

**OVEREATERS ANONYMOUS-Central Colorado Intergroup (CCI)¹
MEETING LIST Updated 1/31/2011**

DAY	Time ¹	City	Focus ²	Directions + Notes	Contact
SUNDAY	9:30-10:30am	Denver	W, SS	Women's Step Study, St Joseph's Hospital, 1835 Franklin, Denver. Enter on west side of Franklin, Ponderosa Conference room . Ask at desk for directions, free parking on street/free valet parking. (Room change effective 1/2/10)	Kris 303-329-6026
	4:00-5:00pm	Denver	HOW, HC	Porter Memorial Hospital, 2525 S Downing, The Eagle Rm 1 st floor Conference Center	Ruth 303-740-7255
	4:30-5:30pm	Lakewood	Varies: BL, BG, SP - OP	All OA members welcome. Topics vary: Bulimics/Anorexics, Open, Speakers - 3 rd Sunday is for beginners; includes a speaker. Shepherd of the Hills Church, 20 th & Simms, 11500 W 20 th Ave. NE door w/red circle, Rm E	Amy K 303-232-7609
MONDAY	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 BEFORE EACH Monday 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	Margie V. 303-284-9611
	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		Unity Church, 3205 N. 12th St., Grand Junction	Roy 970-263-4496
	7:00-8:00pm	Thornton	SS	North Metro Church, 12505 Colorado Blvd, Rm 110	Angela 720-425-8633
TUESDAY	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
	11:00am-12:00	Granby		Granby Library Community room, 55 Zero St., Granby (across the street from the Granby Post Office)	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		Unity Church, 3205 N. 12th St., Grand Junction	Carolyn 970-242-3310
	6:00-7:00pm	Eagle		Eagle Library, 600 Broadway, Eagle CO 81631 (meeting room on 2 nd 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 th Ave, 76 th & Lowell Blvd (enter west door) Rm W-15	Laura 303-428-9293
	7:00-8:30pm 1 st Tuesday of the month	Denver	Monthly Intergroup Meeting	ALL Welcome to join your Central Colorado Intergroup Representatives on the 1 st Tuesday of the month. National Jewish Hospital, 1400 Jackson. SW corner of Colfax & Colorado Blvd. Park and enter on west side.	oameetings@hotmail.com
WED	10:00-11:00am	Castle Rock		Christ Episcopal Church, 615 4 th Street, Door marked "C": "The Gathering Place" NEW LOCATION - Eff. 1/5/2011 - New Hope Church, 2100 W. Meadows Parkway, Castle Rock, CO	Nancy M 303-688-7878
	6:00-7:00pm	Denver	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. (MOVED FROM THU to WED, EFF. 12/29/2010)	Dana B. 720-985-6195
THURSDAY	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		Unity Church, 3205 N. 12th St., Grand Junction	Ruth 970-241-3446
	12:00-1:00pm	Wheatridge		West Pines Hospital, 3400 Lutheran Parkway, see receptionist for room#	Jane S. 720-545-0680
	4:00-5:00pm	Conifer		Conifer Mountain Club, 12795 US Hwy 285	Perry 303-670-2227
	6:00-7:00pm	Lakewood	LT, HC	Loretto Center/Havern School, 4000 S Wadsworth Blvd, 80123 near W Quincy Ave, Please call for directions.	Mary Kay 303-882-6642
	6:30-7:30pm	Aurora	OP, SS, BB	Smoky Hills United Methodist, 19491 E Smoky Hill, Rm # 215	Ruth 303-699-8616
	7:00-8:00pm	Grand Junction		Unity Church, 3205 N. 12th St., Grand Junction	Roy 970-263-4496
	7:15-8:15pm	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 AND get the latest edition of CCI's Meeting List at www.OADenver.org/oa-meetings/find-a-meeting!

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

² The key to all the abbreviations are at the end of the meetings list.

