

Milwaukee Area Convention Special

Going to any lengths

My three take aways from the MAI convention

Action Plan --- As I rise each day I review steps 1,2,3,6,7,9,10,11, and 12. Thank my HP and get out of bed

In my pauses - find HP's strength. As a yogi, I've always know that the pause between the inhale and exhale - when focused - were a place where I found calm, serenity and yes a moment of bliss. Nancy R said " in the pause I find strength from my higher power". I too can add strength to my pause.

My challenge and reflection is to look closer at my behavior (take the focus off judging others!!!)

The musicians at the convention added a deep soul level affirmation of my life and the joyousness of our fellowship and celebration of recovery. I am truly grateful for this year's convention committee and all those who choose to attend.

F

Another Convention

Another convention. So many people and so much sitting. I've heard it all before. Do I really need to be there? OK, a sponsee was coming in from out of town. I wanted to spend some face to face time. I had never seen Improv so I decided I would come back Saturday night to see that. Not such a bad deal. Oh yeah, and the fashion show sounded fun.

Well, God had more in mind. I got to know someone I had seen at Region a lot better. I shared with a local fellow double-winner. I did get face time with my sponsee. I not only went to Improv, I ended up being a Jolly Green Giant (he-he).

Oh, the speakers. It so reminded me that no matter what we go through, if we work program, we will get through it. It takes an effort and a commitment to keep using the tools to get to the other side. It is not so much one person's story, but knowing that story is repeated and repeated and repeated that makes it powerful. It is that commonality that gives us strength. We need to hear each other's stories. I need to hear your story and plan to keep telling mine.

Lynn H.



MAI Information

MAI Website oamilwaukee.org

Board of Directors

| | | |
|-------------------|----------|--------------|
| Chair | Joy M. | 414-304-5078 |
| Vice Chair | Kris W L | 262-993-5207 |
| Secretary | Kathy Wh | 414 607 0217 |
| Treasurer | Kathy Wi | 262-220-6804 |
| Region 5 Reps | Lynn H. | 414-281-2066 |
| | Kris W L | 414-731-8572 |
| World Service Rep | Lynn H | 414-281-2066 |

MAI Administration



MILWAUKEE AREA INTERGROUP
PO Box 270054
414-259-0640

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!

April 2017 Income/Expense Report

| | |
|-----------------------|-----------------|
| Starting Balance | 15,663.50 |
| Total Income | 5,679.77 |
| Total Expense | 2,671.86 |
| NET OPERATING BALANCE | 7,048.06 |

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

Facebook URL [facebook.com/OvereatersAnonymous-OAMilwaukee1118054364949057/?ref=br_rs](https://www.facebook.com/OvereatersAnonymous-OAMilwaukee1118054364949057/?ref=br_rs).

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.

Dear Recovering Rita,

Something different for our readers, respond as you see fit.

PUMPKINS

A lady just started going to OA meetings, and her co-workers asked, "How was your meeting last night?" She was caught off guard and didn't know how to answer, but when she saw a pumpkin on the table, she said, "Welll it's like that cut-up pumpkin over there." Her friend was like "What? I don't understand, can you please explain that to me?" "Well God picks us from the patch, brings us in, washes off all the dirt on the outside that you got from being around all the other pumpkins." "THEN he cuts off the top and takes all the yucky stuff out from inside. He removes all those seeds of doubt, hate, greed, and so on. THEN he carves a new smiling face on you, almost as if HE had put a new light inside of you to shine for all to see!!!!!"



Look at me! I'm hiding in a pumpkin! H.P. found me and washed me off!

A VISION OF MY ANCESTORS

I had a vision. Come back with me to our ancestors - about 15,000 years ago or so. Let's look at our ancestors - the ones who passed on their genetic material to us. These were the special individuals whose bodies created fat cells - beautiful fat cells! They were the ones who survived the famines and the diseases - because they had fat cells. They were the best gatherers of the tribe, who knew where to find the best berries! They were the hardest workers, who dug those roots with their bare hands until they bled - to provide for their families. And they were smart! They discovered fire and created the best spears. They were organizers who taught people to work cooperatively. They were caring and they were the best sisters, mothers, daughters and wives!

