and cried many tears alone for many years thinking that I was some kind of control freak! I finally did go for help, and I was told I had inordinate affections, which means out of order, disorderly and exceeding reasonable limits, immoderate instead of moderate! I did not worry about this anymore because I learned skills to guard my affections given to me by God, my Higher Power, which I did not have years ago.

I have also come to grips with another part of myself that I have kept under wraps and that is the feelings of being transgendered or gay. That means at times I have felt like a man trapped in a woman's body! I am not ashamed to share this anymore, or to stuff truths with food or drink as I did in the past. I am at peace with God and the precious gift of abstinence. I conduct affections with the highest of morals and thank God I am not promiscuous like I also was years ago in many fantasies. And I know that God loves me, He made me who I am, and it is what it is. I say all this with deep humility and not arrogant pride. I love everyone the same, with God's love, the greatest gift of all on the face of this earth. Michael Jackson used to sing, "We are the world, we are the children, we are the ones to make a better world so let's start giving." This courage to share did not come until I gained confidence in myself given to me from God and the gift of abstinence. It is a shame I wasted so many years of precious time in relapses, burying myself in fear of rejection. What will people think of me if they really knew who I am? I know that God will help me in everything I do as long as I stay abstinent. I am trusting that there are good things on the way for me. All those things in the promises on page 164 of the Big Book. If I am eating compulsively, I am not present with my emotions to all those around me. I never want to be cut off from God's love in my life again, by relapsing.

Pat W

Continued on pg. 4

MAI Information

MAI Website oamilwaukee.org

Board of Directors

Chair	Joy M.	414-304-5078
Vice Chair	Kris W.L.	414 731 8572
Secretary	Kathy Wh-	414 607 0217
Treasurer	Kathy W.	262 236 9138
Region 5 Reps	Lynn H.	414-281-2066
	Kris W.L.	414 731 8572
World Service Rep	Lynn H	414-281-2066

MAI Office

MILWAUKEE AREA INTERGROUP

PO Box 270054

Milwaukee, WI 53227

MAI News Available Via Email — The OA Blast!

Information about the Milwaukee Area Intergroup can be obtained via email. Please send an email to emailblast@oamilwaukee.org to sign up for free semi-monthly mailings of OA information including marathon/special event flyers, this newsletter and other relevant local OA information for yourself or your OA group. Your email address will never be distributed nor seen by other people receiving the mailings.

MAI Meeting Schedule

Third Monday of every month, 6:30-8:00 pm, at Rogers Memorial Hospital
11101 W. Lincoln Avenue, West Allis
Everyone is welcome!

If you wish to attend an MAI meeting via SKYPE, please contact Kris MW, at 414-731-8572, a day or 2 prior to the meeting. MAI will be excited to have you join us! Always on the 3rd Monday at 6:30 p

Nov. 2016 Income/Expense Report

Starting Balance	11,426.59
Total Income	1,264.07
Total Expense	(649.19)
Net Operating Balance	12,041.47

*Does not include scholarships, retreat in, convention income and tax withholdings.

OA/WSO (World Service Office)

General Website Information

oa.org

For all PC, Mac, iPod users, there are free OA podcasts featuring OA speakers at www.oa.org/podcasts/. A podcast is a radio-type show that you can download from the Internet to your computer.

A link also is available at this site to get World Service Office (WSO) information including the quarterly newsletter "A Step Within." The most recent quarterly newsletter is at www.oa.org/pdfs/asa1stqtr10bw/pdf.

Spanish OA Website

<http://espanol@oa.org>

French OA Website

Francais@oa.org

Region 5 Web Site region5oa.org

Editorial Policy

"Out of the Cocoon" is the bi-monthly newsletter of the Milwaukee Area Intergroup of Overeaters Anonymous, Inc. We welcome contributions from members that are OA-related. Material cannot be returned, nor can payment be made. All submissions must be signed; names will be withheld upon request. The editors reserve the right to make editorial changes or to refuse any article not meeting the editorial policy. Articles may not appear in the month of submission. Other OA groups may reprint 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.

(Adapted for Milwaukee Area Intergroup "Cocoon" from Central Ohio "Transformations")

See page 7 for submission information, deadlines and themes.

