

**OVEREATERS ANONYMOUS-Central Colorado Intergroup (CCI)<sup>1</sup>**  
**MEETING LIST Updated 07/21/10**

DAY	Time <sup>1</sup>	City	Focus <sup>2</sup>	Directions + Notes	Contact
<b>SUNDAY</b>	9:30-10:30am	Denver	W, SS	Women's Step Study, St Joseph's Hospital, 1835 Franklin, Denver. Enter on west side of Franklin, Barbara Wertz meeting room. Ask at desk for directions, free parking on street/free valet parking.	Kris 303-329-6026
	4:00-5:00pm	Denver	HOW, HC	Porter Memorial Hospital, 2525 S Downing, The Eagle Rm 1 <sup>st</sup> floor Conference Center	Ruth 303-740-7255
	4:30-5:30pm	Lakewood	Varies: BL, BG, SP - OP	Topics rotate: Bulimics/Anorexics, Open, Speakers - 3 <sup>rd</sup> Sunday is for beginners; includes a speaker. <b>All OA members welcome.</b> Shepherd of the Hills Church, 20 <sup>th</sup> & Simms, 11500 W 20 <sup>th</sup> Ave. NE door w/red circle, Rm E	Amy K 303-232-7609
	6:00-7:00pm <b>ENDING 7/25/2010</b>	Lakewood	HC	Shepherd of the Hills Church, 20 <sup>th</sup> & Simms, 11500 W 20 <sup>th</sup> Ave, 80215 ... NE door w/red circle. Meeting ending effective 7/25/2010. <b>Please consider the 4:30PM meeting preceding it as a replacement.</b>	Marcia V 303-278-3422
<b>MONDAY</b>	12:00-1:00pm	Lakewood		Green Mountain Presbyterian Church, Room 801 – Go Right at Front Door. 12900 W. Alameda Parkway at W. Mississippi/Ohio across from Safeway at top of Alameda.	Lynne 303-275-0017
	5:30-6:30pm	Denver		Capitol Heights Presbyterian Church, 1100 Fillmore St. is not meeting every week. Please call Elizabeth 303-887-7770 <u>BEFORE EACH Monday</u> to make sure the church will be open.	Elizabeth 303-887-7770
	7:00-8:00pm	Denver	BB	Unity Church (aka: Christ Way Community Church) 3021 S University Blvd	<b>Chris D. 270-323-7650</b>
	7:00-8:00pm	Castle Rock		New Hope Presb. Church 2100 W Meadows Pkwy, West Wing Rm 2	Nancy M 303-688-7878
	7:00-8:00pm	Grand Junction		A New Life Church 1350 N 7 <sup>th</sup> St Rm 3 – <b>Effective 8/2/2010 New Location: Unity Church, 3205 N. 12th St., Grand Junction</b>	Roy 970-263-4496
	7:00-8:00pm	Thornton	SS	North Metro Church, 12505 Colorado Blvd, Rm 110	Monica 303-880-5232
<b>TUESDAY</b>	7:00-8:00am	Denver		S Broadway Christian Church, 23 Lincoln St (Ellsworth & Lincoln) East side office entrance off of Lincoln.	Emily 303-715-1035
	<b>11:00am-12:00</b>	<b>Granby</b>		Granby Library Community room, 55 Zero St., Granby (across the street from the Granby Post Office) <b>(Time and Day Meeting Change)</b>	Maralyn 970-725-3224
	12:00-1:00pm	Lakewood	HC	Mile Hi Church, 9079 W Alameda Ave — Fred Vogt Center SW entrance, down the hall to the right.	Robin V 303-202-3649
