

Free To Be Me Free To Be You

How my Higher Power Sees Me....

Body image is still an issue for me, but as my five animals (3 dogs, 2 cats) love of me, no matter what I look like or feel like, is heavenly bliss. They don't care if I have hanging skin or a belly that is not tight and firm or that my butt sags or my breasts are like pancakes. They don't care that my hair is turning gray or that I have bags under my eyes. My fur babies love me just the way I am. They are like my Higher Power looking at me with love and affection and snuggles and kisses.

My H.P. loves me just the way I am, just as He created me. H.P. is always happy to greet me each morning and snuggles me to sleep at night. H.P. gently nudges me to do the things I need to do, just like my animals nudge me to feed them, walk them, play with them and give them treats. H.P. reminds me to relax and enjoy the moment and the beauty around me just as my animals remind me to play and take naps and rest when I need to rest.

Yes, my H.P. comes to me in so many ways, even through my animals, to teach me what I need to do to be of most useful to myself and others. I just need to keep conscious contact with H.P. and listen and be aware of those lessons and not be so consumed with fear, worry, doubt, distractions, self-will, jealousy, gluttony, anger, disappointments, loneliness, obsession of body image or what others think of me.

Continued on page 5

You Are You and I Am Me

You are you	And I am me
You like broccoli	Oh no-not me
You like baseball	Me— not at all
You like hip hop	I like Christian pop

And yet we are the same

In the same head game

We both like to eat

It just cant be beat

Going to a regular meeting

For a hug, a message, and
a greeting

Reading in the Big Book

Is really all it took

Faith in a Higher Power

Will get us out of our isolation
tower



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	262-236 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
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](http://www.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,
 This month Recovering Rita will not appear. Unfortunately, there was a breach in anonymity, and her article was involved. Thank you for your Understanding.

By the way., How do you fill the empty space you are trying to fill with food?

I need a good story
 I need a good book, the kind that explodes off the shelf.
 I need some good writing, alive and exciting; to contemplate all by myself
 I need to marvel at someone's story
 I need a good read, I'll probably need two or three!!!
 Something that will go with a cup of tea?? What would my sponsor tell me???
 Something that's free or what comes in the mail??
 I need something that's true, something short, so I can stop being blue, and put down the fork!!!
 With all of our literature I'll ask God to decide, because all of it's the right one!!!!

By Donna H.

To Let Go

To **let go** takes love
 To **let go** does not mean to stop caring, it means, I can't do it for someone else.
 To **let go** is not to cut myself off, it is the realization I can't control another.
 To **let go** is not to enable but to allow learning from the natural consequences.
 To **let go** is to admit powerlessness, which means the outcome is not in my hands.
 To **let go** is not to try to change or blame another, it is to make the most of myself.
 To **let go** is not to care for but to care about.
 To **let go** is not to fix but to be supportive.
 To **let go** is not to be in the middle, arranging all the outcomes, but to allow others to affect their own destinies.
 To **let go** is not to be protective, but it is to permit another to face reality.
 To **let go** is not to deny but to accept.
 To **let go** is not to nag, scold, or argue but instead to search out my own shortcomings and to correct them.
 To **let go** is not to adjust everything to my desire but to take each day as it comes, and to cherish myself in it.
 To **let go** is not to criticize and regulate anybody but to try to become what I dream I can be.
 To **let go** is not to regret the past but to grow and to live for the future.
 To **let go** is to fear less and to love more.

Donna H.

Continued from p 1

God – help me to trust in you in all my affairs, direct my day, help me to let go, play, take the right actions, relax and enjoy the moment. Thank you, God, for my animals to remind me of your unconditional love and acceptance of me, just the way I am, and for nudging me gently to take the actions I need to take one day at a time. Thy will be done, not mine.

Kim B.



Prayer of the Month

Voices of Recovery p.205

The 12 Freedoms

- Freedom 1 from the obsession.
- Freedom 2 from insanity and hopelessness.
- Freedom 3 from bondage of self.
- Freedom 4 from dishonesty.
- Freedom 5 from isolating.
- Freedom 6 from running the show.
- Freedom 7 from self reliance.
- Freedom 8 from blame.
- Freedom 9 from fear of people.
- Freedom 10 from complacency.
- Freedom 11 from loneliness.
- Freedom 12 from lack of purpose.

