

Milwaukee Area OA Calendar of Events

News Years Day M A R A T H O N

DATE: January 1, 2005

PLACE: Wisconsin Heart Hospital
10000 W. Bluemound Road
Wauwatosa, WI

(Just West of Milwaukee. Across from the Milwaukee County Zoo.)

TIME: 11am-7pm

Meetings hourly on the hour. Last meeting at 7pm.

To Volunteer as a leader/speaker or greeter/hugger call Marsha B. 414-483-7889 for more info call Lisa E. 414-445-3795

OA Bookstore on site for all your literature needs!

Be on the watch!

New Saturday Night Meeting

PLACE: TBD

TIME: 6:00-7pm. Fellowship afterwards.

CONTACTS: Melissa F. 353-2114

The Miracle of You!

2005 MAI-OA Spring Convention

(open event)

DATE: April 15-17

PLACE: Radisson Milwaukee Airport Hotel
6331 S. 13th Street, Milw., WI 53221
(414) 764-1500

CONTACTS: Pam W. 262-784-7311
Tracy D. 414-855-0789 / tadelfar@wi.rr.com



Workshops and More! Raffles! Jewelry sale!

Donations are being collected and can be forwarded to the OA office or contact Tracy D. for details.

Early registration due March 15, 2005.

(Sing to the tune of)

Jingle Bells



Jingle bells, jingle bells
finally in OA
Abstinent and happy,
serenity all the way.

No more crazy days
No more sleepless nights
Dancing all around
Everything feels right

Doing all the steps
Nevermore to roam
Using all the Tools
I've finally found my home - HO!

My sponsor gets a call
Day by day by day
Giving up my food
Program all the way.

Service is my goal
Sponsoring my own
HP Healing me
No longer a lifeless stone-HO!

Heidi M.

"We are all children of God. We are loved just as we are, but that doesn't mean God doesn't want better things for us!"

...It's a walk of faith."

~unknown

Intergroup Meetings

DATE: January 17th and February 21st


PLACE: Rogers Hospital, 11101 West Lincoln Ave.

TIME: 7:00pm

Go on-line to find out everything you ever needed to know about OA and more

www.overeatersanonymous.org

 **OVEREATERS
ANONYMOUS®**
Milwaukee Area Intergroup



GO COON

Milwaukee Area Intergroup Overeaters Anonymous Newsletter

December 2004 - January 2005

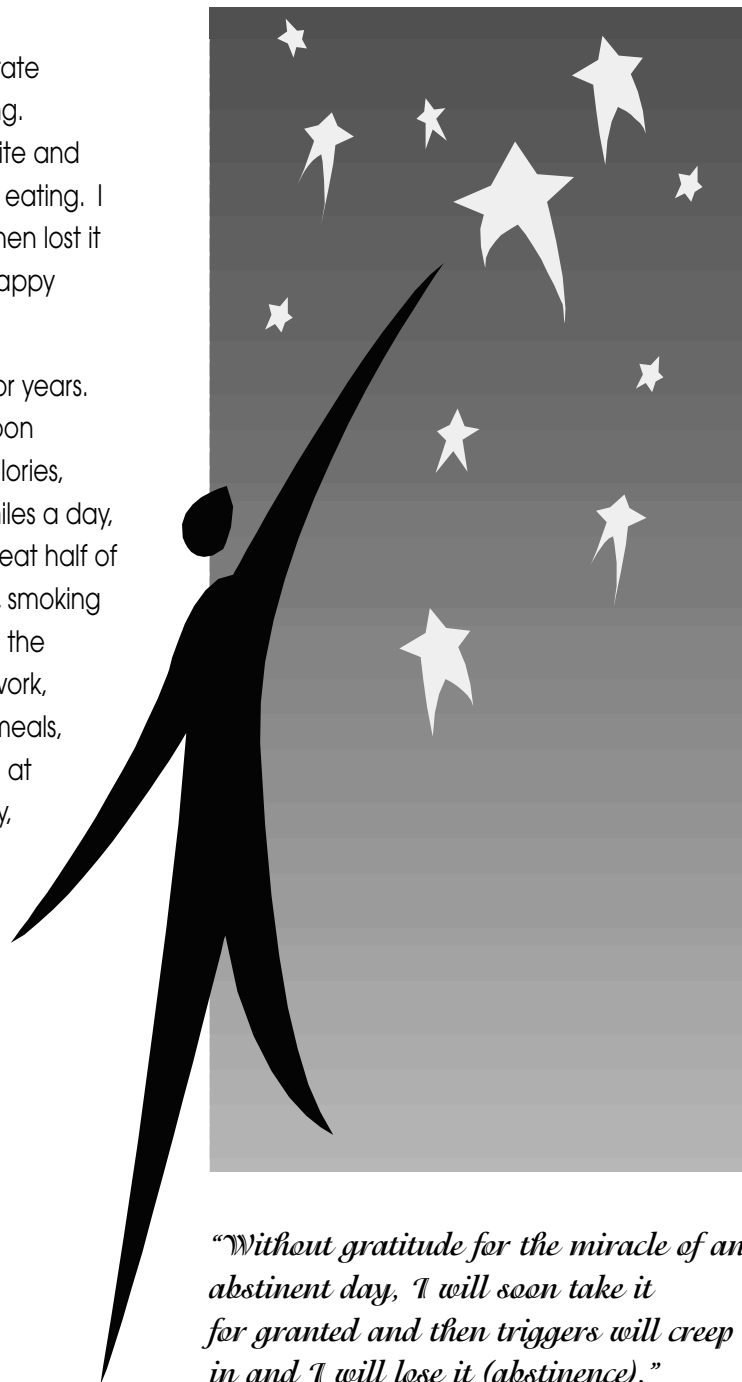
Recovery Counts!