	12:00-1:00pm	Grand Junction		A New Life Church, 1350 N 7 <sup>th</sup> St, 81501, Rm 3 – <b>Effective 8/2/2010 New Location: Unity Church, 3205 N. 12th St., Grand Junction</b>	Carolyn 970-242-3310
	6:00-7:00pm	Eagle		Eagle Library, 600 Broadway, Eagle CO 81631 (meeting room on 2 <sup>nd</sup> floor)	Mimi 970-401-0450
	6:00-7:00pm	Littleton	CL	Faith Community Church, 6228 S Carr — In the Nursery	Peggy 720-963-8072
	7:30-8:30pm	Westminster		United Methodist Church, 3585 W 76 <sup>th</sup> Ave, 76 <sup>th</sup> & Lowell Blvd (enter west door) Rm W-15	Laura 303-428-9293
7:00-8:30pm 1 <sup>st</sup> Tuesday of the month	Denver	<b>Monthly Intergroup Meeting</b>	ALL Welcome to join your <b>Central Colorado Intergroup</b> Representatives on the 1 <sup>st</sup> Tuesday of the month. National Jewish Hospital, 1400 Jackson. SW corner of Colfax & Colorado Blvd. Park and enter on west side.	oameetings@hotmail.com	
<b>WED</b>	10:00-11:00am	Castle Rock		<b>Room Change:</b> Christ Episcopal Church, 615 4 <sup>th</sup> Street, <b>enter outside door marked "C"; "The Gathering Place"</b>	Nancy M 303-688-7878
	12:00-1:00pm	Denver		South Broadway Christian Church, 23 Lincoln St (Ellsworth & Lincoln)	Mark 303-748-5385
<b>THURSDAY</b>	7:00-8:00am	Denver	SS	South Broadway Christian Church, 23 Lincoln St ( Ellsworth & Lincoln)	Mark 303-748-5385
	12:00-1:00pm	Grand Junction		A New Life Church, 1350 N 7 <sup>th</sup> St, Rm # 3 – <b>Effective 8/2/2010 New Location: Unity Church, 3205 N. 12th St., Grand Junction</b>	Ruth 970-241-3446
	12:00-1:00pm	Wheatridge		West Pines Hospital, 3400 Lutheran Parkway, see receptionist for room#	<b>Jane S. 303 657-2669</b>
	<b>4:00-5:00pm</b>	Conifer		Conifer Mountain Club, 12795 US Hwy 285 <b>(Meeting Time Change)</b>	Perry 303-670-2227
	<b>6:00-7:00pm</b>	<b>Denver</b>	OP, BB, LC	Grace United Methodist Church, 4905 E. Yale Ave. in the library. Weekly focus rotates through: Big Book of AA, Abstinence Book, OA 12/12, Open Share and Leader's Choice.	Dana B. 720-985-6195
	<b>6:00-7:00pm</b>	Lakewood	LT, HC	Loretto Center/Havern School, 4000 S Wadsworth Blvd, 80123 near W Quincy Ave, please call for directions. <b>(NEW MEETING TIME.)</b>	Mary Kay 303-882-6642
	6:30-7:30pm	Wheatridge	BB	Big Book Meeting: Holy Cross Lutheran Church, 4500 Wadsworth Blvd.	Janel 303-525-6086
	<b>6:30-7:30pm</b>	Aurora	<b>OP, SS, BB</b>	Smoky Hills United Methodist, 19491 E Smoky Hill, Rm # 215 <b>(Time Change.)</b>	<b>Ruth 303-699-8616</b>
	7:00-8:00pm	Grand Junction		A New Life Church, 1350 N 7 <sup>th</sup> St, 81501, Rm # 3 – <b>Effective 8/2/2010 New Location: Unity Church, 3205 N. 12th St., Grand Junction</b>	Roy 970-263-4496
<b>7:15-8:15pm</b>	Denver	30	South Broadway Christian Church, 23 Lincoln St. (Ellsworth & Lincoln)	Sheila 303-980-1664 hm	