OVEREATERS ANONYMOUS-Central Colorado Intergroup (CCI)¹
MEETING LIST Updated 1/31/2011

DAY	Time ¹	City	Focus ²	Directions + Notes	Contact		
FRIDAY	10:00-11:00am	Parker	HC	Ave Maria Catholic Church, 9056 E Parker Rd, St. Joseph Room	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, The Poncha Springs Rm.: 1 st floor Conference Center	Rachel 720-201-4175		
	7:00-8:00pm	Lakewood	HC, CL	Shepherd of the Hills, 20 th & Simms, 11500 W 20 th Ave, NE door w/red circle, Rm E	Marcia V 303-278-3422		
	7:00-8:00PM	Greenwood Village	BB	St. Peter Lutheran Church, 9300 E. Belleview Ave. Enter parking lot from alley east of Boston Street. (NEW MEETING TIME & LOCATION) Map at oadenver.org/?p=679	Shana 303-263-8231		
SATURDAY	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	Unity Church, 3205 N. 12th St., Grand Junction	Lorne 970-254-9381		
	9:00-10:00am	Carbondale		Carbondale United Methodist Church, 385 S 2 nd 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 th Ave	Rika 303-718-7502		
5:30-6:30pm	Denver	OP	Dragons Den (S.E. Corner of Hampden & Clarkson) NEW MEETING	Shelly W. 303-598-3003			
OTHER MEETINGS	<ul style="list-style-type: none"> • Pikes Peak Serenity Intergroup – Colorado Springs and Southern Colorado – http://www.oapikespeakserenityintergroup.org/meetings • Northern Colorado Intergroup – including Boulder, Greeley & Ft. Collins - http://ncoloig.oagroups.org/ • SUMMIT COUNTY Meetings: For meeting information in Summit County please call Kate 970-453-9335 • To search for meetings in other parts of Colorado, other states, and other countries as well as phone meetings (see below for a representative sampling) and online meetings, please go to http://www.oadenver.org/oa-meetings/find-a-meeting/ 						
PHONE MEETINGS (Sampling)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 AM 90 Day, Big Book 712-432-3900 6320348# 12:00 PM Varies, For Today 270-400-1500 12128#	7:00 AM Lifeline 712-432-3900 4285115#	6:30 AM OA Steps and/or Traditions Study 712-432-3900 4285115#	12:30 PM Relapse/12 Step Within 712-432-3900 4285115# 6:30 PM Men’s 90 Day 712-432-0600 267533#	7:00 PM 100-Pounders 712-432-3900 4285115#	10:00 AM Steps/Traditions Study 916-233-2910 742371# 4:45 PM For Today/Voices of Recovery 712-432-3900 4285115#	6:00 AM 90 Day/For Today 712-432-3900 6320348# 6:00 PM Big Book, Newcomer 712-432-3900 915892#

Meeting Changes/Additions: When you create, change or delete a meeting, please ¹notify the WSO at: www.oa.org/meetings/change-form.php and ²update the local list at www.oadenver.org/oa-meetings/ or send an email to OAMeetings@hotmail.com.

KEY to Special Focus meetings and other abbreviations:

- | | | |
|------------------------|-------------------------------------|---|
| BB=Big Book Study | HOW=Structured Meeting | SS=Step Study |
| BG=Beginners | LC=Leader’s choice | W=Women’s meeting |
| BL=Bulimia | LT=Literature meeting | 30=Group conscience suggests that only members with 30 or more days of abstinence share |
| CC=Child Care | RRR=Relapse, Recombitment, Recovery | 90=Group conscience suggests that only members with 90 or more days of abstinence share |
| D=Discussion | SP=Speaker’s meeting | |
| HC=Handicap Accessible | | |

OP=An open meeting is a meeting which is open to anyone.
 CL=A closed meeting is open to anyone with the desire to stop eating compulsively, or anyone who thinks they may have a problem with compulsive overeating including bulimia and anorexia.

Please notify oaemeetings@hotmail.com if your group wants to set your status as Open or Closed or wants to add or remove Special Focus designations.

Any group not indicated as an open group or a closed group is presumed to be an open group.

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.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong, promptly admitted it.
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.
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.

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

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

² The key to all the abbreviations are at the end of the meetings list.