

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-	414 526 6551
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 Administration

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

Sept . 2017 Income/Expense Report

Starting Balance	25,918.59
Total Income	1290.03
Total Expense	(5,638.57)
Net Operating Balance	12,062.30

*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.

Dear Recovering Rita,

I'm going to get right to the point, and tell you what's up with me!!! Nothing like being straight forward---right?? Three years ago my dad had a heart attack and needed triple-bypass surgery!!! He nearly died on the table!! Up until that point, he never paid any attention to what he ate. There were a few years after the surgery where he consistently exercised and ate right. I guess it was a wake-up call for him. Ever since he lost that weight, though, he has slowly started going back to his old ways. He is now full-blown back to his old diet. He sneaks out of the house and tells us he is running "errands," but gets angry when we ask him where he is going. We all know he is sneaking out for food----we have found wrappers in his car----and he still denies it was him. Sometimes he doesn't even hide it. Last night I went out to dinner with him, and he had a huge chicken cheesesteak!!!! My mother tries to talk to him, but he ends up yelling at her and tells her it's not her job to tell him what to eat!!!! I am the oldest of his four children (22, 20, 18, 17). He has been a fantastic father and helped me become the person I am today. I feel if I let this go on and he dies, I will blame myself for never stepping up to confront him to change his ways. I know it is ultimately up to him to change, but after all he has done for me, I will regret not trying to help him if he ends up having another heart attack. Considering how defensive he is, do I try to talk to him, or should I respect that he would like to make his own life decisions???? I myself attend Overeaters Anonymous meetings in the Milwaukee area as I have issues with food, and turn to that in times of crisis; but this situation/ family dynamics has reached a point of overwhelming me and I need some ideas on how to handle this. PLEASE HELP!!!! Thank-you,

*Editor's Note: a similar article appeared in Dear Abby, Several meetings discussed it.

Dear Anonymous, Only your dad can fix this problem. He has to come to his own conclusion. You can talk to him about it calmly, but he's the one that has to face it or pay the consequences. You have no guilt. You are not force feeding him. In your calm conversation with him you could mention Overeaters Anonymous. You could tell him that our program has helped millions of people. All you can do is pray for him. God be with you and your dad.

Rita

PRAYER OF THE MONTH

Dear God, Having had a spiritual experience, I must now remember that "faith without works is dead." And PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with guidance and wisdom to talk to with another alcoholic because I can help when no one else can. Help secure his confidence and remember he is ill (BB89:1)

Our Readers Respond

What fills the hole inside you?

For years, it was food. Now it is O.A., friends, family, and God.

Meetings
Singing in the choir
AA
Sponorees
Walking my dog.
Eat healthy foods
People seem friendly toward me.

Going to church
Meeting friends
Reading
Exercising
Sewing
Going out of the house
Doing more of every thing.

Wheel of Fortune

r s t l n e
_ _ r _ _ r _ _ _ r _
_ _ r _ _ s e...

Word of the Month

Hope—better things are coming;
A feeling of expectation, desire for a certain something to happen



"WE ARE THE MESSAGE" Focus For SEPTEMBER -- Distributing MAI's New "Business" Cards

What are they? Specially printed cards with MAI's new logo and contact information, including website, Facebook page, phone, and address. On the back is a QR code that can be read with a smart phone QR reader, which then brings up the MAI website. Also on the back is space for your name, phone number or email, if you would like to be of further assistance to the person to whom you are handing the card.

How do I get the cards?

Each Intergroup rep received 20 cards for their meeting. Additional cards were made available at the Labor Day Marathon. A mailing will go out soon to groups not able to pick them up. If your group is not on the mailing list of our Cocoon Editor, please send a mailing address to cocooneditor@oamilwaukee.org or call 414-259-0640.

I've got 'em. Now what?

Tack some to that bulletin board you adopted earlier this year, look for establishments that have an area for business cards, leave them on side tables at doctors offices, pass them out to someone who you think could benefit from OA. Keep some handy in your wallet or glove compartment.

SO: Keep up the good work, everyone! Keep on sharing the message of OA! There are so many who have never even heard of OA. Let's keep bringing it forward to the public in all these ways.



The Addict Mask

It is not my job to fight the addict.
It has never been my job to fight the addict.
I can't fight the addict.
The addict is too strong and powerful for me.
The addict is nasty. He plays by no rules.
He lies, cheats, steals and will do anything to destroy me.

The addict wears a mask:

This mask is me.
He looks like me, talks like me, sounds like me
I cannot tell us apart.
I cannot put a credit card between us.
His voice is not higher or lower than mine.
There is no doorbell ringing to warn me he is here.

I think he is me.
I believe I am listening to myself.
I believe his words, but he isn't me.
He is not truth.
I need help with discernment.