Wheel of Fortune

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

_ r e e t _ _ e _ e _ n _ _ _ _

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

Best Tool

I have been coming to meetings, walking the walk, talking the talk, sharing my story with sponsors for 26 years!!!! Not always very willing, but have kept on trudging the road to happy destiny!!! One tool that has been a definite in my program has been a sponsor!!! The first meeting I went to a woman handed me my first Big Book, and said, 'I'll be your sponsor, call me tomorrow, here's my phone #, read chapters 3 and 5 of this book and we will talk about it then!!!' Since that wonderful fall day I've had 5/6 sponsors, and have been lucky enough to sponsor 3/4 others. If not for the due diligence of these other OA folk I would have never continued to go to meetings, or be blessed with the gifts of this program. I really didn't have a 'list' of what I wanted in a sponsor, as the literature tells us, look for someone, that has what you want, then ask them if they're available to be contacted. My first encounter was surprising as I didn't know the woman from Adam, but she was willing to work with me, and got me through the holidays, that first couple of months. Once I moved to Milwaukee, so did my disease, so I needed meetings, and knew I needed a sponsor!!! I got lucky and someone helped me, I still keep in contact with her, but for whatever reason she and I are not in a sponsor/sponsee relationship. After that God continued to place other women in my life as sponsors----I've been very grateful for each of them!!!! At times my regular sponsor has been out-of-town, for one reason or another, so then I've have had a temporary sponsor----I simply can't do it alone!!! Other times when I've been on vacation, and cannot get a hold of my sponsor, and/ or to use the tool of writing have sent postcards to my sponsor, just to give away my food and share whatever is on my mind. At different times of my journey my sponsor has shared whatever was going on in her life, marriage, raising children, hobbies, or just our lives. I am not married, or a parent, but share how it is to be single, to be an aunt, great-aunt, and great-great-aunt!!!! Many times my sponsor has had to confront me with the truth!!! It hurts, but that is one reason I go to meetings, and have the sponsor-----she reminds me how to handle that part of life; so that I don't bury my head in the food and stay away from negativity!!! Sometimes, I'm the sponsor for my sponsor, we change hats from time to time!!!! Even though she may not know it she has taught me forgiveness. My sponsors, all have been there to remind me there is no such thing as a bad or good sponsor, as long as one is abstinent, a person has one more day longer of recovery for someone who is looking for a sponsor. All of them have also showed me examples of what I want to do or what I don't want to do in my life. I'm still figuring out what works best for me, still discovering, still recovering, and still experiencing love and acceptance without judgment all because a woman one night, told me, 'I'll be your sponsor, read the Big Book, write about what you read, call me tomorrow with all the food you eat, and we will go on from there!!!' Sponsors---if you don't have one get one, if you are not one work towards being one!!!Which reminds me I have to call my sponsor!!!!

Thanks, love, hugs, hope to see you at a meeting,
Donna Howe

In Remembrance

It is sad to report the recent passing of OA member and friend, Monica I. She left us on May 27th and will be missed by many. Monica will be remembered for her sweet personality, and her willingness to lead meetings. Thank you HP for her service to the fellowship.



Experiences
Good and bad
Make up a life
A learning map
Repeat
Or discard
Never again
Or hold to forever
Change
Grow
Make choices
Share
Sometimes new
Exciting
Sometimes boring
Lonely
A new step
Or path well worn

Experiences
(VOR 6/19) SW



Sponsorship Workshop
Labor Day
Monday, September 4
10:00 am - Noon
Lighthouse



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

MAI Buddy Groups July 2017

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.

The possibilities are many. Here are some ideas: - Your whole meeting could adopt a group requesting a Buddy group. - Or just you and a friend or two could be Buddies for another group. - Get a phone list or email list and contact members of the group. - Rotate attending their meeting or calling group members. - Offer to sponsor members if their meeting needs sponsors. - Co-sponsor an event together. - Invite them to attend your meeting. - Invite them to attend Intergroup - via Skype if necessary. - Encourage them to go through the Strong Meeting Checklist. - Discuss ways to publicize their meeting and attract and retain more newcomers. - Study a new piece of literature such as the new 12 Steps Workshop & Study Guide. - Use ideas from the We Are the Message campaign or WSO's website.