**KEEP IT FRESH:** Keep us up to date on ANY Meeting Changes, Additions and Updates. Add or update your meeting information at [www.OADenver.org/oa-meetings](http://www.OADenver.org/oa-meetings) AND get the latest Version of CCI's Meeting List at [www.OADenver.org/oa-meetings/find-a-meeting!](http://www.OADenver.org/oa-meetings/find-a-meeting!)

<sup>1</sup> Please call the contact person to ensure the meeting will be held as listed above.

<sup>2</sup> The key to all the abbreviations are at the end of the meetings list.

**OVEREATERS ANONYMOUS-Central Colorado Intergroup (CCI)<sup>1</sup>  
MEETING LIST Updated 07/21/10**

DAY	Time <sup>1</sup>	City	Focus <sup>2</sup>	Directions + Notes	Contact
<b>FRIDAY</b>	10:00-11:00am	Parker	HC	Ave Maria Catholic Church, 9056 E Parker Rd, <b>St. Joseph Room</b>	Marcie 303-805-1881
	12:00-1:00pm	Denver		S Broadway Christian Church, 23 Lincoln St (corner of Ellsworth & Lincoln)	Mark 303-748-5385
	7:00-8:00pm	Denver	HOW	Porter Memorial Hospital, 2525 S Downing, <b>The Poncha Springs Rm</b> , 1 <sup>st</sup> floor Conference Center	Rachel 720-201-4175
	7:00-8:00pm	Lakewood	HC, CL	Shepherd of the Hills, 20 <sup>th</sup> & Simms, 11500 W 20 <sup>th</sup> Ave, NE door w/red circle, Rm E	<b>Marcia V 303-278-3422</b>
	7:30-8:30PM	Greenwood Village	BB	Orchard Club South (in Marilyn Hickey Ministries Bldg) 8081 E Orchard Rd, (I-25 & Orchard Road) enter on South side-door #5 then go through door on left & look for sign	Julie 720-353-9111
<b>SATURDAY</b>	8:00-9:00am	Aurora		Smoky Hills United Methodist, 19491 E Smoky Hill, Rm # 212	Jan 303-748-3298
	8:00-9:15am	Broomfield	90	United Church of Broomfield, 825 Kohl	Susan 303-513-0523
	9:00-10:00am	Denver	BB	South Broadway Christian Church, 23 Lincoln St (Ellsworth & Lincoln)	Karen 303-355-7750
	9:00-10:00am	Grand Junction	D	A New Life Church, 1350 N 7 <sup>th</sup> St, Rm # 3, 81501 – <b>Effective 8/2/2010</b> <b>New Location: Unity Church, 3205 N. 12th St., Grand Junction</b>	Lorne 970-254-9381
	9:00-10:00am	Carbondale		Carbondale United Methodist Church, 385 S 2 <sup>nd</sup> St, Basement	Nan 970-948-1898
	9:00-10:15am	Denver	HC, OP	“Welcome Home” meeting. Grace United Methodist Church, 4905 E Yale Ave 80222. 3 Blocks West of I-25 & Yale Ave. Parking lot on East side.	Lynn 720-981-3320
	9:30-10:30am	Arvada	HC, OP	King of Glory Church, 10001 W 58 <sup>th</sup> Ave	<b>Rika 303-718-7502</b>
<b>All of the above meetings are a part of the CCI Intergroup #09014.</b>					
<b>OTHER MEETINGS</b>	<ul style="list-style-type: none"> <li>For a list of meetings in <b>Colorado Springs</b> and <b>Woodland Park</b> please go to the Pikes Peak Serenity Intergroup website: <a href="http://oapikespeakserenityintergroup.org/meetings">http://oapikespeakserenityintergroup.org/meetings</a></li> <li><b>SUMMIT COUNTY MEETINGS:</b> For meeting information in Summit County please call Kate 970-453-9335</li> <li>To search for meetings in <b>other parts of Colorado, other states, and other countries</b> as well as phone meetings and online meetings, please go to <a href="http://www.oadenver.org/oa-meetings/find-a-meeting/">http://www.oadenver.org/oa-meetings/find-a-meeting/</a></li> </ul>				

**Meeting Changes/Additions:**

When you create, change or delete a meeting, please notify the WSO at: <https://www.aa.org/meetings/change-form.php>. and update the local list at <http://www.oadenver.org/oa-meetings/>.

**KEY to Special Focus meetings and other abbreviations:**

- |                                  |  |  |
|----------------------------------|--|--|
| <b>BB=Big Book Study</b>         | <b>LC=Leader's choice</b>                  | <b>30=30 Day meeting-group conscience</b>                                  |
| <b>BG=Beginners</b>              | <b>LT=Literature meeting</b>               | <b>suggests that only members with 30 or more days of abstinence share</b> |
| <b>BL=Bulimia</b>                | <b>OP=Open Meeting-see below</b>           | <b>90=90 Day meeting-group conscience</b>                                  |
| <b>CC=Child Care</b>             | <b>RRR=Relapse, Recommitment, Recovery</b> | <b>suggests that only members with 90 or more days of abstinence share</b> |
| <b>CL=Closed group-see below</b> | <b>SP=Speaker's meeting</b>                |  |
| <b>D=Discussion</b>              | <b>SS=Step Study</b>                       |  |
| <b>HC=Handicap Accessible</b>    | <b>W=Women's meeting</b>                   |  |
| <b>HOW=Structured Meeting</b>    |  |  |

**OP** An open group is a group which is open to anyone.

**CL** A closed group is open to anyone with the desire to stop eating compulsively, or anyone who thinks they may have a problem with compulsive overeating.

Any group not indicated as an open group or a closed group is presumed to be an open group. Please notify Tom G. at 303-882-8252 if your group wants to add a note to the meeting list explaining how your meeting deals with being open or closed.

**OA members** are defined by Tradition Three of Overeaters Anonymous: The only requirement for OA membership is a desire to stop eating compulsively.

**The Twelve Steps of Overeaters Anonymous**

- |   |   |   |
|---|---|---|
| 1. We admitted we were powerless over food — that our lives had become unmanageable.            | 6. Were entirely ready to have God remove all these defects of character.                                 | 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. |
| 2. Came to believe that a Power greater than ourselves could restore us to sanity.              | 7. Humbly asked Him to remove our shortcomings.   | 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.         |
| 3. Made a decision to turn our will and our lives over to the care of God as we understood Him. | 8. Made a list of all persons we had harmed and became willing to make amends to them all.                |   |
| 4. Made a searching and fearless moral inventory of ourselves.                                  | 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. |   |
| 5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.     | 10. Continued to take personal inventory and when we were wrong, promptly admitted it.                    |   |

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

<sup>1</sup> Please call the contact person to ensure the meeting will be held as listed above.

<sup>2</sup> The key to all the abbreviations are at the end of the meetings list.