These are my genes and your genes. My genes have also predisposed me to other things today. My brain chemistry decided, without my permission, that sugar was going to overpower me, and enslave my thinking and my behavior. My culture invented processed foods and cheap sugar - cheap sugar-coated foods, trans fats, over-salted crunchy things. My body is hyper-sensitive to these things.

My culture also invented Hollywood's image of beauty. Madison Avenue advertisers keep those unrealistic images in front of me! I've been brainwashed to think I'm not good enough! And I don't believe it any more! And I don't think you do either!

My deep and sincerest thanks to all for the outpouring of love and support during my husband, Jerry's sudden death Memorial Day weekend. Our OA community is alive and well. Humbly moved, Judy W



Prayer of the Month

"If you have decided you want what we have and are willing to go to any length to get it, then you are ready to take certain steps." p58 BB

New Cocoon feature - send your favorite prayer to the cocooneditor@oamilwaukee.org

Wheel of Fortune

(r,s,t,l,n,e)
- - - n - t - - n - l e n - t -
n e - e s s - r -

New Cocoon feature please submit your puzzles, riddles, limericks to - cocooneditor@oamilwaukee.org

What we loved

Music (choir, OA Cabaret, songs before keynotes, mealtime blessing)
Drumming calling us to session
Song selections
Pre and post- convention workshops
Traveling literature cart- free pamphlets
Game table
Pool party
Fashion Show
OA IMPROV
Dance Party
Program tracks and range of topics
Keynote speakers
Convention theme
Food, including safe salad dressing
Nice hotel rooms for sessions and sleeping rooms
Helpful hotel staff
Raffle baskets and method of drawing tickets
Overall convention format
Small group discussion after keynotes
The tables and chairs in ballroom were more comfortable
Location, space, price
Registration Process
Variety of readings before keynotes
Many options to choose from
OA Meeting after Saturday's events
Morning meditations in meditation room
Hotel shuttle that went to train depot as well as airport
Tai Chi and World Music activities
Pacing, organization, well co-ordinated
Intergroup table
Reserved table for vision and hearing impaired
\$1 raffle tickets
Homemade leis



What we didn't love

Drums too loud and distracting, other music too loud, hotel too noisy, opening and closing doors too loud
Timing off, too cramped, need more time between sessions, nothing scheduled from 3:00-5:00 on Saturday
Food
Buffet line too slow, missed fashion show, people eating during fashion show,
Meditation Room locked most of the time
More than 3 people per panelis too many
One speaker in relapse, one endorsed outside enterprise, one passed out non approved literature
Clothing exchange confusion- free or pay, cramped space, Marketplace was just too crowded
Not enough time for pitches
Literature not in central place
Inadequate signage for rooms
More recovery - less fun
Too many baskets
Hard to define the 12 steps

Mary Ann W

They say she passed away on Tuesday, April 25 from a stroke, yet that says so little about my friend I met more than 30 years ago in this fellowship! One of my first recollections of Mary Ann is laughing and having fun as a group of us got to know each other at lunch after a meeting. If you ever met her, you may have noticed her hands were gnarled by painful rheumatoid arthritis (RA). It also made walking slow going. Yet she traveled to Switzerland, Italy, Hawaii and Alaska, to name a few places. She had friends in all kinds of recovery across the country she visited regularly. My daughter adopted her as her Grandma after my own mom died. Mary Ann who never parented, was a grandma for almost 20 years! And Mary Ann joined our family in Disney World and on Daytona Beach as well as every Christmas Eve. We may come to program looking for physical recovery - and as Mary Ann would say, "We grew up here together." I don't know if anyone ever really knows what to expect when they walk in our doors and the OA Promise says "We find love and understanding beyond our wildest dreams." Mary Ann provided that to me. Mary Ann served as Chair of Milwaukee Area Intergroup and Region 5. Service is often how growth and recovery start. Mary Ann was my friend, a grandma, a sister, a great aunt and so much more. If you like, please take a moment and make a connection with another member of the fellowship, give someone a smile, catch an extra meeting or meet for another activity. You may find it makes a lifetime difference to you, as it did for me.

Jane D.



Clothing Exchange Thank you!