I cannot fight the addict.
God fights the addict.
God wrestles the addict. God battles the addict.
God goes to war with the addict.

I have to be diligent. This is WAR for me.
I must have a Power greater than myself to help me.
I have my part; my part is to work
The Overeaters Anonymous program.

Attend meetings
Get a sponsor
Study the Big Book
Work the steps
Do service- take action-do my part and

God removes the addiction.
God overpowers the addict.

The addiction is cunning, baffling, and powerful,
But the program is more powerful.
The Program has GOD.

Lifeline 7/17



Sail towards HOPE

My breathing's labored, heavy sighs
Can they hear my gulps of air as I read, as I try.
The clothes are tight, bras are stretched
Buttons about to pop, if not for the effort of that
last skinny piece of thread.
My nose. Oh, that German nose.
Never did I imagine it would fade within the
landscape of my face as my cheeks and double chin
explode.
My jawline, neck and breasts.
Past points of pride as I stood confident and erect.
Where are you two? My beloved collarbones?
Where have you gone, what did I do?
My stomach once firm and fit,
One of many areas to chip away at bit by bit.
A cascade of fat overflowing.
No need for a reflection that is over-growing.
My thighs and calf's, you've stood by me.
How good we looked in a bathing suit.
I'm sorry to have to hide, abandon you and say good-
bye.
What fun we had so long ago...
Oh, and my poor knee, screams don't put any more
pressure on me.
The size of watermelons, how can it be?
My flat, wide fins are hard to miss.
Mistaken for feet, do others see as the notice me?
The entire back from head to toe,
Is a rotten mess, of course you know!

The storm is real. The fat engulfs.
How long can this ship, my body stay afloat?
The winds are howling come to me.
Her soul is buried in her hull.
A distant light slightly shines, can I reach it over
time?
This dismal ship wants her captain to board,
Come sail away towards Hope and more.
But this ship is docked, weighted down by a vault
heavy and locked.
With a helping hand this ship might float, her
anchor lifted by beacons of Hope.
The beams of light come shining through.
Her soul takes flight and guides her ship towards
beacons of light that MUST exist.

~Katie S.

I'm at a meeting,
I'd rather be eating,
Chasing that tempting bite,
Laying down from the fight.
But I'm still here
And I'm not alone.
I can keep going...

Michelle R.



COURAGE
CONFRONTING
OUR
UNFORTUNATE
REALITIES
AWARE OF
GOD'S
EMBRACE

Elaine Z.
Lifeline 9/17

MAI N
Region 5 E
WSO W
S



Editors Note

Please send feedback.

Together we get better.

Sue W cocooneditor@oamilwaukee.org

Milwaukee Area Intergroup recently launched Buddy Groups to help strengthen existing meetings. Groups wanting support can request a Buddy Group. Your group can sign up to be a Buddy to one of these groups through the 12th Step Within Committee.

Patterned after the idea of sponsorship (one person helping another by sharing recovery), Buddy Groups are relationships between two OA meetings. A larger or more seasoned group can help a smaller or newer group. A group closer to Intergroup activities can support one farther away.

Here is the list of the meetings asking for help:

Monday	Wauwatosa	6:30 pm
	Racine	7:00 pm
Tuesday	Columbia	11:00 am
Wednesday	Menomonee Falls	6:30 pm
Thursday	West Bend	3:00 pm
	Racine	5:00 pm
Friday	St. Catherine	9:30 pm

Wisconsin Health Fund Health Fair

Milwaukee Area Intergroup was again invited to this health fair. It is for the Teamster Union and is well attended. Several meaningful conversations were shared with others. Our wonderful tri-fold poster presentation is a good resource as well as the 15 questions and our new business cards.

We Are The Message!

Sponsorship Workshop

Labor Day found us honoring sponsors. With a partner we came up with a want ad for a sponsor. There was much discussion and questions from a WSO podcasts. There was also a garage sale from Joy of Recovery. Sponsor Packets were available for .They are loaded with all kinds of good information. There are still packets available if needed.

Two Reports From the Retreat **'Let Go, Let God'**

OA Weekend at Sienna Retreat Center.

The person who requested I write an article did so in such a warm, loving, happy and joyful manner, it was easy to accept. I'd never written anything before but HP said 'NOW is the perfect time to begin'. Am learning that getting out of my comfort zone is okay as long as it provides an opportunity to Serve and to Spread to the Word.

Writing was simple and easy as there was much Recovery in the room. During the Program there were three topics on 'letting go' in the area of physical, spiritual and emotional recovery. Allow me to share on what I took away from this wonderful Retreat.

