



We Simply Keep Coming Back!

It's very humbling (and exciting) to attend an OA event after being in recovery many, many years, to listen to younger folks with less years in OA than you have and to realize how very, very much you learned during that short four-hour timeframe! And, it's even more humbling to realize that what you heard is nothing new but that you are just in a different space, perhaps a surrendering space, and ABLE to hear what was said, even though it isn't new! CONFUSING? Sure! But so true.

While being in recovery for decades is great, our disease is only arrested one day at a time. We can know a lot and even have a lot to offer fellow OA members because of our many years of experience, but it's still important to remember that there is no "graduation" or "medal" for being around a long time and that we can learn something from anyone - whether they just walked in the door that day, have been in OA for six months, six years or the entire 30+ years of OAs existence. Our disease really doesn't care how long we've been in OA, all it wants is to wedge itself into our body, mind and spirit and keep us using.

What I heard at the OA event was that "it isn't over 'til it's over." No matter how old you are or how long you've been in OA or how many pounds you've lost and regained and lost again, all that really matters is that you keep coming back. "Bring the body and the mind will follow" is so true. "It" will only be over when I pass out of this life and move on to the next experience. "Keep coming back" is so important...and I can learn something from anyone! Recovery is physical, emotional and spiritual and who's to say which will come first for anyone? For some it's physical recovery, for others it's emotional recovery and for still others it's spiritual recovery...maybe even for some lucky folks it all happens at once. But if we don't "keep coming back" there will be no recovery, so I'd just as soon keep coming back. "It works if you work it."

Thanks OA..."you" are a wonderful teacher.

~ Anonymous

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Summer Clothing Exchange

On Saturday May 21, 2005, the Saturday night meeting will be having a Clothing Exchange at St. Mark's Episcopal Church, 2618 N. Hackett Ave., Milwaukee. from 5pm - 7pm with the Saturday night speaker meeting to follow. There will be clothing available in many sizes. For those who do not have clothing to bring and exchange, come purchase clothing for whatever affordable donation possible. Men's clothing will also be available.

For more information contact Heidi at (414) 258-9607.

Plug into HP!

I could never understand why after working so hard to lose weight, I would immediately begin overeating again. Maybe it had to do with the fact that I was always thinking about food! Not until I came to OA did I see how obsessed I was with food and how much I weighed. The Steps have taught me that my food obsession is a means for me to escape life, escape my feelings, and escape from others. The only way for me to forget temporarily the pain of overeating, gaining weight and being fat is by thinking about food all the time. Ironic isn't it?

Anything I become obsessed with is an escape. Food is an easy substance to use because I am in possession of it all the time, or I have easy access to it and it is truly at my beck and call. Yet it causes me pain and I obsess over it! That is the insanity of this disease for me! I am obsessed with an inanimate object that, if left to my own means, I will kill myself.

I need a power greater than myself to help rid myself of this obsession on a daily basis. I need help from something that reaches me on the same level as the obsession, which is a spiritual and emotional level.

My obsession with food isn't something I can just toss out or turn on and off with a switch. To be abstinent, to be free of this obsession, I have to do daily work so that I have a continual connection with my Higher Power.

This connection helps me remember who and what I am so that I can always be aware of when the obsession wants to sneak out and grab hold. The method I use to keep me "plugged into" my Higher Power is the OA program, the Steps, the tools, and the fellowship. I cannot do this alone.

~ Robin S.

Recovery Counts!

Let me count the ways. That is, the ways of desperate schemes I came up with in my days of compulsive overeating.

