



Convention Boosts Our Recovery Individually and Collectively

Sitting in a ballroom with more than 100 recovering fellows from all walks of life, tears welled up in my eyes. Many people share our disease. How often are we among so many people who share our recovery? How powerful to have experienced the convention at the end of March!

It is exciting to attend an event that makes me feel proud to say, “Yes, I am a recovering compulsive eater. Come, listen, see for yourself! You too could gain peace from these principles and joy from this fellowship. We are talking truth about a deadly disease, living in the solution, and enjoying a second chance at life. Join us!”

In the course of the weekend, we were guided through all twelve steps. We heard how people applied the principles to their lives and even saw them being put into action. We had times to identify, testify and then apply the principles to our own lives. I loved the chance to write and then share on: “What three ideas will you incorporate into your own recovery?” This is how the program works.

I have a concern: the demographics at the convention (and my meetings) do not reflect the demographics of southeastern Wisconsin. Where are the young adults, the people of color, the men? How can we better carry

the message to all who still suffer? When I came into OA in my 20s, there were many young adults at that time. I don’t have the answers, but thanks to attending MAI, I’ve learned that OA now has a Unity with Diversity statement that is recommended for meeting formats. I can raise the question at my group meetings whether to include this statement in our meeting format.

I am so grateful to the Convention Planning Committee, and all their helpers, for the wonderful convention. I’m especially grateful to those individuals who have held leadership service positions for the convention for multiple years. The recovery,

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What is Anonymity For You? (Third Quarter Theme)

The next issue of *Out of the Cocoon* will be published in July. The topic will be anonymity. Please consider writing an article about the importance of anonymity to your program, what you have done to maintain anonymity, when you tell others about your program, how to handle anonymity breaches, or anything related. Also, please consider filling out a one-question survey about anonymity at <https://www.surveymonkey.com/r/KM97JCT>.

As always, if you would prefer to share your experience, strength, and hope on a different topic, you are welcome to submit that as well. The next deadline is Monday, May 21. Submissions can be made electronically to cocooneditor@oamilwaukee.org or mailed to PO Box 270054, Milwaukee, WI 53227.

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Milwaukee Area Intergroup

Serving Eastern Wisconsin

MAI Website oamilwaukee.org

Facebook Overeaters Anonymous - OA Milwaukee

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Board of Directors

(new board members take office at November meeting, based on October elections)

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MAI News Available Via Email

Want to receive free, monthly MAI news via email?
Send an email to emailblast@oamilwaukee.org
with “subscribe” in Subject. Include in the body of the
emails your first name, last initial, and home meeting.

Your email address will never be distributed nor seen
by other people receiving the mailings.

MAI Monthly Meetings

Third Monday of every month, 6:30-8:00 p.m.
Rogers Memorial Hospital
11101 W. Lincoln Avenue, West Allis, WI 53227
Each member group can have two voting
representatives. All OA members are welcome.

OA World Service oa.org

Free OA podcasts featuring OA speakers:
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.

Spanish OA Website Espanol.@oa.org

French OA Website Francais.@oa.org

Region 5 region5oa.org

Serving Midwest US and Canada

Cocoon Submissions

**Yes, we need and want your stories of recovery,
poems, pictures, and news!**

<u>Issue</u>	<u>Deadline</u>	<u>Topic</u>
2nd Quarter	May 21	Anonymity

**Send to cocooneditor@oamilwaukee.org or
OAMAI, Attn: Cocoon Editor, PO Box 270054,
Milwaukee, WI 53227.**

Cocoon Editor: Cindy F.

Editorial Policy

Out of the Cocoon is the *quarterly* newsletter of the
Milwaukee Area Intergroup of Overeaters
Anonymous, Inc. We welcome OA-related
contributions from members. Material cannot be
returned, nor can payment be made. All
submissions must be signed; names will be
withheld upon request. The editor reserves the right
to make editorial changes and to refuse any article
not meeting the editorial policy or that breaks any
traditions. Articles may not appear in the quarter of
submission. Other OA groups may reprint articles
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.