12th-Step-Within ~~ Available Sponsors and More Sponsors Needed

The Twelfth-Step-Within Committee was created to reach out to those in the Fellowship who still suffer and to address the relapse and recovery of our members. The MAI Twelfth-Step-Within Committee maintains a list of available sponsors, temporary sponsors or first contact people so that newcomers and long-timers can get direction and support right away from a member of the fellowship. Please add your name

and phone number to the list so that you can help another member "Keep Coming Back". It is a great service to the fellowship!

If you need a sponsor, email Darlene D. at 12th-stepwithin@oamilwaukee.org

Provide your contact information and any specific needs you have, including the type of sponsor you are seeking (i.e. food, step, late night calls, etc.). Darlene will have a sponsor call you.

Our Readers respond...

Dear Recovering Rita,

My name is Ledrean, I'm a bulimic/anorexic who needs help!!! The holiday season is almost here and it's a very stressful time for me as I'm sure it is with lots of other people.

My extended family and my husband's family will be here from Thanksgiving until Christmas to visit family and friends. The first gathering is at my parents for Thanksgiving. I'm not concerned about the food issue, for that day, because I know that dishes will be available for me to take advantage of. Plus, I also bring a dish that's safe for me to eat, but it also is one that's gets passed around. I do make sure I take care of myself. My program is a strong one with 3-4 meetings a week, making out reach calls and doing my reading and writing every day. I currently have 2 sponsors as well as 2 sponsees. I make sure I stay positive, change myself only and stay abstinent. I also do service on a group level as treasurer.

My concern is how some of these people view my life. How do I handle their questions?? Plus, their comments are ones I could very well live without!!!

As I said relatives will be together for the weeks after Thanksgiving until Christmas, and the questions range from "When are you going to gain weight??" "You are so skinny, are you healthy?" or "it must be hard for you to find clothes because you are so skinny!!!" "Life must be SO easy for you as a thin person--you get to eat anything you want and not gain a pound!!!"

Any help you could give me would be great, Rita. I really appreciate your comments.

Dear Loyal Readers,

Please take time to give this some thought. Write your responses and send them in to Recovering Rita.

To Be Continued...

Respectfully Recovering Rita

New Cocoon feature: send letters and questions to Recovering Rita to cocooneditor@oamilwaukee.org

Hello Ledrean,

Thanks for reading my column. I appreciate that, and am very grateful to be able to help out.

Sharing ideas and feelings during this time of year is important as you mentioned. This type of challenge can make or break person's program. You seem to be someone who has been through difficulty in your life. But, yet your life has been enriched because of program.

You bring up interesting questions. It's situations like this when the eating is not a concern--- it's the buttons that get pushed and in amazing ways!!! To answer your questions I will do my best.

I would answer these, this way, 'I'm doing what I need to do to take care of myself.' Or, 'I've seen my M.D. along with a nutritionist and we all agreed on my 'current life/food plan.' 'As far as finding clothes to fit, I go to second-hand stores, or get lucky and find clothes at end of the season sales.' As for your last question tell them, 'Life has it's ups and downs, and frustrations, but also many rainbows. If your relatives persist just say sometimes the holidays are clouded by sad memories, unresolved conflicts and disappointed expectations. BUT when these things/thoughts pass through my mind, I focus on things that make me feel good, the love of family, the wonderful companions/friendships that I have had, the miracle of life, the beauty of our Higher Power, AND the serenity that comes with accepting God's will.

If they continue to pressure you tell them your current way of life has given you a sense of balance, and a clear enough head to know you are not perfect and you don't need to be perfect. It's O.K. to not be perfect--we all are in the eyes of our Higher Power.

To all who read Recovering Rita, stay abstinent, take care of yourselves especially over the holidays!! Thank-you for your questions in 2016, Happy Chanukah, Merry Christmas, and Happy New Year to you all!!! Look forward to your questions in 2017!!!!

Hugs, Recovering Rita

Dear Ledrean,

Your use of the OA tools to help work the Steps on a daily basis are a good example for me. In your letter you shared your experience, strength and hope and that is how we reach out to others in recovery. So, THANK YOU for that.