Recently my sponsor assigned me a series of questions to write and reflect upon. One of these questions regarded my history of eating. I described how I gained weight, then lost it, gained weight, then lost it again, and then gave up the hope that I'd ever be thin or happy again. I began eating everything in sight and didn't weigh myself for years. When I would make my diet my obsession, the crazy plans soon followed...No eating at work, exercise twice a day, count calories, promise myself a reward if I was 'good' that day, running 6 miles a day, asking my sisters, aunt, cousin, friends for help, just have one, eat half of everything, one meal a day, small meals every hour, diet pills, smoking cigarettes, crying every night because I'm starving, notes on the fridge, notes on the cupboards, notes in my purse, notes at work, putting my 'fat picture' on the fridge, drinking water before meals, drinking only tea and hot chocolate, yelling at myself, yelling at everyone else, not weighing myself, weighing ten times a day, until FINALLY, finally, finally! (Sigh of relief...)

I found Overeaters Anonymous, the 12 Steps, a Higher Power and friends who understood, prayer, meetings, sponsor, telephone, literature, writing, service, anonymity, food plan - all of which led to abstinence and a whole new outlook on life. I'm so grateful that I don't have to do this alone.

~Anne M.

Special Cocoon Edition ~ 2005 Convention Feedback & Responses

The MIRACLE of You!

Find it... Be it... Share it



"If we can share what we have learned, if we can apply it to all areas of our lives, we will have indeed performed the task for which we have been placed on this earth."

~ Beyond Our Wildest Dreams, p. 122

Note from 2005 Convention Chair

The 2005 Milwaukee Area Intergroup OA Convention, entitled "The Miracle of You- Finding It...Being It... Sharing It", was held at the Radisson Hotel near the airport April 15th through the 17th. With 151 participants, the weekend was filled with Recovery in an atmosphere of warmth, love and acceptance. Many speakers shared their experience, strength and hope...and the miracles of who they are with the group. Workshops, OA meetings, and a panel discussion on differing aspects of our disease were also on the agenda. There was much fun to be had on Saturday evening when participants could explore their gifts and be creative. There was the opportunity to make bracelets, create bookmarks or collages, and even sing along with the karaoke machine! The gift of the weekend was learning that although our disease can block us from the miracles of ourselves, recovery helps us discover that our Higher Power created us with many gifts and talents. The journey of uncovering our miracles and coming to see how we can then share of ourselves with others is a process, but I believe that much progress was made in each of us that were there that weekend.

The other good news is that the convention was financially successful raising approximately \$4500. Almost a quarter of that was from the retired jewelry sale--amazing! This money can now be used for spreading the message of recovery to those who still suffer. What a gift!!!

To all of you who shared your miracles and did service for the convention, THANK YOU!!!!!! Each and every one of you are truly inspirational and your love and kindness are greatly appreciated. Huge thanks also goes out to all of the groups that raised money for scholarships. Twelve people were able to join in the recovery due to your generosity. All scholarship recipients were extremely grateful!!!!

We hope that this convention can be an annual event in the future. May God bless you all with peace, serenity, and hope.

OA Convention ~ The MIRACLE of You!

Feedback & Responses

Loved the pace of this weekend.
The writing parts within the speakers, etc.

**...needed more time
to meet in small
groups**

This was simply an outstanding location.
The hospitality room - excellent!
I allowed myself to have fun...awesome time.

*...post the program to the OA Website. Basically
simply publize better. It was so darn good, it is
worth getting out there!*

...have a speaker opposite the workshops

**please do not schedule any
other sessions opposite the
keynote speaker**

...everything that a convention can give
was provided.

**Karoke machine
was so much fun!**

...It was a life changing experience.

OA Convention ~ The MIRACLE of You!

Feedback & Responses

I enjoyed every moment of it.

*The was my first convention. I am new to OA.
I'm grateful for this experience*

I LOVED THE THEME

**The Karokee was
especially fun.**

*I liked the choices of 2
speakers and activities
through the whole program.*

The spirit was awesome

Loved the skit

*I thought this was a well organized, well thought out,
inspirational convention. It was fantastic to see so many "new faces."*

*I would have enjoyed
more workshops.*

Truly great speakers.

Thank you to all who planned and did service.
EVERYTHING was superb.