Seeking a Sponsor?

The MAI 12th-Step-Within Committee maintains a list of available sponsors and temporary sponsors so newcomers and those still suffering can get direction and support. If you need help finding a sponsor, email 12th-stepwithin@oamilwaukee.org. Provide your contact information, the type of sponsor you are seeking (i.e. food, step, maintenance, late night calls, etc.), and any other specific needs you have.

Available to Sponsor?

Please add your name and phone number to the list so that you can help another member.

Actions and Words Commit to Memory from Convention 2018

At the annual convention, which was held March 23-25, the final session involved participants listing three things they would take away from the convention. Some people came up with specific actions, while others took away specific words. The following lists actions and words those attending chose to share. The actions are divided into subjects. The words are not in any particular order. Hopefully, those who were not able to be at convention will be able to glean some of the energy and thoughts that were shared that weekend and those who were able to participate will have good reminders when they read the lists.

ACTIONS TO BE TAKEN

Dealing With Our Thoughts:

- Increased attention and meditation of messages coming from “universe.”
- Visualize positive outcomes.
- Use tools to replace negative thinking with positive thinking.
- Be mindful of negative thinking.
- Flip the negative thinking to be positive.
- Notice how negative thinking affects life.
- Use created action plan for weeding out negative thinking which affects health (mental, physical, and spiritual).
- Continue to work on negativity.
- Practice positive self-talk, how powerful.
- Check my negativity.
- Reframe “OLD” beliefs.
- Use positive thinking.

Prayer, Meditation, Relationship to HP:

- Daily five-minute meditation.
- Meditate in the a.m. before anything else, even coffee.
- Increased attention and meditation of messages coming from “universe.”
- Use super-duper resentment prayer on page 552 *Alcoholics Anonymous*.
- Use guided meditation group: “Head Space.”
- Pray and meditate without expectation.
- Do Third-Step Prayer repeatedly/daily.
- Turn each worry into prayer.
- Do quiet time and meditation in evenings.
- Meditate, even if I don’t want to.
- Say Dr. Bob’s “Humility prayer” each day for the rest of my life.
- Say Michael Judge prayer each day.
- Start each day with a time with God.
- Incorporate more into morning meditation.
- Start and end each day with prayer.
- Wake up to this daily spiritual practice: Be grateful, pause/pray/proceed.
- Find a Higher Power that works for/with me.

- Do chair yoga.
- Make a prayer lead by love, life and my HP.
- Exercise meditation.
- Set aside quiet time each morning.
- Connect more with HP.
- Send an email to HP.
- Use “turn it over” coin.
- Pray on my knees.
- Set up email account to unite to HP.
- Look for a spiritual director.
- Being still.
- Pray, meditate.
- Tweak my morning ritual.
- Meditate, go deeply within.
- Meditate in the morning to stay connected.
- More prayer and meditation.
- Meditation, listening every day.
- Stay connected to HP.
- Trust God.
- Keep enhancing spiritual life.
- Remember humility – speak from my heart and listen for God’s input.

Steps:

- Reading Step 1 over and over until I am fully ready to surrender to God.
- Pray for sane decisions throughout the day while doing step 2 daily.
- Incorporate more “Step 4 work” in my program.
- Make amends to myself and share with my sponsor.
- Make amends to myself.
- Make amends to myself; release past mistakes.
- Get into the dusty corners and drawers of inventory.
- Review step 4 and share with sponsor.
- Work with the 4th step worksheets from the workshop.
- Do a nightly 10th Step.
- Habitual 10th Step.

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...Actions and Words Commit to Memory from Convention 2018

From page 3

- Do more work on Step 11.
- Carry the message.

Tools:

Sponsorship

- Volunteer to be a long distance sponsor.
- Keep an open mind as a sponsor.
- Have a regular sponsor.
- Need to find a sponsor.

Service:

- Make room for service.
- Find a healthy balance of service.
- Be more aware of service that I can do.
- Don't let up on service.