Here is my experience about your concerns for the upcoming weeks. The program never promised me a life free of stress, conflicts, hurt feelings, rude people, and busy-bodies. However, it does give me a way to handle those situations.

What you said about "change myself only" is key. Daily I look at my current fears, angers and resentments and humbly ask my Higher Power for relief from them. So as a suggestion for you: ask your HP to help with your fear of future snide

Continued on p5

Continued from pg.1

the willingness to center myself and to gather myself it is a time of communion with God. I am not myself without that connection, and it always includes the recognition that I am incapable on my own and that it is not of me and I whisper a word of gratitude.

It may seem like a bit of heresy but I've never completely believed that "half measures avail us nothing." It is certainly true that half measures avail us considerably less than full measures, but for me at least I have told myself that I'd rather have some peace than no peace at all. Upon honest reflection however, maybe it's been my acceptance of half measures that has limited my time of steady, solid program. I have to admit that when my three legged stool is wobbly it is always on its way to collapse and ultimately to losing all of its legs completely - not the other way around. When I look at my own description of my actions and myself when I am embracing full measures it is hard to believe that I've ever let go of it. For today I have been granted the grace to choose to feel good and to live in harmony with my God and with my fellows with a body that takes me where I want to go. I am grateful beyond measure for that peace, and if it is possible for me then it is truly possible for all of us. Happy New Year and love!

Anonymous



I Don't Need You

There you are
Just sitting there
Twinkling and winking at me
Oh, you are on my food plan
But I already ate two
That is enough
Even though, you are sweet and delicious
I don't need you!
I want you, oh yes I do
You will be there tomorrow
You will be there tomorrow, my friend
Today I have had enough!



SJW

Recovering Rita

Continued from pg.3

comments and remarks; with your resentment that some people do not view your life accurately; with your anger that after all this time they can still hurt you.

Carrying that fear with you daily hurts you emotionally and spiritually weeks before anything has even happened. Imagine living without that burden in your mind. The program teaches us about being prepared. So - a few suggestions of actions that have worked for me.

Pray for acceptance of those people.

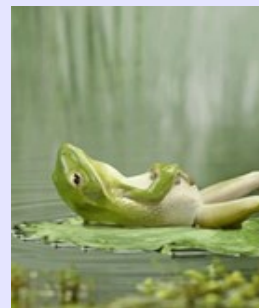
Daily, for 2 weeks, ask your HP to bless them and give them joy and prosperity, and all the positive things you want for yourself. That is all. Eg, we don't pray for them to have certain words or actions.

Two things I sometimes repeat quite a bit when I am in situations like yours: "What other people think of me is none of my business", and applying Tradition 10 in my personal life "What Susie thinks of me and my size and my health is an OUTSIDE ISSUE in terms of my recovery". This latter thought has carried me through a lot, and actually stopped my inner turmoil. I sometimes write this stuff down in a small piece of paper and put in my pocket so I can touch it during difficult situations. After "praying" the slogan I smile.

I also have a few "canned" responses that I can repeat (and just keep repeating!!). EG, "thank you, I am fine". Or, "I appreciate your concern, but there is no need to worry". You could write those down also. Once said, you could move away from the person; or start talking to someone else; or inquire\comment about that person's life. So, act-as-if there was no snide comment.

Using these tips I have really released a lot of my own fears, angers, and resentments.

Enjoy your holidays and gatherings with friends and family. That joy is a gift of the program.



The OA Carol - OA Retreat held at the Sienna Center, December 2-4, 2016

I'm wondering what an OA Retreat at the Sienna Center in Racine is like ponder many members. They may pick up the flier or read about the upcoming event in the Cocoon. They may keep it tucked away in the back of their mind. And as the event is three weeks away, they may start pondering coming. But it is full. There is a waiting list. Yes, the number attending is capped around 25 people so that the group and individual experience in a life changing experience. And that is exactly what is was for those who attended.

