

JUNE 2010

Step and Tradition of the Month:

Step Six: Were entirely ready to have God remove all these defects of character.

Tradition Six: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

2010 SERENITY IN THE ROCKIES: JUNE 4-6!



Tana W. will be the featured speaker on **Relationships In Recovery**. A flyer is available at area meetings and online by browsing to www.oadenver.org/SITR_Brochure_2010.pdf ...

Serenity, Relationships, Recovery, Rockies ... does it get any better? **Act now to attend June 4-6, 2010** in beautiful Silverthorne, CO! Scholarships are available so check at your local meeting about how to get one.

SUBSCRIBE TO LOCAL OA NEWS & UPDATES

Subscribe now to receive email updates from the Central Colorado Intergroup of OA. Sign up at www.oadenver.org/subscribe.html.

Your privacy is protected. Your info won't be shared with anyone and you can unsubscribe anytime.

If you have meeting and event updates you'd like to share be sure to send them to OAMeetings@Hotmail.com for inclusion in Recovery Road and our periodic email blasts!

MEETING UPDATES

- **Time Change (effective July 1, 2010)** : The **Thursday night Smoky Hill Meeting** start time will move up a half hour to **6:30PM** beginning July 1st.
- **NEW MEETING** Thursdays 6pm – 7pm in the library at Grace United Methodist, 4905 E. Yale Ave., Denver. Details: Dana B., danabrittan@gmail.com, 720-985-6195

CELEBRATE OA'S 50TH ANNIVERSARY...



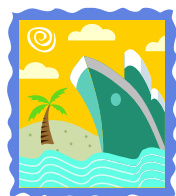
August 13-15, 2010

Arizona Serenity in the Desert Intergroup Presents "**Recovery Is Golden**": Region III Assembly and Convention Celebrating OA's 50th birthday. Details at oaregion3.org.



August 26-29, 2010

Join OA in Celebrating its 50th birthday at the 2010 World Service Convention in LA. Get the scoop at <http://cli.gs/OACelebrate>.



SAIL AWAY WITH OA (REGION III)

What could be better than **Recovery at Sea!** Get the details on the OA Region III Caribbean cruise, Mar. 20-27, 2011, at <http://cli.gs/OAatSea>. Better yet, **win a free cruise** in the RAS raffle!

Lifeline

STAYING POWER OF OA

(reprinted from the March 15-21, 2010 edition of Lifeline Weekly. Subscribe at www.oa.org/lifeline-magazine)

I attended my first OA meeting March 1, 1976, and I have been attending ever since. Briefly, here is what keeps me coming back:

1. Fear of being back out there alone with no one who understands
2. Remembering how awful it feels to be overweight, hot, sweaty and stuffed into tight clothes that could burst at any moment
3. Remembering the terrible self-hatred and self-disappointment I felt each time I fell off a diet
4. Looking nice, being an average size, being able to fit into any chair, actually having baggy clothes and having people seem genuinely glad to see me
5. Feeling the joy of having a purpose and a place where I can contribute to God's world
6. Experiencing and sharing spiritually with all those spiritual people who once baffled me
7. Eating three large meals a day and not having to make up for anything later because I ate desserts and junk in between
8. Having my doctor say, "You are in good health!"
9. Routine. Routine. Routine. One day at a time with no special days off. It's the doing it that produces results.
— Lifeline, April 2000

ABSTINENCE & RECOVERY...

OA defines abstinence and recovery as follows: Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

WSBC Policy 1988b (amended 2002, 2009)

ATTEND THE NEXT INTERGROUP MEETING:

Everyone is welcome Tuesday, July 6th, 7-8:30 pm National Jewish Hospital, 1400 Jackson. Southwest corner of Colfax & Colorado Blvd. Park for free and enter on west side of the hospital. Ask security guard inside for room location.