Telephone (includes texts and emails):

- Use telephone and online meetings—incorporate into routine.
- Calling instead of texting.
- Keep up with my fellowship.
- Do more fellowship and outreach calls.
- Make a phone call to more than my regular people.
- Make outreach calls.

Writing:

- Daily gratitude list.
- Write more.
- Dictate into phone.

Literature:

- Study the Big Book.
- Listen to podcasts often.

Meetings:

- Attend conferences;
- Attend Region 5 convention next fall.
- Attend retreat next spring.
- Listening to podcasts and on-line meetings.
- Get to more meetings.
- Speak up more at meetings.
- Attend phone meetings in addition to face to face.

Plan of Eating:

- Restart abstinence with three meals per day.
- Get a food plan.
- No sugar.

- When asked to participate in sugar, just say “I am full” period.
- Three meals a day with life in between.
- Work on vagueness of food plan; want to be free of the food obsession, “What’s for lunch?”
- Use portion size and/or weigh and measure.
- Regarding my food plan, change from legalistic to freedom.

Action Plan:

- Do some kind of program activity every day.
- Exercise 30 minutes per day.
- Prayer and meditation area is a “catch all” reclaim it and make it a serene space.
- Meditation space is cluttered, need to reclaim that space.
- Clean house.
- Clearing up the clutter.

Other:

- Use the OA Toolkit App
- Suit up and show up.
- No more using the scale.
- Use good orderly direction—“God.”
- Just do it!!
- Practice, practice, practice.
- Don't say you're sorry, apologize.
- Knitting for relaxation.
- Will be open about being in OA.
- Take action.
- Remember the 3-legged stool concept.
- Re: Fashion Show, “pray for courage to accept our own beauty.”
- Practice honesty.
- Trust the “Process.”
- Will be open about being in OA.
- Learn to love and forgive myself.
- Say “Yes” to life.
- Foster relationships.
- Be honest.
- Take action, I don't have to know why it works.

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...Actions and Words Commit to Memory from Convention 2018

From page 4

- Separating my relationship with a person from who they are as a person.
 - Embracing true relaxation.
 - Getting back into sponsorship.
 - Stop punishing behaviors.
 - Do more affirmations.
 - Daily practice, practice, practice.
 - Keep growing.
 - Ask for forgiveness.
 - Laugh more.
 - Show up.
 - Feel joy and love.
 - Learn to shut up.
 - Need to do more work on the principles.
 - Need to incorporate the principles into my program.
 - Have fun!!!
 - Suit up/show up/do it.
 - Stop questioning how.
 - Stop taking other people's inventories.
 - Work on intimacy.
 - Believe how HP forgives and forgets.
 - Keep singing and dancing.
 - Open mind and heart.
 - Keep in touch with new people.
 - Look at higher power and a lower power to determine God's will.
 - Stop tripping over the fact.
 - Accept myself as I am.
 - Remember constant daily activities ensure my disease stays out in the hallway doing strength training.
 - Turned my will over to God before I left home, then I took it back. Need to work on that.
 - Don't be so hard on myself.
 - I need to release control of everyone, I am not God.
 - Just show up.
 - Help others.
 - Be patient with myself when character defects flair up; ask God to rid me of them.
 - Ask for help.
 - Do the next right thing.
 - Surrender.
- When the disease talks to me, tell it to talk to my HP and continue to use my tools to work the program.
- * * * * *
- WORDS THAT WILL BE REMEMBERED
- "Practice" is mentioned 13 times in 11th Step.
 - Until you die, "live."
 - My HP just "is" – I don't need to define it.
 - Higher power versus Lower power.
 - Effects of negative thinking are dangerous to my health.
 - I have no control over my height or foot size, but I have control over my footwork
 - I am enough and do enough.
 - Don't confuse physical recovery with emotional.
 - HP is what I make him.
 - Higher Power just "is."
 - Add more intentionality to your program, (mindfulness).
 - Effects of negative thinking are dangerous to my health.
 - God equals "Good Orderly Direction."
 - Structure and routine help me hear HP's will.
 - I can't stay clean with yesterday's shower.
 - Life is in high-def color when you are working the program.
 - "Right-size" your life.
 - Pause, get a free line, give yourself time.
 - Don't compare, identify with others.
 - Honor others with your vulnerability.
 - Food is just food.
 - This is not my circus; these are not my monkeys.
 - If you don't ever make mistakes, no one can ever relate to you.
 - More will be revealed and it will be beautiful.
 - Don't worry, be happy.
 - Abstinence is the most important thing in my life without exception.
 - Higher power – Lower power concept.
 - I don't have to be perfect.
 - HP is "Love."