The attendees start to arrive between 4:30 - 6:30 on Friday. The facility is amazingly inviting with rooms that have their own bathroom with a shower. The event room is a welcoming environment too. It is prepared for listening to speakers, doing the arranged activities, and has lots of comfortable table and furniture arrangement for chatting. One can browse at the free literature table, purchases OA literature, or select from the reflective activities provided. There are the makings for hot beverages the entire weekend. At 7 pm we are given an overview of the weekend. The ice breaker events are fun and interactive. This year we wrote the principles on $\frac{1}{2}$ sheets of paper, crunched them up and had a "snowball fight". At the end of which, you uncrinkled your papers and saw how many principles were in your arsenal. (A prize was given). We were also given reflective service opportunities. Under our chair was a small gift box with a program word on it. We were to fill it with something meaningful (poem, definition, craft made with available supplies, etc). On Saturday the gifts were put in a collection bag, and we were handed a gift to open, reflect on, and share with the group. The gift I prepared was for the word "courage". The gift I received was "trust". It was a very special activity. Definitely, it was not a "one size fits all" experience. Higher Power was at work that people received something especially meaningful to them. The insights shared as we went around the circle were far more valuable than the precious gift we each received.

The weekend was presented with members telling their stories in the framework of the Charles Dicken's Christmas Carole. The idea of the ghosts of past, present and future had us reflect on where we were, what happened and what we are like now - and the added hope of what we envision for our future as we continue to be abstinent one day at a time. Each speaker brought valuable honesty, openness and willingness. Thanks to all who spoke! Another activity to bring it home personally to each participant was to make a paper chain, writing on each link something that is holding us back from a fuller recovery. (This was done on Saturday and on Sunday we would ceremoniously break those chains.)

Music was part of our retreat too. A very creative opportunity to take familiar tunes of the season and change the words so that they had an OA message. It was lots of fun whether you tried your hand at writing a song or not, because they were sung accompanied by two members playing acoustic guitar. A judging panel of 3 deliberated and named first, second, etc. prize winners.

The days were rounded out by 12 step meetings, meals in the cafeteria, shopping at the book store, walking the property along Lake Michigan, taking a nap, or having private time, crafting, coloring character trait word/art pictures, or

Trudging our way to recovery

Going to any lengths

Talk about **trudging!** Or going to any lengths! Eight of us trudged through the first snowstorm of the season, through inches of snow and slippery roads for recovery. December 11, the 12th Step Within Committee hosted a Puzzled about Recovery; **THERE IS A SOLUTION.** The 3 speakers on the panel showed up, no problem, Despite spouse warnings of danger, and it's been called off due to weather. The rest of us battled through for a warm cozy meeting about our solution. What a great way to spend a Sunday afternoon.

You tough Wisconsinites, You



Declaration of Recovery

p.42 Lifeline Sampler

I declare myself free to feel my feelings, free to be part of the human race, free to be me.

I will do my utmost to stay free of negativism and self-loathing. I commit my life to OA, and when I feel myself slipping back into my disease, I will treat myself to massive doses of program.

I will no longer let fear of people intimidate me into keeping feelings secret. I will strive for progress, always recognizing that part of me will continue in the old habits. For today I will accept myself as I am.

PRAYER OF THE MONTH

I came
I came to
I came to believe

Step 2

Wheel of Fortune

r s t n l e

_ _ t _ e n e _ t

r _ _ t t _ _ n !

DEFINITION OF THE MONTH

Service— doing something for others, Military duty

In OA doing something at the meeting level or beyond that needs doing.

Service to yourself and others is attending meetings.

The best service is abstinence.

Next month

The trudge

Please send definitions and drawings to

cocooneditor@oamilwaukee.com



MAI N
Region 5 E
WSO W
S



Editors Note

Please send feedback.

Together we get better.

Sue W cocooneditor@oamilwaukee.org

OA LITERATURE OPTIONS

Selling at events: All OA books, New-comer Packets and the new "12 Step Workshop and Study Guide".

Dec 11, 1-3 – 12th Step Within event at the Pass It On Club,

Jan 1, 10 am – noon, Marathon event at the Lighthouse at Aurora Psych.

Feb Unity Day – time and location TBD

Mar. 24-26 -- MAI Convention
Selling at all MAI Meetings or by request: Newcomer Packets

Third Monday of every month, 6:30 at Rogers Memorial Hospital. Or call the MAI number to make other arrangements, 414-259-0640.