Contact Darlene D at 12th-stepwithin@oamilwaukee.org or call 414-259-0640 to get yourself connected as a Group Buddy or to request a Buddy for your group.

Memorial Day Workshop – "The Glue That Holds Us Together"

This wonderful workshop was led by Region 5's Trustee to WSO, Linda J. and was very well attended. It was very helpful and interactive, so that everyone participated – making the information memorable and putting it in practical context. The Traditions were the main focus for the day, but we also learned about OA's 12 Concepts of Service. Both the Traditions and Concepts are based on important principles, such as unity, balance, equality, trust, consideration, etc.

For part of the session, we were divided into small groups where each group was given a few scenarios, based on real live problems, issues, or questions that occur within OA meetings. The small groups spent time discussing which Traditions (often more than one) would apply and what actions would be appropriate in handling the situation. Then everyone joined together and each group presented their conclusions. It was interesting how often one Tradition needed to be balanced out by another. The Traditions themselves are a series of checks and balances, requiring more than a simple concrete answer for many situations.

Perhaps all of us came out a little wiser at the end of the workshop. I know I did. Joy M

Communications Committee is Firing Up and Planning a Brief Survey

A recently formed committee within MAI is taking on the challenge of upgrading MAI's many important communication tools and wants to get your feedback via a brief survey.

You can take the survey at: <http://bit.ly/MAI-CommunicationSurvey-1-2017>. A link to the survey will also be available soon in an EmailBlast.

The publications under consideration for upgrade include the EMailBlast, "Out of the Cocoon" newsletter, and the oamilwaukee.org website. If you have an interest in these and others, such as MAI's Meeting List, contact the chair of this committee, Margaret T., at communications@oamilwaukee.org.

This will be a great opportunity to become a part of MAI's future and to reap the personal and recovery benefits of being involved! We hope to hear from you!

MAI Communication Committee

Carry The Message



Independence Day at the Lighthouse in Wauwatosa was the perfect location for our workshop entitled: Carry the Message! Presented by the We Are The Message Committee of the Milwaukee Area Intergroup, this gathering was energy-filled with new suggestions and creative acting talent.

By dividing into small groups and acting out various scenarios of everyday opportunities, we considered ways that each of us can carry the message of OA to health care professionals, clergy, family and friends. One such scenario was: "You are in the restroom. You hear your niece throwing up. It isn't the first time you have heard her but you weren't quite sure before. Do you say anything to your niece? Do you tell her about OA and your experience?" Scenarios such as this led us to reflect and discuss how we might approach her and carry the message of OA.

The MAI supplied us with numerous handouts and OA approved pamphlets. These included: "Compulsive Overeating – An Inside View", "Introducing OA to The Clergy" and "Introducing OA to Health Care Professionals." OA's Tradition 5 emphasizes "We Are The Message." OA Step 12 tells us "Service is healing." To learn more about ways to carry the message, you can email: publicinformation@oamilwaukee.org.

Mona

What Does Intergroup Do for Me?

It's great to have one or more local OA meetings. Many of us do service regularly to keep them going. When people mention Intergroup, we may think: Why do I need to do more service?

However, our local groups get strength from being supported by 3 levels of service bodies*. Without them - and the literature, websites, meeting lists, conventions, etc. that they provide - how many people would be at our local meetings?

Service with Intergroup has been important to my recovery. Here are a few reasons I attend:

Keep recovery flowing and pool our resources

For maximum effectiveness, we can allow the recovery from the local groups to flow together. It makes room for newer people to take on service roles locally, and helps us all learn new things by connecting us with the traditions and concepts, and with other groups and the larger service bodies. An intergroup can use the talents and ideas spread across many local groups. It's a win-win-win for the individuals, the intergroup and the local groups. We all benefit.