May Your Light Burn Brightly

Note from a convention attendee

God is the ignition of my light. It is important that I not douse, smother or extinguish, that light with food; for surely that is what I have done in the past.

The only way to ever truly, deeply forgive myself for having been such a harsh, angry, judgemental person; for having made so many, many small and large mistakes due to the warping of my personality through the use of my substance, my drug of choice...food, for having lost, extinguished the love of my beloved and his daughters, is to be what God created me to be. I need to be the light he created me to be. I need to not only accept His grace, I need to BE in His Grace and live in the solution.

Whenever I wallow in the pain and sadness of my lot based on my actions and my choice to be into the food and sugar in particular, I dim that light and threaten to put it out. I must keep that flame alive and protect and carry the members of this flame into all the areas of my life. Just as in colonial times the hot coals had to be carried from place to place to ensure the ability to rebuild the fire in a new place, I must kindle and rekindle, protect and BREATHE life into the fire God has set...the fire for my recovery.

~ Susan W.



*“A life of sane and happy usefulness”
is what we are promised as the result of working the Twelve Steps.”*

~ The Tools of Recovery, p. 6

Keep Coming Back! It Works If You Work It, and YOU are Worth It!

Milwaukee Area Group Donations

December 2004 through March 2005

Group #	Group Name	Donations
325	Beloit Thurs 7:30pm	-0-
2058	Brown Deer St Catherine's Fri 9:30 a.m.	\$115.00
2063	Wis Heart Hospital Mon 7:30 p.m.	\$116.01
2410	Racine Mon 7:00 p.m.	\$100.00
3478	West Bend St James Thurs 7:00pm	-0-
3631	New Berlin Wed 9:30 a.m.	\$107.00
4055	Brookfield Calvary United Sat 9:30 a.m.	\$234.86
5175	West Allis Sun 7:00 p.m.	\$98.85
1741	West Allis St Peter's Thurs 7:00pm	-0-
15418	Oconomowoc Mon 9:00am	\$50.00
17672	So. Milw Sat 9:00 a.m.	-0-
18720	St Mike's Thurs Noon (no longer exists)	\$29.20
20992	Wawautosa Unity Church Wed 6:30 a.m.	\$420.50
21024	Menomonee Falls Tue 10:00 a.m.	\$121.60
22299	Elkhorn Mon 7:00pm	-0-
24667	Oconomowoc Fri 9:00 a.m.	\$215.00
25991	Unity Church Fri 6:30am	-0-
26051	Wauwatosa KISS Tue 7 p.m.	\$120.39
26164	Manor Park Thurs 9:30 a.m.	-0-
28485	Kenosha Thurs 12:00pm	-0-
30176	Christ Church Mon 7:00 p.m.	-0-
32326	West Allis Mon 5:30 p.m.	\$615.90
32465	Martin Luther Thurs 5:30 p.m.	\$50.00
32466	St Mike's Sat 9:30 a.m.	\$464.93
35116	St Mike's Sun 6:30 p.m.	-0-
36200	Thiensville Wed 6:30 p.m.	\$46.26
36962	St Mike's Tue 12:00pm	\$65.00
38390	Martin Luther Sat 7:30 a.m.	\$361.87
38716	St. Stephen's Wed 4:00pm	-0-
39445	Spirit Life Tue 6:30 p.m.	\$415.59
40013	Divine Word Sun 5:00 p.m.	-0-
40772	Pewaukee Tue 7:00 p.m.	\$24.00
41203	Lake Park Wed 6:30 p.m.	-0-
45723	Racine Thurs 6:30pm	-0-
46721	Delavan Fri 8:45am	-0-
46852	St Mike's Thurs 6:30pm	-0-
47407	Oconomowoc Tue 6:00pm	\$50.00
48502	Fond du Lac Mon 5:00pm	-0-
tbd	Lake Geneva Wed 7:00pm	-0-
Total Donations		\$3,821.96