The following are in stock: OA 12 Steps and 12 Traditions, Overeaters Anonymous 3rd Edition, Voices of Recovery, For Today, and For Today Workbook, (and, of course, all AA literature)

WSO Literature Order Forms (for phone or mail ordering)

These forms are being distributed by your MAI Representatives and will be available at the Dec 11th, Jan 1st and future events. On these forms are prices for all OA literature, plus instructions on how to order by phone or by mail.

On-line at oa.org Bookstore

All OA literature is available for on-line purchase.

IDEA day – November 19, 2016 Summary

What a great workshop. It was a small but mighty group of recovering compulsive eaters gathered at the Lighthouse building at the Aurora Psych Hospital. From new comers to long timers. At 130 we stood in a circle and turned to the person next to us and said as we put our hands in theirs, "I put my hand in yours, (Name of person next to you), and together we could never do what we could never do alone"

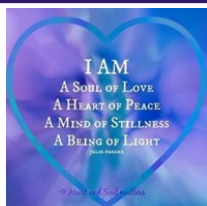
Then we heard a wonderful pitch about the three-fold disease, physical, emotional, and spiritual recovery. How each "prong" is important in recovery and how the speaker worked her program in all that she does – including patience when life is happening. How she keeps her peace and sanity and connection with her Higher Power throughout all of it, good and the not so good parts of life.

We were enlightened next by an adorable skit and broke into small groups to discuss "Abstinence the Action" and "Abstinence the Attitude". We heard some great suggestions like; look at a menu before eating out, call the caterer of an event, get enough sleep, exercise, pray to H.P. to increase or decrease your desire to eat a food item, just for today I choose not to eat _____, being aware of thinking, rationalization of a behavior, rebellious thinking ("I don't wanna" syndrome), inter-dependency versus self-sufficiency (being okay to ask for help), when in doubt leave it out or call another OA member, weigh and measure food, set boundaries around food, work with a sponsor, be honest – we're only as sick as our secrets, book ending a difficult situation, be ready to leave if a situation becomes too dangerous that could lead to relapse, acceptance, remember how good abstinence feels, never allow ourselves to get too Hungry, Angry, Lonely or Tired, stay teachable always, while preparing meals listen to a recorded meeting, podcast or call another OA member.

The worksheet had "Abstinence the Action" – plan, grocery shop with support, write down food plan, prepare healthy, abstinent meals, pack meals when needed, share plan with food sponsor, go to meetings, make telephone calls, journal feelings, practice anonymity, provide service, work the steps. "Abstinence the attitude" – willingness, letting go, honesty, humility, gratitude, one day at a time, serenity, peace, service, freedom from compulsion recovery outlook, JOY.

Thank you to all those who volunteered their time for putting on this wonderful workshop together and thank you to all who attended – for suiting up and showing up! I always enjoy an afternoon with my OA family! Together we get better!

Respectfully submitted by Kim B.



Next Cocoon

Put A Little Spring In Your Step

Buh-Bye Winter Trudge

Articles Due Feb. 1



Joy of Recovery

Jan. 8 Leis for convention with a professional lei maker.

Feb. 12 Convention Odds and Ends

Pass it on Club 62 and Forest Home

All are Welcome

SO LONG AS WE ARE IN CONFLICT WITH OUR BODY, WE CANNOT FIND PEACE OF MIND

IDEA Day - International Day of Experiencing Abstinence

It was a wonderful day of experiencing abstinence on Nov. 19 at the Lighthouse Building. There was a very nice turn out and those who came felt a lot of great OA camaraderie! There was a speaker first, who shared her journey of recovery with us. Then, after a break, there was a meaningful skit, where OA members conversed about their experiences with abstinence. After that, sheets were passed out that showed 2 lists, which included some of the items below. We split into small groups to talk about the items on the lists and to add things to it, if we thought of any. I felt I got a lot of strength and motivation from the initial list and even more from the sharing, and additions that were made by the small groups. I took a lot of notes for myself, because I wanted to hold on to these suggestions. Then I decided to share the lists with others, including sending it to the Cocoon Editor for our newsletter. I hope it might be meaningful and helpful to many of us committed to experiencing abstinence day by day. A big thank you to those who organized the event! It was great!