I just wanted to express my sincere gratitude to those that donated to the clothing exchange at the Milwaukee convention and for allowing me to do service work. I really enjoyed sorting through the left overs and distributing them to charitable organizations. The nicer items were taken to "Dress for Success" organization through the YWCA which offers professional clothes to young woman for job interviews. The office in Racine, WI was very happy to hear we had a wide variety of sizes - especially larger sizes - which they were in need of. The other items were brought to St. Francis Hospital in Milwaukee, WI for inpatient Mental health and Addiction patients as occasionally patients are brought to the unit with very little resources and/or out-side support. Some of the patients are homeless. The staff on the unit were very appreciative of the large donation that was brought in which restocked their dwindling supply of clothes - especially men's items.

Thanks again for everyone's dedication and service to our MAI Convention and to reaching out to those who still suffer! Together WE get BETTER!

Blessings and Love always

Kim B.

The Luxury of Convention

I "luxuriated" in this convention. Being with other people in recovery and listening and sharing is something I was so fortunate to experience. We all have different recovery journeys, but no matter where we are TODAY, we are together for the trip. It is so wonderful not to be alone anymore. These are some of the things that meant a lot to me as people shared.

From the fear workshop.

Fear of loss of control. Sometimes my anxiety and agitation are really FEAR.

I wanted to get through this program unscathed. If I gave up the food, I would be naked emotionally.

Writing is "puking" it all out.

If I have a fear, how do I keep that fear ball rolling? Or stopping the fear ball? "Gods thinking" must be done, not self-thinking.

What is going to happen if I am not good enough? Pursue the thought....

Put down my alcoholic foods.

DANGER!! If I stop wanting OA I am in danger.

I can't handle food. Therefore I had better not have strong opinions about food.

I need a lot of changing of my head and heart.

Don't do Step 9 until I FORGIVE the person. Else I will harm them and harm myself.

I was born without a "coper" - a coping mechanism.

TIP: Someone read and wrote about each page of the BB - one page a day.

Step 10 daily inventory.

What did I do well.

What did I not do well.

What could I have done better.

What should I keep doing.

How did I feel powerless today? About what?

Self-forgetfulness: how do I get out of myself? Give God space, get out of the way.

Service is a spiritual practice.

Denial: Oh I handled that "dicey" food just fine.

My feelings are my "conscious contact" with God. Feelings tell me what my program and spiritual experience are right now: anxiety, moodiness, irritability. Is there food between me and my feeling

***It takes a village
to raise a child.***

***It takes a village for me to recover.
I need you and you and you....***





Editors Note

Please send feedback. Should I continue Wheel of Fortune, definition of the month, prayer of the month.

Together we get better.

Sue W cocooneditor@oamilwaukee.org

Milwaukee Area Intergroup has leftover literature. Please bring your order to the next MAI event. We have several titles reduced for quick sale, still good stuff just new editions have been printed

**OA (and AA) LITERATURE COUNT AND PRICING
May 22, 2017**

| Item | Qty | Price |
|---|----------|--------------|
| 12 Steps and 12 Traditions - reg size | ? | 14.00 |
| 12 Steps and 12 Traditions - small size | 8 | 13.50 |
| 12 Steps and 12 Traditions - Spanish | 1 | 13.50 |
| ***Overeaters Anonymous, 2nd Ed reduce to 10.00 | 9 | 15.00 |
| Overeaters Anonymous, 3 rd Ed | 20 | 15.00 |
| Voices of Recovery | 14 | 12.00 |
| For Today | 15 | 12.50 |
| ***Abstinence, 1st Ed reduce to 4.25 | 3 | 9.25 |
| Abstinence, 2 nd Ed | 24 | 11.00 |
| New Beginnings | 3 | 10.75 |
| Seeking the Spiritual Path | 6 | 9.50 |
| Taste of Lifeline, 2 nd Ed | 19 | 14.00 |
| 12 Steps Workbook | 14 | 12.00 |
| Voices of Recovery Workbook | 3 | 12.00 |
| For Today Workbook | 6 | 12.00 |
| 12 Step Workshop and Study Guide | ? | 14.00 |
| AA Big Book, pocket size | 2 | 6.50 |
| AA 12 Steps and 12 Traditions, pocket size | 3 | 8.00 |
| Newcomer Packets | ? | 3.50 |
| Sponsorship Packets | 24 | 2.55 |



Growing Unity in Diversity Worldwide WSBC 2017

There were 188 registered delegates. There were 20 countries present. Those countries included Australia, Austria, Brazil, Canada, Colombia, Costa Rica, England/UK, France, Greece, Iceland, Ireland, Israel, Mexico, New Zealand, Poland, Scotland, South Africa, Spain, Sweden, USA.

