April - "Spring"ing Into Recovery
Central Colorado Intergroup (CCI) website is www.oadenver.org
CCI contact/voicemail hotline is 720-443-3676
CCI e-mail address is oameetings@oadenver.org

Step, Tradition and Concept of the Month

Step Four: Made a searching and fearless moral inventory of ourselves.
Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole.
Concept Four: The right of participation ensures equality of opportunity for all in the decision-making process.

News

9Healthfair
So it's that time again! The 2015 9Healthfair is upon us. We begin our first fair on the 11th of April. The following ones fall mainly between April 18th and the 26th and then again on May 2nd. We have managed to cover Denver, Arvada, Centennial, Parker, Northglenn, Littleton, Aurora, Wheatridge, and Lakewood areas. Our intention is to introduce Overeaters Anonymous information to those who struggle with our disease and are unaware that OA exists. Please consider giving back by participating and manning a table at one of our venues. Pick a time and location that works for you. The dates, locations and a signup form are listed at oadenver.org. Each volunteer session is divided into 2 1/2 hour shifts and are manned by either one or two people.
For any additional information or questions call AmyK 303-909-6049 or MarciaV at 303-918-6105. Look forward to hearing from you!

Quarterly OA Speakers Meeting Friday April 17th 7 - 8:15 pm
St. Peter Lutheran Church 9300 Belleview Ave Greenwood Village
Come and hear OA members tell their story. Share in their experience, strength and hope. Support this vital meeting as it encourages us all to keep coming back!

Western Slope One Day Retreat in May
Western Slope Overeaters Anonymous groups are hosting a one-day retreat/workshop on Saturday, May 16, at the Glenwood Hot Springs Lodge in Glenwood Springs. The topic is "Difference Between Abstinence and A Plan of Eating". The workshop will focus on actions required for abstinence because our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Fees & Registration
Cost is $30 for the one-day workshop. There is an optional OA meeting on Sunday morning. Visit the event page at OADenver.org where you can download the Event Brochure and mail-in registration form or you can register online at www.oadenver.org with a small service charge.
Any questions contact Bev J. in Grand Junction at 970-257-1692.

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

♦ 4/17 Quarterly Speakers Meeting St. Peter Lutheran Church 7 - 8:15 pm
♦ 4/18 - 26 9Healthfair
♦ 5/2 Special Focus Meeting Bulimia & Anorexia Noon call Amy K at 303-909-6049
♦ 5/5 Intergroup Meeting National Jewish Hospital 7 pm
♦ 5/16 Western Slope One Day Retreat Glenwood Springs

Principle for April: Courage
INTERGROUP BOARD

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Region III/WSO Representatives

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- Gina C. r3rep2@oadenver.org
- Mike K. r3rep3@oadenver.org

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Twelfth-Step-Within

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Maureen J 303 842-5200

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(position is currently open)

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720-937-2730 pubchair@oadenver.org

Recovery Road Editor
Jim C.
303-379-0171 news@oadenver.org

OVEREATERS ANONYMOUS WEBSITES

Central Colorado Intergroup: www.oadenver.org/

OA Region III: www.oaregion3.org/

World Service: www.oa.org/

SELECTED ONLINE RESOURCES

Order OA Literature: http://bookstore.oa.org/

Lookup Online/Telephone Meetings: www.oa.org/membersgroups/find-a-meeting/


Hear from Central CO Members: www.oadenver.org/category/members-share/podcasts/

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

OA PUBLICATIONS


Lifeline Magazine: www.oa.org/lifelinemagazineRecovery Road Archive copies available at: 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 May meeting is at Amy’s house. If you need directions, please call Amy K at 303-909-6049, or look online at oadener.org. Please note: while this meeting does have a special focus, it is open to anyone who has issues with food.

New Meeting In Aurora Tuesday Evening 6:30–7:30 PM

In January, six members attended the very first meeting. Held at Cedars Center, 1693 Quentin St. Located though glass doors facing East Quentin St. Take first right through wood doors, find rm 120 at the end is 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, 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/

- 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.
- See 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, 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% Central Colorado Intergroup Attn: Treasurer P. O. Box 44020 Rio Rancho, NM 87174–4020
- 30% World Service Office
- 10% Region 3 Treasurer Attn: Barbara Vervenne P. O. Box 29903 Austin, TX 78755