

# Recovery ROAD

## August - Heat up Your Recovery this Month!

Central Colorado Intergroup (CCI) website is [www.oadenver.org](http://www.oadenver.org)

CCI contact/voicemail hotline is 720-443-3676

CCI e-mail address is [oameetings@oadenver.org](mailto:oameetings@oadenver.org)

### Step, Tradition and Concept of the Month

**Step Eight:** Made a list of all persons we had harmed and became willing to make amends to them all.

**Tradition Eight:** Every OA group ought to be fully self-supporting, declining outside contributions.

**Concept Eight:** Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

### NEWS

#### **Make Plans to Attend!!**

**October 2<sup>nd</sup>—4<sup>th</sup>, 2015**

#### **2015 Colorado OA State Convention**

The Hyatt Place | Garden of the Gods

503 West Garden of the Gods Road, Colorado Springs, CO 80927

Info at: [www.oadenver.org/event/2015-colorado-state-convention/](http://www.oadenver.org/event/2015-colorado-state-convention/)

#### **New OA Preamble Change!**

Find out about the new change to the OA Preamble, click on links to listen to new podcasts available from OA and much more.

### Upcoming Events

Here's a list of upcoming OA events – see <http://www.oadenver.org/calendar/> for more events and details:

- ◆ 9/1 Intergroup Meeting  
National Jewish Hospital 7 pm
- ◆ 9/5 Special Focus Meeting Bulimia & Anorexia at Amy's House 12 Noon
- ◆ 10/2-4 Colorado OA State Convention



### Principle for August: Self-Discipline

### Heard in a Meeting:

OA Member, Tom, shares:

Don't tell God (HP) how big your problems are;  
tell your problems how big your God (HP) is!



Go to <http://goo.gl/DjU4Pp> for this and other OA World Service information!

#### **New Meeting in South Denver Starting August 11th**

Come support this new meeting near I -25 and Orchard

Orchard Club OA

Tuesday 5:45 PM - 6:45 PM

8081 E Orchard Rd, Englewood, CO 80111-2501

INTERGROUP BOARD	
<b>Chairperson</b>	chair@oadenver.org
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## OVEREATERS ANONYMOUS WEBSITES

**Central Colorado Intergroup:**  
[www.oadenver.org/](http://www.oadenver.org/)

**OA Region III:** [www.oaregion3.org/](http://www.oaregion3.org/)

**World Service:** [www.oa.org/](http://www.oa.org/)

## SELECTED ONLINE RESOURCES

**Order OA Literature:**  
<http://bookstore.oa.org/>

**Look up Online/Telephone Meetings:**  
[www.oa.org/membersgroups/find-a-meeting/](http://www.oa.org/membersgroups/find-a-meeting/)

**Listen to L.A. Intergroup Speakers:**  
[www.oalaig.org/html/speakers.php](http://www.oalaig.org/html/speakers.php)

**Hear from Central CO Members:**  
[www.oadenver.org/category/members-share/podcasts/](http://www.oadenver.org/category/members-share/podcasts/)

(Recordings of speakers from recent local events and written content from Colorado OA members.)

## OA PUBLICATIONS

**A Step Ahead** (Quarterly OA World Service Newsletter):  
[www.oa.org/membersgroups/a-step-ahead-newsletter/](http://www.oa.org/membersgroups/a-step-ahead-newsletter/)  
**Lifeline Magazine:**  
[www.oa.org/lifelinemagazine](http://www.oa.org/lifelinemagazine)  
**Recovery Road Archive**  
 copies available at: [www.oadenver.org/newsletter/](http://www.oadenver.org/newsletter/)

## SPECIAL FOCUS MEETING - BULIMIA & ANOREXIA

On the first Saturday of each month, OA in Denver hosts a special focus meeting for those suffering from the disease of bulimia and anorexia. While the topic is geared towards those issues, anyone is welcome. The meeting starts at Noon, but if you can, come early (11:30ish am with or without your own abstinent meal) to enjoy fellowship before the meeting. The **September** meeting is at Amy's house. If you need directions, please call Amy K at 303-909-6049, or look online at [oadenver.org/calendar/](http://oadenver.org/calendar/). Please note: while this meeting does have a special focus, it is open to anyone who has issues with food.

## Meeting In Aurora Tuesday Evening | 6:30-7:30 PM

This newer meeting is held at Cedars Center in Aurora, 1693 Quentin St. Located through glass doors facing E. Quentin St. Take 1st right through wood doors to Rm 120 at the end of the hall. You're welcome to call Kirk for more detailed information: 720-338-2129.

## Phone Meetings

**How to Find a Phone Meeting:** Go to [www.oa.org](http://www.oa.org), click the **Find a Meeting** link (under **Meetings**), click **Telephone Meeting**. You can then filter by day of week, time, topic, language and more. Ask a friend to join in together!

**Newcomer's Welcome** - Tuesday Noon at Mile Hi Church will now have a Newcomer's Welcome at 11:45 (just before the Noon meeting).

## MEETING NOTICES – PLEASE NOTE UPDATES!

**Details on available local meetings:**  
[www.oadenver.org/oa-meetings/find-a-meeting/](http://www.oadenver.org/oa-meetings/find-a-meeting/)

- There is a weekly **phone meeting for Spanish speakers** on Tuesdays at 7 pm MT. The phone number is 712-432-5200, access code 629561#. Contact person is Nicholas R. – call him at 443-302-9832 (EST) or email [nicroa7@gmail.com](mailto:nicroa7@gmail.com).
- See [www.oadenver.org/calendar/](http://www.oadenver.org/calendar/) for the latest listing of local and regional OA events.

## ABOUT RECOVERY ROAD

"Recovery Road" is a publication of the Central Colorado Intergroup (CCI) of Overeaters Anonymous and actively solicits comments, suggestions and contributions from all OA members. We reserve the right to edit style and punctuation, but not content.

Opinions expressed are those of the contributors and not necessarily those of OA as a whole. To contribute or to get more information, e-mail [news@oadenver.org](mailto:news@oadenver.org), or call one of the contacts for CCI Publications.

## SEVENTH TRADITION DONATIONS

OA's Seventh Tradition tells us that we should be fully self-supporting through our own contributions. Please put your group number (assigned by OA's World Service Office) on all checks or money orders. Please do not send cash in the mail.

*Disbursements of funds beyond your group's expenses are suggested as follows:*

60%	30%	10%
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