The Treasurer encouraged contributions through Automatic Recurrent Contribution (ARC). She also stated the Board's commitment to Lifeline and e-Lifeline. The treasurer asked members to subscribe, write articles, consider a group subscription and consider a subscription for a health care provider. The treasurer reported that book sales were down last year resulting in OA ending 2016 in the hole. The literature sales for January 2017 were higher than 2016, which is a good start. The number of persons using ARC is 259, contributing a total of \$5894.50 monthly. It is hoped that that number will increase.

The Managing Director reported that in January 2016 an OA Facebook page was launched. She reported that 1100 members attended the World Service Convention in Boston, which brought in \$45,000.

Workshops

Tuesday was a day of workshops. At the workshop on the 12 Concepts, I was humbled. The Steps, Traditions, Principles and Concepts all are part of living a 12-step program. Yeah, look up the 12 Concepts. I did not know them either.

At the second workshop on literature I learned that other countries need to pay a license to use the OA materials. This is not possible for some countries. Other countries have used the literature before obtaining the license.

The Forum put together by the Region chairs was Wednesday morning. My group was visited by a person with a 100-lb. weight loss, an older person and someone who spoke a language I did not understand. We were encouraged after each presentation to share how we could relate to the person who shared. It is clear that working the steps, using the tools connects us. I do see this as a possible workshop.

Business Meeting

Thursday, Friday and Saturday morning were the Business Meeting.

A revised Maintaining a Healthy Body Weight pamphlet was given the WSBC Seal of Approval.

The 12 Steps and 12 Traditions was amended to include the spiritual principle of each step or tradition at the beginning of each chapter. The amended revised edition of the 12 Steps and 12 Traditions will be available the end of the year.

A restricted fund for translation was created. The other restricted funds are: general support, delegate support and professional exhibit.

Sponsorship Day to be held on the third Saturday of August was created.

Sunday, I was at breakfast and learned that the women from Iceland and Sweden were taking the same flight. We decided to share a Uber. Good thing someone is tech savvy. We shared coffee at the airport and Grew Unity in Diversity Worldwide.

Lynn H. :WSO Rep

Service with a "smile"

I resisted doing service, the same way I resisted writing out a food plan for the day (although I preached this in meetings as the road to abstinence). I had a food plan, thank you very much, and I knew it backwards and forwards. And I hated the chant "service is slimming," that some members joined in and said together, during the reading of the tools in meetings. But my program was faltering, in all areas, physical, emotional spiritual. I was forgetting all the important parts of the program, forgetting to use all the tools, forgetting that feeling of "being part" of the group;

instead, I felt "apart" from the group. Something had to change. I could, and became willing to, get back my abstinence. I could, and became willing to, read my daily readings, make more calls, and here I sit, doing some writing. Enough of doing things my way, it was time to begin doing things the way the program suggests. On that note, with lots of mental struggle and not a small amount of rationalizing, I decided I would do some service.... Sometime the opportunity would present itself to me and I committed to myself and possibly even mentioned it to my sponsor - "I think I need to do some service in OA" and left it at that.

Then I attended one day of the OA conference on March 25, 2017. I was captivated with how well everything ran, all the different workshops, speakers, printed materials, auction baskets, raffle prizes, it was amazing. It was evident that many hours of work went into this conference, and that meant many, many hours of service by OA members from the Milwaukee area. What really impressed me the most was how happy everyone seemed. It was "that" feeling, the feeling one gets when they are part of something, not apart from it. I wanted to be a part of "it" and get "that" feeling, which I remembered from years ago. It's a wonderful feeling, nothing beats it! Strengthened by the camaraderie and fellowship I observed at the conference, I left feeling that the idea of doing service was a good one, and that when something came up that I felt drawn to, I would volunteer to do some service. Of course it didn't take long for an opportunity to come to my attention, and after thinking about it for a few days, I called and offered to help with the upcoming retreat. I'm grateful for a little willingness, which I think was provided by my HP. I've heard "the paradox of life is that the more you give, the more you get." Need I say more!
TS

