



GO COON

Milwaukee Area Intergroup Overeaters Anonymous Newsletter

January - February 2006

New Year. New Me.

Reflection of an OA member

As I sit by the warth of the fireplace, alone with my thoughts, I look over my past year in OA and see the changes...

I celebrated my first year of abstinence.

I have seen the doorway to peace.

I feel my soul sigh as the weight and pain become less and less.

I feel freer with each closet I open and with each demon I release.

I have begun to live what the Big Book says "...as Gods people we stand on our feet; we crawl before no-one."

How strange it is to be alone, and feel at peace with myself. I have never felt this peace before.....ahhhh, what a wonderful beginning to the New Year.

Now, I need to let go of the next set of unhealthy tapes in my head that tell me that I am still unloveable in some way. Now, I need to move forward even farther, I need to let my heart be open to someone else now. My program is strong enough for that.

Most important, I need to stay pure in my food and continue to love myself, body and soul. The more I trust, the further my metamorphosis can take that me....inching me closer to heaven. With gratitude I embark on the next leg o my journey, knowing my is blessed..

~ Heidi

***MAI's OA Spring Convention will be here soon!
Have you made your plans to attend?***

***See page 2.
Register on page four.***



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Held in Milwaukee, WI the weekend of March 31 to April 2, 2006

Overeaters Anonymous Spring Convention hosted by Milwaukee Area Intergroup

“A new life has been given us... A design for living that really works.” ~page 28. AA Big Book

A year has passed and here we are again planning another wonderful weekend of recovery. Our convention this year is going to celebrate the new life and freedom we receive as we recover from compulsive eating. S

You'll hear from our Keynote speaker each day, and several others who will share on the daily footwork they apply in order to stay recovered. We will have OA meetings every day, each with a different format, including our MAI-Intergroup business meeting on Saturday afternoon.

The weekend is sure to be a recovery blast, but if you can only make one day of the event, make it Saturday! We will start at 8am with a Meditation Meeting and end at 11:30pm with an Flashlight meeting. In the afternoon, we'll enjoy an inspiring performance, "My Story," a one woman play, followed by workshops, banquet dinner, raffle drawings, fellowship fun and more speakers to close the evening. Wow!

Last year over 150 people attended our convention. This year we have kept our registration fees affordable in hopes that even more of our OA fellows can join us. This is an open event, all are welcome!

REGISTER EARLY! FORM ON PAGE 4 OF COCOON

In conjunction with providing an extreme boost of recovery, this event is also a fund raiser for Milwaukee Area Intergroup of OA. We have three fund raising events planned: 60/30/10 raffle, Basket raffles and new this year a "Media Sale." Now is the time we need your help with baskets, media sale items and scholarship donations.*

Donated items should be delivered to MAI office no later than Monday, March 27th or they can be brought directly to the Convention Marketplace on Friday, March 31st by 7pm.

Basket Raffle

OA groups may consider donating a Basket filled, wrapped and ready to be raffled during the convention. Drawings will be held Saturday night.

Contact: Lynn A. 414-258-4951 & Heidi 414-759-1081

Media Sale

Something different this year. We need books, magazines, audio tapes, movies, music cassettes and cds. Consider donating your used (or new) items to our media sale.

Contacts: Mary P. 414-607-9075 & Marie M. 262-763-7231

Convention Scholarship Donations

Please forward individual and group cash donations to the MAI-OA Office in c/o "Convention Scholarship" no later than March 13, 2006. Full / partial registration scholarships will be available to requesting OA members, based on total donations received. Contact Registration Chair, Clarice G. 414-354-9770 geenenecarl@hotmail.com

Service & Program Contacts

The convention provides us all with the opportunity to do service. Greeters. Timers. Leaders for meetings. Marketplace. Registration. And more. If you are moved to give service over the weekend, before in preparation for the weekend or if you have any questions about the convention, please contact Tracy D. 414-855-0789 / tadelfar@wi.rr.com & Maggie C. 262-375-3693 / caprariello@sbcglobal.net

** To know more about MAI-OA and contributing to the effort of extending the hand to those who still suffer you can attend an up coming business meeting. Times and contacts on page 3.*