Have a voice and stay current

Through the world service business conference, intergroups from around the globe can participate in making decisions that affect all of OA. Because it is continually evolving, being active in Intergroup helps us not only stay abreast of changes, but also have a say in them. (For example, action plan is now a tool, and we recently got a new sponsorship day.) Many local groups use outdated formats, readings or literature because they're not aware of new versions.

Strengthen local groups and individual recovery

Ever seen or heard of a group with little long-term abstinence? It is hard to see that OA works when there is no one going before you to show you the way. And hard for a meeting to attract and retain members if people don't see the program working. We only need 2 or more people with a desire to stop eating, and no other group to have

Continued

affiliation, to have an OA meeting, but in my experience, if there is little abstinence, the meeting will struggle and may not last. We need more than willingness; we need hope, inspiration, guidance, and support. When we can't get that locally, the service structure of OA can help. It helps us connect with recovery from people who have gone before us (via literature, online resources, audio tapes, etc.), and from people in other areas (phone or online meetings, speakers, sponsors, conventions, etc.)

How Do I Start?

When I had 3 months of abstinence, my sponsor told me to start attending Intergroup. She reassured me that I didn't need to do anything, just go listen and learn.

I learned that Intergroup is a service body with monthly business meetings for all groups in the area to help them function more effectively. As someone said, it's like the head of the octopus, keeping things coordinated.

I also learned that OA has a bottom-up organizational structure. Each higher level is there to serve, not dictate, the levels below it.

The Milwaukee Area Intergroup meets on the third Monday of each month at 6:30 p.m. at Rogers Memorial Hospital in West Allis. Each member group can send two representatives. Visitors are welcome. People can attend via Skype if needed. If you'd like to have a buddy to go with you the first time, please feel free to contact me: Margaret T. at communications@oamilwaukee.org

***What do the 3 levels of service bodies do?**

Intergroups provide area meeting lists, events, and news to their member groups. They often have a central phone number and website so new people can find us.

Regions host conventions, help Intergroups learn from each other, develop our trusted servants' leadership skills, share information from World Service, and more.

The World Service level creates and prints literature, maintains a directory of worldwide meetings, has a website full of resources, including online meetings, and much more.

- Margaret T.



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>
Nov/Dec	Oct 1	WE ARE THE MESSAGE

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* p

MAI Calendar

September

- 4 Sponsorship Workshop Labor Day 10:00-12:00 Lighthouse *see ad*
- 10 Joy Of Recovery 1:00-3:00 Pass It On Club
- 18 MAI meeting 6:30-8:00 Rogers Memorial
- *** NEW ***24 Joy of Writing 1:00-3:00 Pass It On Club *see ad*
- 22-24 MAI Retreat Just For Today I will Not Be In Charge
- 30 Willingness Is The Key 9:00-3:00 New Holstein

October

- 8 Joy Of Recovery See above
- 16 MAI meeting see above
- 20-22 Region 5 Convention-Cincinnati, OH
- 22 Joy Of Writing see above

PLANNING AHEAD?

January 14 Welcome Home Dance

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.)



Joy of Writing

A new writing-for-fun meeting open to any in 12 step program. Meeting once a month, on the 4th Sunday at the Pass It On Club (62 nd and Forest Home) from 1:00-3:00pm. \$2.00 seventh tradition.

Starting September 24

Joy Of Recovery



Come create with us. Work on your own project. Most projects are recovery related. We sell our wares at convention. Second Sunday of every month 1-3:00. Pass It On Club 62 and Forest Home.



OA Weekend Retreat

Sponsored by Milwaukee Area Intergroup

Siena Retreat Center Racine, WI

22nd - 24th SEPT 2017

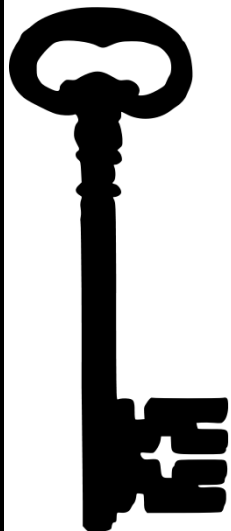
Friday 7PM - Sunday Noon

\$182 Per Person

See Flyers at your meetings



Still room available



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.



Sponsorship Workshop
Labor Day
Monday, September 4
10:00 am - Noon
Lighthouse