TRUSTED SERVANTS	
Chairperson	
Mike K.	303-894-8095 chair@oadenver.org
Vice Chairperson	SERVICE OPPORTUNITY!
OPEN	
Treasurer	
Linda G	360-356-6855 treasurer@oadenver.org
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Brock H.	303-333-3452 corsec@oadenver.org
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Region III/WSO Reps	
Heidi	r3rep2@oadenver.org
SERVICE OPP.	Service Opportunity
COMMITTEE CHAIRS	
Twelfth-Step-Within: OPEN [SERVICE OPPORTUNITY!]	
Professional Outreach: Ruth :: poc@oadenver.org	
Literature: www.oa.org/literature_catalog.htm	
Recovery Road/Publications: Tom G. :: 303-882-8252	
Please send any meeting & sponsor updates to: oameetings@hotmail.com	

ONGOING SERVICE OPPORTUNITIES

We Need YOU! Service is at the heart of our OA fellowship and one of our 8 tools of recovery. Won't you consider giving a small portion of your time and talents to help all of us on our Recovery Road. We have several opportunities to **serve on the Central Colorado Intergroup Board**. The **Twelfth-Step-Within Committee** needs a chairperson and Intergroup needs a **Vice Chairperson** and at least one more **Region III Representative**. Contact Mike K. at chair@oadenver.org (303) 894-8095 for more details. Thank you!
The **Professional Outreach Committee (Hospitals, Institutions, Professionals, Military)** brings the OA message outside of the fellowship. We need a new Committee Chair for this important outreach effort. Contact Mike K (above) if you have ideas or to volunteer.

ABOUT RECOVERY ROAD

Recovery Road is an official publication of Central Colorado Intergroup of Overeaters Anonymous and actively solicits comments, suggestions and contributions from all members. We reserve the right to edit for style and punctuation but not for content. Please focus on your experience, strength and hope in the OA program of recovery. Opinions expressed are those of the contributors and not necessarily those of OA as a whole. E-mail contributions to oameetings@hotmail.com, or call Tom G. at 303-882-8252.

SEVENTH TRADITION DONATIONS

OA's Seventh Tradition tells us that we are fully self-supporting through our own contribution. Following the 60-30-10 plan below with the money that you collect from meetings ensures that OA continues to operate at all levels. Please put your meeting # on all checks. Please do not send cash in the mail. It is ok to deposit the \$ in your personal checking account and sent a personal check. Please do not send any checks that are older than 15 days.

60%	30%	10%
Central Colorado OA Intergroup Attention: Treasurer P. O. Box 461331 Glendale, CO 80246	World Service Office P.O. Box 44020 Rio Rancho, NM 87174-4020	Region III Treasurer Jan Blue 8610 West 68 th Place Arvada, CO 80004



OVEREATERS ANONYMOUS WEBSITES

Central Colorado Intergroup:

www.oadenver.org



www.oaregion3.org

World Service: www.oa.org

L.A. Intergroup Virtual Speakers:

www.oalaig.org/html/speakers.php

Online 12-Step Group for Compulsive Overeaters: www.oa12step4coes.org

NEWS LETTERS

A Step Ahead (OA World Service Newsletter): www.oa.org/news/a-step-ahead-third-quarter-2009.php

Region III Newsletter: www.oaregion3.org/horizon/horizonsum2009.pdf

Sampling of Telephone Meetings: OA has more than 6,500 meetings in over 75 countries. If you can't attend in person, consider an online or telephone meeting. Visit: www.oa.org/meetings/find-a-meeting-online.php for a complete list.

Topic	Phone #	PIN #	Day & Time	Contact
90 Day, Big Book	712-432-3900	6320348#	Sunday 8:00 AM EST	Dawn 413-245-9354 EST
Varies, For Today	270-400-1500	12128#	Sunday 2:00 PM EST	Katlyn 734-426-4743 EST
Open/Lifeline Sampler	712-432-3900	4285115#	Monday 8:00 AM CST	Ellen 301-509-9521 CST
Open/HOW Speaker	712-432-3900	4285115#	Tuesday 8:30 AM EST	Debbie 214-912-3688 CST
Open/Relapse/12 Step Within	712-432-3900	4285115#	Wednesday 2:30 PM EST	Karen 970-691-8284 EST
Men's Meeting 90 Day	712-432-0600	267533#	Wednesday 8:30 PM EST	Cliff 214-549-9299 CST
For Today/Voices of Recovery*	712-432-3900	4285115#	Thursday 6:45 PM EST	Pat 215-919-6982 EST
Steps/Traditions Study	717-625-6951	742371#	Friday 9:00 AM PST	Selma 253-848-3162 PST
For Today/Voices of Recovery	712-432-3900	4285115#	Friday 6:45 PM EST	Amy 703-204-0181 EST
90 Day/For Today	712-432-3900	6320348#	Saturday 8:00 AM EST	Pam 508-832-3628 EST
OA HOW Big Book	218-936-7979	999728#	Saturday 9:30 PM PST	Elise 206-930-5786 PST

**CCI HOTLINE:
303-369-7766**
share it with those in need