Milwaukee Area Group Donations

November through December 2005

Group #	Group Name	Donations
325	Beloit Thurs 7:30pm	\$0.00
2058	Brown Deer St Catherine's Fri 9:30 a.m.	\$50.00
2063	Wis Heart Hospital Mon 7:30 p.m.	\$83.36
2410	Racine Mon 7:00 p.m.	\$100.00
3478	West Bend St James Thurs 7:00pm	\$0.00
3631	New Berlin Wed 9:30 a.m.	\$0.00
4055	Brookfield Calvary United Sat 9:30 a.m.	\$74.64
5175	West Allis Sun 7:00 p.m.	\$89.61
1741	West Allis St Peter's Thurs 7:00pm	\$0.00
15418	Oconomowoc Mon 9:00am	\$0.00
17672	So. Milw Sat 9:00 a.m.	\$187.25
20992	Unity Meditation Wed 6:30 a.m.	\$257.00
21024	Menomonee Falls Tue 10:00 a.m.	\$145.00
22299	Elkhorn Mon 7:00pm	\$0.00
24667	Oconomowoc Fri 9:00 a.m.	\$110.00
25991	Unity Church Fri 6:30am	\$20.00
26051	Wauwatosa KISS Tue 7 p.m.	\$0.00
26164	Manor Park Thurs 9:30 a.m.	\$75.00
28485	Kenosha Thurs 12:00pm	\$0.00
30176	Christ Church Mon 7:00 p.m.	\$0.00
32326	West Allis Mon 5:30 p.m.	\$215.07
32465	Martin Luther Thurs 5:30 p.m.	\$50.00
32466	St Mike's Sat 9:30 a.m.	\$0.00
35116	St Mike's Sun 6:30 p.m.	\$0.00
36200	Thiensville Wed 6:30 p.m.	\$0.00
36962	St Mike's Tue 12:00pm	\$0.00
38390	Martin Luther Sat 7:30 a.m.	\$539.88
38716	St. Stephen's Wed 4:00pm	\$0.00
39445	Spirit Life Tue 6:30 p.m.	\$0.00
40013	Divine Word Sun 5:00 p.m.	\$25.00
40772	Pewaukee Tue 7:00 p.m.	\$16.50
41203	Lake Park Wed 6:30 p.m.	\$0.00
45723	Racine Thurs 6:30pm	\$0.00
46721	Delavan Fri 8:45am	\$0.00
46852	St Mike's Thurs 6:30pm	\$50.00
47407	Oconomowoc Tue 6:00pm	\$0.00
48502	Fond du Lac Mon 5:00pm	\$0.00
48802	Lake Geneva Wed 7:00pm	\$0.00
49018	St. Marks Saturday 7:00pm	\$0.00
	Total Donations	\$2,088.31

MAI-Intergroup

Your 2005 MAI Service Board Members

Chair	Judy W.	414-258-8361
Vice Chair	Liz N.	414-961-2092
Secretary	Lisa E.	414-445-3795
Treasurer	Kathy W.	414-964-1419

August YTD MAI Financial Report

Starting Balance	\$4470.64
December Income:	\$1532.65
December Expenses:	\$2434.44
Ending Balance:	\$3568.85

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 (3rd Monday of each Month)

Monday, February 21st. 7:00-8:30pm

Rogers Hospital, 11101 West Lincoln Ave., West Allis

Monday, March 21st will be moved to

Saturday, April 1st (no foolin'). 5:00-5:30pm

Radisson Hotel during MAI-OA Spring Convention

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

WRITING? Give it away.

Consider sharing your experience, strength & hope in the Cocoon.

requested by 3/4/06 and sent to:

Cocoon Editor c/o OA Office
7441 West Greenfield Ave, Suite 12, West Allis, WI 53214

cocooneditor@excite.com

Next Cocoon Published March 20, 2006

2006 MAI-OA Spring Convention Registration Form

First Name _____
Last Name _____
Full name on badge [yes] or [no]
Address _____
City _____
State _____ Zip _____
Phone [_____] _____

I am willing to provide service during the convention

As needed Registration Timer Speaker Marketplace

Pre-Registration at Door

- All Weekend (Saturday lunch and dinner included) \$75.00 n/a
 All day Saturday with lunch and dinner \$60.00 n/a
*Lunch: Chicken Caesar and Chef Salad Bar (Sugar-free dressings will be available.)
Dinner is Your Choice. Check one: Chicken Fish Vegetarian*
- All Weekend (no meals) \$50.00 \$65.00
 Saturday (no meals) \$35.00 \$45.00
 Friday or Sunday each \$15.00 \$25.00
 Guest Saturday dinner ticket \$30.00 n/a
Guest Dinner. Check one: Chicken Fish Vegetarian

Total payment mailed: \$ _____

Make checks payable to Milwaukee Area Intergroup.

Do not send cash in mail. Mail form and payment to OA-MAI, 7441 W. Greenfield Ave. Suite 12, Milwaukee, WI. 53214
A portion of your registration will go to MAI, contributing to the effort of extending the hand to those who still suffer. *Thank you.*

Milwaukee Area OA Calendar of Events

Unity Day (open event)

FEBRUARY 26TH

1:30pm Special Worldwide OA Unity Circle of Hope

MILWAUKEE

Aurora Milwaukee Psych

1220 Dewey Ave, Wauwatosa, WI

TIME: 12:30 registration. 1pm to 4pm program

Contact: Judy W. 414-258-8361

~ Save the Dates ~

MAI Sponsored Events 2006

Fall Retreat ~ September 22-24, 2006

at the Sienna Center in Racine.

Service Opportunity for a "budding artist" OA member

to provide the service of

OA Cocoon Editor

Publish a bi-monthly newsletter with the contributions of fellow members. Attending some of the intergroup meetings, and share MAI information via the Cocoon. You must have a desire to do service beyond the group level and share your recovery with others. It is a great chance to explore and grow your creative self.

Computer skills helpful. Use the software of your choice. Current software program is QuarkXpress. Printer contact is set up to receive the file and bills MAI directly.

If you are willing to provide MAI-OA with this service, please contact: Tracy D 414-855-0789 or tadelfar@wi.rr.com