MAI-Intergroup

Your 2005 MAI Service Board Members

Chair	Judy W.	414-258-8361
Vice Chair	Elizabeth	414-967-5050
Secretary	Lisa E.	414-445-3795
Treasurer	Kathy W.	414-964-1419

March MAI Financial Report

March Income:	\$5185.11*
March Expenses:	\$2072.48
March Ending Balance:	\$3112.63
Prior Year Balance:	\$2920.48

* includes portion of Convention Registrations with no expenses to date

April MAI Meeting Attendees

5 Officers and 12 Intergroup Representatives / Visitors

Office Location and Hours:

Location: 7441 W. Greenfield Ave., Suite 12
Milwaukee, WI. 53214
Phone: (414) 259-0640
Hours: Mon. 2pm - 7pm / Thurs. 8am - 1pm

MAI Meetings Schedule

Monday, June 20 2005 at 7:00-8:30pm

Monday, July 18th at 7:00-8:30pm

Rogers Hospital, 11101 West Lincoln Ave., West Allis

July / August *Out of the Cocoon*

Articles requested by 7/1/05 & Published May 2005

Please send your articles to:

Cocoon Editor

c/o OA Office

7441 West Greenfield Ave, Suite 12, West Allis, WI 53214

cocooneditor@excite.com

**Go on-line to find anything you need to know
about OA www.OA.org**

Milwaukee Area OA Calendar of Events

“Going up the 12 Steps of Recovery” Memorial Day Marathon

This is an **OPEN** event - friends and family are welcome!

Monday, May 30. 9:00am-5pm

WISCONSIN HEART HOSPITAL in the Boardroom

10000 W. Bluemound Road. (Across from the Milwaukee County Zoo Entrance.)

Sponsored by MAI. Hosted by the Saturday Night meeting. Contact Melissa for more information at (414) 353-2114.

~ Meeting News ~

MILWAUKEE

NEW Saturday Night 7pm OPEN Speaker

The meetings runs from 7:00pm - 8:30pm every Saturday night at St. Mark's Episcopal Church, 2618 N. Hackett Ave., Milwaukee.

Free parking - doors open at 6:30pm.

Clothing Exchange May 21st. See page 2 for details.

FOND DU LAC

Monday Night **MOVED** to Tuesday 6:30pm

at Rolling Meadows Nursing Home

1155 S. Military Rd. (we're across the street from the Holiday Inn and meet in the basement)

OA Retreats *(limited spaces)*

OA: The Only Answer

sponsored by Wed. Night Niles Meeting (Chicago area)

May 20 - 22, 2005

Techy, IL

Divine Word International, 2001 Waukegan Rd.
847-272-1100

TIME: Friday (Registration at 6pm) to Sunday

CONTACT: Anita A. 847-679-0735
Antoinette U. 773-301-7213

Registration deadline is April 22, 2005.
\$137-171 per person includes 2 night stay and 5 meals.

Big Book Comes Alive

Retreat hosted by Madison Area Intergroup

October 14-16, 2005

Madison Area Intergroup has arranged for an experienced presenter of OA Big Book studies to come to Wisconsin. Here they are, the precise instruction for recovery from compulsive overeating.

Oconomowoc, WI

Redemptorist Retreat Center, 1800 North Timber Trail Ln.
262-567-6900

TIME: Friday (Registration at 5pm) to Sunday

CONTACT: Leslie P. 608-838-2274 or leslie63@tds.net

Registration deadline is October 1, 2005.
\$165 per person includes 2 night stay and 5 meals.

Do you want an individual subscription to OA-MAI Cocoon

Complete the order form below and send to MAI Office with suggested donation of \$5 a year, \$10 for 2 years or \$15 for 3 years.

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Phone [_____] _____

Today's Date _____ One Year _____ Two Years _____ Three Years _____

MAIL TO:
7441 W. Greenfield Ave., Suite 12 Milwaukee, WI. 53214