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 a whole new outlook on life. I'm so grateful that I don't have to do this alone.

...until FINALLY,
finally, finally!
(Sigh of relief...)
I found Overeaters
Anonymous, the
12 Steps, a
Higher Power
and...



"Without gratitude for the miracle of an abstinent day, I will soon take it for granted and then triggers will creep in and I will lose it (abstinence)."

~ Anne M.

~unknown



My Greatest Gift

In this, the holiday commemorating rebirth and new life, I had to sit down and write this article.

It is this time of year that used to incite a great fear in me. The binges, depression, mood swings and nowhere to go made me hate the holidays and New Year celebrations.

This year, however, it's miraculously different. As I wake-up, abstinent and running to my 6:30am OA meeting food and abuse free; I thank my higher power for this wonderful peace I feel inside.

The knowledge that now, no matter what comes my way, I can handle it! It encompasses the definition of serenity

and this big huge wonderful family I now have in OA. I'm able to talk about any and everything. Knowing here, you finally understand, is truly my greatest gift of this season.

To all those of my brothers and sisters in the program, let me thank-you for being there and to those just starting hear what I say when I tell you, "keep coming back, it really does work!"

A friend asked me last week what was on my wish list. For this week, I said, "For the first time in 49 years I have gotten all my wishes answered. I was given OA."

~ Heidi M.

The Road We Travel Together...

"Recovery is a journey, and the twelve-step program is the road we travel together in OA."

~Tradition Three, page 130

Today I read Tradition three. Yup, I actually wanted to take the time to read a tradition. I don't know about you, but over the years I thought the traditions were not important to my personal recovery. Traditions are the 'rules' for service, so I thought! As I read the tradition I sincerely understood and appreciated how the contents did directly impact my recovery.

"...we find the treasure of friendship often when we least expect it...Such treasure is all around us, and all we have to do is open our hearts to receive it...it is here that most of us first experience unconditional acceptance."

~Tradition Three, page 135

That's not a rule! It is my reality. Wow, how truly wonderful is the gift of OA fellowship. I reached out to others and was graciously shown acceptance and unconditional love. I just recently shared at an OA meeting that most of my friends are other OA members. I am walking through life with others who strived to apply the 12-steps. How fortunate to be surrounded with friends who encourage me to grow and experience life.

As I finished reading the tradition, I was touched when I read the closing statement. I believe it is simply profound, and continues to have a great impact on breaking down my walls of isolation and shame.

"Welcome to Overeaters Anonymous. Welcome home!"

~Tradition Three, page 135

I am grateful to all who have gone before me, and treasure all who choose to journey with me today. You are my family and OA the home where we keep coming back to live by the 12 steps and 12 traditions.

~ Anonymous

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Holiday Greetings from Your Chairperson

I am really excited about what is going on in OA both locally and around the world. We have had many people step forward to do service in a lot of different ways.

IDEA DAY was a huge success with lots of inspirational speakers and a fun basket raffle. Thanks to Marge and Denise and all who participated in any way.

Then we had our first Annual Holiday Marathon on Thanksgiving Day held at Wisconsin Heart Hospital (The old St. Joe's on Bluemound). Thanks to Melissa and the St. Mike's Saturday morning

meeting who sponsored the event. Also a big thanks to all who participated by leading or attending the hourly meetings.

Work is progressing on the MAI Convention for next April. Flyers have been widely distributed and if you haven't noticed, our newsletter is now on-line at the www.region5OA.org website.

Groups have responded to the financial needs of MAI to purchase a new copier for the office.

We also have someone willing to be Treasurer of IG who only needs to be elected at the December meeting.

So I am honored to be able to serve as your Chairperson for the next year. I look forward to seeing many of you at upcoming events and at Intergroup Meetings. We need you input and ideas to keep OA alive and vibrant. You see we are a program of attraction and nothing attracts like enthusiasm and success.

You can reach me by phone at 414-258-8361 or e-mail at websterj729@aol.com.

In OA love and service,
Judy W.

MAI-Intergroup

Your Board Members as elected in October 2004

Chair	Judy W.	414-258-8361
Vice Chair	Elizabeth	414-967-5050
Secretary	Lisa E.	414-445-3795
Treasurer	OPEN	
Region Reps.....	Sandra F.	
World Service Delegate:....	Lisa E.	414-445-3795

November MAI Financial Report

August Balance: \$2363.73

Income: \$4578.06

Expenses: \$3259.34

Prior Year Balance: \$2236.41

November MAI Meeting Attendees

3 Officers and 9 Intergroup Representatives / Visitors

MAI Meeting Schedule

Monday, January 17th at 7pm

Monday, February 21st at 7pm

PLACE: Rodgers Hospital
11101 West Lincoln Ave.

Office Location and Hours:

Location: 7441 W. Greenfield Ave., Suite 100
Milwaukee, WI. 53214

Phone: (414) 259-0640

Hours: Mon. 2pm - 7pm /Thurs. 8am - 1pm

February / March Issue

Articles requested by 2/11/05 & Published 2/21/05

Please send your articles to: cocooneditor@excite.com

Or mail to OA Office
7441 West Greenfield Ave, Suite 12, West Allis, WI 53214
attn: Cocoon Editor