One is that 'everything I need will be provided IF I ask'. The answers will come every time....though in Gods time, not mine. Still need to practice PATIENCE and LISTENING for that still, soft voice to speak (intuition, HP, God, strength, power). Also, often have to W.A. I. T. (i.e. 'Why Am I Talking') and TRUST that inner conversation so easily 'stuffed' with food and life's circumstances. Essentially, I must get out of my own way, let go of 'stubborn pride' and let HP deal with it! An 'answer' was suddenly (no coincidence) provided when freely-given ideas were being exchanged on body image...a topic I was interested in.

The questions participants journaled about (that piggybacked after each Speaker) facilitated a cleansing 'cry' not experienced in a long time. Though crying can be embarrassing in any other public forum, in OA it is accepted. Gaining new insights seem half the battle in this journey of discovery in Recovery. Then onward to make amends (if necessary), to forgive, to let go and to keep practicing Steps 10, 11 and 12.

Continued on page 7

"Just for today... I will not be in charge." - Retreat Reflections

Continued from p 6

The fall retreat at the Sienna Retreat Center in Racine Wisconsin was eye-opening for me. Choosing to let my Higher Power run my life by letting go is the essence of surrendering. All three speakers each on a different leg of the stool...physical, spiritual, and emotional...were wonderful! My biggest takeaway was a quote from the speaker on letting go spiritually. She emphasized that "Willingness is the opposite of stubborn pride." Wow! I've known for a while that willingness is a key to recovery. And yet to phrase it as the opposite of stubborn pride really struck a chord in me.

Willingness allows me to get out of my own way. It allows me to choose to let go and let my Higher Power run my life. When I do this one day at a time, one problem at a time, I relax and calm down. I surrender my way for my Higher Power's way and just put one foot in front of the other doing the footwork of my program and my life. If I feel unsure of my Higher Power's guidance, I "act as if" I have a path and move forward anyway. Procrastination is a deadly character defect, one of my most stubborn aspects of getting in my own way. Movement, even along the "wrong" path, will give me more input from my Higher Power. My Higher Power does allow me to make U-turns. It is only with willingness that I can set aside my stubborn pride and my ego and grow along the path of recovery in my program. Thank you to the Milwaukee Area Intergroup for a fabulous retreat!

~ Clarissa O.
Streamwood IL

Compulsive eating does not cure emotional havoc caused by obsessive thought processes anyway. Isolation, ignoring, over-indulging, munching, snacking are not ways to deal with emotions either from the past, nor in the present. Fear, guilt, shame, don't talk, don't trust, don't feel are messages believed, oftentimes, the rest of days. Being a 'growing-up' adult is getting easier at the tender age of 71. No longer do I define myself by replaying old tapes. Yet, I recognize and honor the past as part of why/who I am today.

HP heals everything. Acceptance is the answer to all problems and (as a new friend said recently) to see a few 'warts' in our humanity is more acceptable and much more fun. Getting rid of negative thoughts and/or emotions as a shortcoming isn't necessarily the issue. But letting go of 'judging myself to harshly' when thinking of, or expressing them, is. Feelings are not facts but are very powerful...if we allow them to be.

I am not alone if I talk to others, be with others and ASK for help. Look for the 'sameness' in our fellows, the beauty in each other's spirit and soul. Be of Service...even if only a little. Life is short. We can start over today and every other 'today' there is.

I am no longer in charge. By continuing to 'Let Go and Let God' I live in the Promises. Whatever happens is NEVER so serious to take away the peace and serenity received by practicing the 12-Steps, the 12-Traditions and striving to Live a Principled life.

Humbly in grateful service,
Anonymous



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.

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)

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.

November 2017

- 4 New Comers Meeting—see ad
- 12 Joy of Recovery Pass It On Club 1-3pm
- 20 Intergroup Rogers Memorial 6:30-8:00pm
- 23 Thanksgiving Marathon see ad
- 18 IDEA Day- open
- 26 Joy of Writing

December 2017

- 10 Joy of Recovery (see above)
- 18 Intergroup (see above)
- 24 Canceled-Joy of Writing
- 25 Christmas Marathon-looking for host

PLANNING AHEAD?

- January 1 New Year's Day—looking for host
- January 14 Welcome Home Dance—see ad

***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.)

New Comers Meeting

Saturday November 4, 2017

9:30-11:30 am

**The Twelve Steps
of Recovery**

OA Tools

Lighthouse Building on the Aurora
Psych Campus

Address: 1220 Dewey Ave.,
Wauwatosa, WI

If you have new comers packet bring it
with you.

West Bend Meeting

to try new format

Thursdays 3:00 pm

New 12 Step Study
(Green spiral manual)

Looking for

**Christmas /New Year's Day
Marathon
Hosts!**



**Welcome to Overeaters
Anonymous!
Welcome Home!**

Dance and Activities
Pass It On Club
Sunday January 14, 2018
1:00-3:00 pm

***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.



I.D.E.A Day
International Day
of Experiencing Abstinence
November 18
Nothing planned at this time.