Choir, Cabaret, Drumming

I was in awe of the many talented people we have in OA. The convention was a place where they were able to use their gifts to inspire and encourage the fellowship. We had original songs, music and poems performed on Friday evening. Then each keynote session was called to attendance by drummers who got our attention. The choir practiced at least three times with a music director. The songs that they sang at the Sunday morning closing were beautiful and so appropriate for each part of the program. This was an original idea and added to the OA Improv and Dance entertainment which were traditional parts of Milwaukee conventions. Who knows what kind of original ideas we can come up with for next year's convention. If you have ideas that would enhance next year's convention, please send them to convention@oamilwaukee.org. JW

Out of the Cocoon and Into the Spotlight

MAI hosts a fashion show. With a semi-professional model teaching us the right moves. We all dressed "becomingly" and strutted our stuff. Of course we all felt beautiful in our safe place. But we are all beautiful in our Higher Power's eyes.



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 | FREE TO BE ME/ FREE TO BE YOU |

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)



CARRY THE MESSAGE

JULY 4 AT THE LIGHTHOUSE FROM 10:00 - 12:00.

COME HEAR SOME SUGGESTIONS FROM WORLD SERVICE ON HOW WE CAN CARRY THE MESSAGE TO THOSE STILL SUFFERING.

MILWAUKEE AREA INTERGROUP IS HAVING A YEARLONG STUDY OF STEP 12. AND IS SPONSORING THIS EVENT.

HOSTED BY THE TWELVE STEP WITH-IN AND THE CARRY THE MESSAGE COMMITTEES.

LITERATURE AVAILABLE. SUGGESTED \$5.00 DONATION.

CONTACT CINDY W. 414 628 7446

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

June 2017

- 11 Joy of Recovery 1-3
- God's eyes Pass It On Club
- 19 MAI Meeting 6:30 Rogers Memorial Hospital

July 2017

- 4 Carry the Message—Lighthouse=10-12
- 9 Joy of Recovery -see above-
- 17 MAI—see above

August 2017

- 13 Joy of Recovery
- 18 Sponsor Day—see ad
- 21 MAI

PLANNING AHEAD?

MAI Retreat Sept. 22-24

Willingness is the Key -workshop and lunch—New Holstein Sept 30

Region 5 Convention Oct 20-22

***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.)

Did you know we are on Facebook? A safe place to explore without blowing your anonymity.

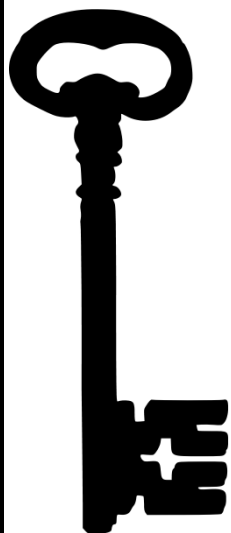
Facebook URL

[facebook.com/Overeaters-Anonymous-OAMilwaukee-1118054364949057/](https://www.facebook.com/Overeaters-Anonymous-OAMilwaukee-1118054364949057/)

**Know God;
Know Peace.
No God;
No Peace.**



Willingness



Is
The Key

September 30
New Holstein,
WI

Lunch included

9:00-3:00

\$15

*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.

OA Weekend Retreat

Sponsored by Milwaukee Area Intergroup

Siena Retreat Center Racine, WI

22nd - 24th SEPT 2017

Friday 7PM - Sunday Noon

Early Registration \$172 Per Person

After July 15, 2017 \$182 Per Person

See Flyers at your meetings



Overeaters Anonymous
Region 5 Convention



Destination Recovery
October 20-22, 2017

Cincinnati Airport Marriott
2395 Progress Drive • Hebron, KY 41048
(859)586-0166

We're looking for a meeting to host our special day:

Sponsorship Day

(3rd Saturday in August—WSO has several ideas)

Also looking for host for Labor Day