Abstinence

The Action

The Attitude

<p>Write down food plan Share plan with food sponsor Write foods to refrain from Write behaviors to refrain from Write attitudes to refrain from Pack meals when needed Plan ahead Have a Plan B Grocery shop with support Read ingredient labels Food prep with support Weigh and measure Look up restaurant menus Be ready to leave or make a call Plan to bookend an event or meal Journal feelings Write gratitude list Use Serenity Prayer Get proper sleep, rest, exercise Go to meetings Practice anonymity Provide service Give it away / Give back Work the steps Ask that troublesome traits be removed</p>	<p>Willingness Acceptance Letting go Honesty Humility / Be teachable (not the expert) Gratitude Serenity / Peace Joy HALT Awareness of needs Awareness of feelings Awareness of negativity, other character traits Suit up and Show up attitude "I have a thinking problem" Just for today, I choose to _____ Just for today, I choose not to _____ Food prep as filling a daily prescription Conscious contact with HP Self-care Make yourself a priority Recovery / Abstinence comes first Memory of pain of last binge Avoid false memories of "treats" Remember how good abstinence feels Abstinence as a service</p>
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Gift Ideas



Give an OA friend or Sponsor(ee) \$\$ toward an MAI Convention or Retreat OR request this kind of gift for yourself.

\$ REFUND POLICY \$ for Conventions & Retreats

Registrations are non-refundable, but they are transferable. This must be cleared with the chairperson prior to the event.

Cocoon Submissions Info

Your submissions do not have to be on topic!

<u>Issue</u>	<u>Deadline</u>	<u>Topic</u>
Sept/Oct	Aug 1	A LABOR OF LOVE

Yes, we need and want your articles, poems, pictures news items! Send to: cocooneditor@oamilwaukee.org
 or mail to MAI Office attention Sue W. (address on p2)



Going to any Length
 MAI Convention
 March 24,25,26
 Sheraton, Brookfield
 Come for part, come for all
 Much recovery
 Much Service needed
 See hot pink flyers at meetings
 Check our website

Milwaukee Area Intergroup Calendar

Regarding Marathons — Please contact the MAI Fellowship Chair Jill L. 262-549-4452, to volunteer to host a marathon or other event. All events and flyers must be cleared through Intergroup before being publicized. This calendar is updated in every issue of the *Cocoon*. Please note, complete details may not be available at the time of the *Cocoon* printing. Check flyers available at meetings for more information .

January 2017

- 1 New Year's Day Marathon
10-12:00 @ The Lighthouse
Corner of Dewey and
Chestnut. See box below for
directions.
- 8 Joy of Recovery- Leis 1-3:00@
Pass It On Club, 62nd and
Forest Home
- 14 Saturday Lunch with Marilyn
12-2:30@ Genesis Restaurant
3740 S.108 St. Greenfield
(corner of Beloit and wy 100)

February 2017

- 26 Unity Day- Looking for host

PLANNING AHEAD?

MAI Convention
Mar. 24-26
Going to any Length
Brookfield Sheraton



***Intergroup meetings**
are held at 6:30pm at Rogers Hospital,
11101 W. Lincoln Ave., West Allis.
These meetings are open to anyone
who attends Milwaukee Area OA. Each
group needs at least one rep at every
meeting to relay information back to
the individual meetings.

***IMPORTANT* UNOFFICIAL POLICY**
If you become aware of a death of a local OA member or former member, please send any information (including funeral info) to Milwaukee Area Intergroup at:
info@oamilwaukee.org
The info will then be e-mailed to all who have requested the "OA Blast".
(See p. 2 to request the OA Blast.)

Directions to the Lighthouse which is on the Aurora Psych Campus
First, proceed to Aurora Psych campus at 1220 Dewey Ave in Wauwatosa. Then stay on Dewey until it dead ends at Chestnut ST The Lighthouse is on Chestnut - there is no specific address. Turn left on Chestnut. The Light house is the first building immediately on the right. It does not look like a light-house, that is just the name of the building.

Digging Deep for the Rose Within
Sunday, January 1st
From 10:00-12:00
Lighthouse,
Aurora Psych Campus,
Wauwatosa

Art & Music Sale
Planned for convention.
CLOTHING EXCHANGE is back!
What will your contribution be?