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...Actions and Words Commit to Memory from Convention 2018

From page 5

- Program doesn't work for people who think they are "God."
- Okay, God, what are we going to do today? Your will; you are in charge.
- If I choose food over people, I have a problem with intimacy.
- Good news; there is a solution. Bad news; it is not my solution.
- This is a process—the journey is the destination.
- Stubbornness can be transformed into self-discipline.
- Step 2 is a process.
- Validation.
- God equips the called, not calls the equipped.
- The disease does what it is prone to do, but then my recovery does what it is prone to do.
- The importance of relationships; How I deal with other people and God.
- Do I want to be right, or do I want to be happy?
- Step 11 helps with emotional balance.
- Fear does not drive the bus.
- HP "is."
- Change equals transformation.
- Growth equals God + you.
- Recovery is a process.
- Don't look for perfection, just do it.
- The disease doesn't like maintenance; it's not just physical recovery, but spiritual and mental.
- There is a light at the end of the tunnel.
- These are my people, we are imperfect.
- Lead with love.
- OA program is not for people who think they are "God."
- When the disease talks to me, I tell it to talk to my HP while I work the program.
- The 4th step is the sick man's prayer.
- Recovery is attained by working the steps of the program; it is not about the food.
- The disease is in the hallway doing pushups.
- Service won't kill me and it helps others along the way.
- Can't do house cleaning steps until I have embraced steps 1, 2 and 3.
- There is tremendous hope for all of us.
- My judge needs to retire.
- Negativity can kill you.
- We have an overcoming spirit, free from bondage of "self-sabotage, self-punishing, self-blaming, self-judging.
- Do I want intimacy or sitting in front of the TV with a bowl?
- When someone bugs me realize he/she is also God's child.
- Being a normal weight is not the answer, the answer is in the program steps.
- Action is the key to recovery.
- Keep working at what works for me.
- Courage to do things that are not comfortable.
- CDA equals consistent daily action.
- Prayer and meditation are essential.
- It is a "we" not an "I" program.
- If you are abstinent and show up at meetings, you are an inspiration to others.
- I'm not in control of my food.
- Repetition is the only form of permanence.
- Act as if, feelings will change.
- OA program is for people who believe in God and OA program is for people who don't believe in God, not for those who think they are "God"; therefore, I will not take back my will and play "God."

* * * * *

EVENTS THAT HAPPENED

- Gained a spiritual advisor/accountability partner.
- Higher Power entered the room first.
- I found a new sponsor.
- I saw service in action with the choir.
- Dancing does a body good.
- Fourth Step from the workbook was very beneficial. We paired up with another person and shared in the workshop.
- Loved the research on pre-class.
- Guided meditations were great along with thinking outside the box.
- Loved the message of hope.
- Loved seated yoga.
- Lots of good comments on workshop about negativity.

Survey (Newcomer Survey, That Is) Says...

MAI-OA and the Newcomers Committee would like to thank everyone who participated in the on-line surveys that were run between Jan. 29 and Feb. 12, 2018. Those surveys were designed by the Newcomers Committee to show us the “best practices” that help to make a connection with and retain newcomers. One survey asked OA Members about their own experiences as newcomers. The other asked OA groups how they interacted with newcomers to their meetings.

Forty-five members took the individual’s survey.

The TOP FIVE actions that kept newcomers coming back? Survey Says!

5	Getting a sponsor
4	Receiving outreach calls
3	Qualifiers sharing struggles and successes
2	Total acceptance expressed by members
# 1	A warm welcome!

But wait! There’s more! Representatives of 17 OA groups took the group survey.

The TOP THREE methods to keep newcomers coming back? Group Survey Says!

3	Take newcomers aside with a small group during meeting
2	Use First Step meeting format when newcomers attend
#1	Meet with newcomers immediately after meeting.

Actually, all three methods had high success rates.

A survey serves no purpose if its results are not acted upon. Milwaukee Area Intergroup hopes that your takeaway will be a survey of your own.

TOP 5 Questions to ask your group and yourself:

5	Are available sponsors identified at meetings? How about me?
4	Do we have a procedure for making outreach calls to newcomers? Could I do it?
3	Do we share our experience, strength and hope at our meetings? Do I?
2	Do we have a procedure for working with newcomers in our meeting format?
#1	Do we warmly welcome all newcomers? Do I?

When I was a newcomer, a long-timer told me that the most important people in the room were the newcomers, because they remind us of what we were like, the miracles that happened and the happiness, joy, and freedom we have now. Let’s all do our best to give each newcomer what each of us has been so freely given.

~Marsha B.
Newcomers Committee Chair

Change Goes Beyond What and How to Eat in Our OA Program

I had no idea when I came to OA that I was going to be changing anything besides my diet and exercise routine. Even though I had briefly attended another 12-step program, I just couldn't connect the dots as to how the steps could work for my eating. While it did help me with my food, it also gave me a gift that is so much more precious... It helped me grow up. The growth that I have found in OA has jump-started my life. I was living in a state of limbo for many years, reacting to life by putting something in my mouth and hoping it would solve my problems. But it never did. Instead it gave me a false sense of life. I was going through the motions, but not really connecting with anything or anyone. By growing up, I was finally

learning how to live life on life's terms with the help of HP, my fellows, and my sponsor...and it's been amazing.

Sure I had some growing pains along the way, like dealing with emotions that I had buried, having to learn how to be honest with people about my feelings and learning how to turn my bad habits into good ones, but it's been worth twice its weight in gold. I'm so grateful for those that have come before me, those that are with me and those yet to come, because we are the message...we can change...we can grow.

~Patti R.

MAI's Professional Outreach Extends Statewide

For the past three years, OA has been part of the First Lady's Wellness Weekend Vendor Faire with a booth. It began because one of our members was asked to speak at the event and she asked if OA could be involved with a booth also. The organizers accepted the request. This year, we were represented with a booth and with a presentation session. As with all outreach events, we were able to distribute literature including the 15 Questions and to speak with people one-on-one.

committee know of the event; you can send the information to professionaloutreach@oamilwaukee.org. Also, if you are interested in representing OA at one of these events, send an email as well.

This year we received the following letter from Tonette Walker, First Lady of Wisconsin:

"Thank you so very much for donating your time and energies to making this year's First Lady's Wellness Weekend Vendor Faire a smashing success. Guest after guest commented throughout the weekend on how much they enjoyed the variety of products offered and the many different themes at each station.

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From front page

creativity, organization, communication and quality brought to this event's format and content is remarkable.

I've been part of five intergroups over the years and Milwaukee Area Intergroup is the only one that puts on a convention. It's amazing that volunteers have made it happen annually for 35 years! Thank you for boosting our recovery collectively and individually.

"Your booth is unique in that you offer a service...not a tangible product. OA is a service that is of great interest and benefit to so many in our communities. It is clear that you love what you do! I must say that based on all the positive feedback from our guests, if the timing works out for our schedules, I hope you will consider returning next year for the Sixth Annual Women's Wellness Weekend. In the meantime, I wish you a busy and successful 2018."

I have been imperfectly practicing the three actions I wrote down to incorporate into my recovery program. I pray for the willingness to continue. "Action is the magic word."

~M.T.

If you know of other health fairs or wellness events in which OA can have a booth, speak, or be involved in some other way, please let the professional outreach

HP is!