

# Recovery ROAD

## Blossom into Recovery!

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 [oa meetings@oadenver.org](mailto:oa meetings@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.

## Upcoming Events

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

- ◆ 4/5 - **Special Focus Meeting: Bulimia & Anorexia**  
Noon - call Amy K at 303-909-6049
- ◆ 4/5 **CO State Convention Planning Meeting**  
2:00 pm call Amy K at 303-909-6049
- ◆ 4/25 **Speakers Meeting** 7 pm
- ◆ 4/26 – May 17 **9Health Fair**
- ◆ 5/3 - **Special Focus Meeting: Bulimia & Anorexia**  
Noon - call Amy K at 303-909-6049
- ◆ 5/6 – **Intergroup Meeting**  
National Jewish Hospital 7 pm
- ◆ 5/16 – 5/18 **Western Slope OA Retreat**  
*Acceptance*
- ◆ 5/16 – 5/18 **Vail Retreat**  
*Symptoms Leading to Relapse*



## NEWS

### CO State Convention Planning Committee Meeting

Please join us on April 5th at Amy K.'s house at 2587 Vivian Street in Lakewood at 2:00 pm. The Convention Planning Committee Meeting is working on the CO State Convention this fall which will be held in **Frisco, CO**. Come and join in on the planning fun! We need you!

### Western Slope Hosts OA Retreat in May

Plan now on attending the Western Slope OA Retreat, May 16-18, 2014 at the Beautiful Sunlight Mountain Inn. This year's theme is Acceptance! Our featured speaker is a facilitator from Arizona with 35 years in OA! Cost is just \$90 | \$100 after May 1. Scholarships are available, see the scholarship form on the webpage below:

[http://www.oadenver.org/ai1ec\\_event/western-slope-oa-retreat-2014/](http://www.oadenver.org/ai1ec_event/western-slope-oa-retreat-2014/)

### Northern Serenity Hosts OA Retreat

On the same weekend, May 16-18, Northern Serenity Intergroup will host a retreat in Vail. The theme is Symptoms Leading to Relapse. Call 303-915-6188 or 303-718-7374, or email [oa2014retreat@gmail.com](mailto:oa2014retreat@gmail.com).

### 9Health Fair

So it's that time again. The 9Healthfair is upon us. We begin with our first fair on April 26th. The last one is slated for May 17th. In years past, our participation was concentrated over a 2 week time period. This year's structure allows for a more relaxed approach. The 9Healthfair offers us an awesome opportunity to introduce Overeaters Anonymous to those who struggle with our disease, and are unaware of the solution available via our Twelve Step program. Please consider giving back by participating and representing OA at one of the booths for a 2 hours slot. Ask another member to do so with you. Everything is supplied, including directions. All that is required is a warm reception for those who approach our table...offering literature and answering any questions. Our literature states that in order to keep what we have so generously been given, we need to give it away. Strengthen your recovery and make a difference! Contact AmyK at 303 909-6049 or [amy.ken@msn.com](mailto:amy.ken@msn.com).

### The Quarterly Speakers Meeting 2014

#### New Time And Location

April 25<sup>th</sup> Friday 7:00-8:15pm

St. Peter Lutheran Church

9300 E. Belleview Avenue, Greenwood Village

Contact Marcia V 303 278-3422, Annie H 720 373-5753

INTERGROUP BOARD	
<b>Chairperson</b>	chair@oadenver.org
Steven K.	303-656-7848
<b>Vice Chairperson</b>	vicechair@oadenver.org
Carrie S.	720-339-0346
<b>Treasurer</b>	treasurer@oadenver.org
Vera A.	303-456-8755
<b>Corresponding Sec'y</b>	corsec@oadenver.org
Annie H.	720-373-5753
<b>Recording Secretary</b>	secretary@oadenver.org
Rose N.	303-748-4720
<b>Region III/WSO Representatives</b>	
Gina C.	r3rep2@oadenver.org
Mike K.	r3rep3@oadenver.org
COMMITTEE CHAIRS	
<b>Twelfth-Step-Within</b>	
Marcia V. (Stand In)	
303-278-3422	tsw@oadenver.org
<b>Public Information &amp; Professional Outreach</b>	
Open Position Available	
<b>Communcations and Technology</b>	
Heidi B.	
720-937-2730	pubchair@oadenver.org
<b>Recovery Road Editor</b>	
Jim C.	
303-379-0171	news@oadenver.org

## 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/>

**Lookup 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/lifeline-magazine](http://www.oa.org/lifeline-magazine)

**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 **April** meeting is at Amy's house. If you need directions, please call Amy K at 303-909-6049, or look online at [oadenver.org](http://oadenver.org). Please note: while this meeting does have a special focus, it is open to anyone who has issues with food.

**The Monday 7PM meeting at Unity Church** in Denver is now a 12 & 12 meeting - formerly a Big Book meeting.

**A new, updated meeting list is available now, in print (at most meetings), or as a .pdf file online at [oadenver.org](http://oadenver.org).**

## PHONE MEETING

Supporting Your Recovery with a Phone Meeting. Busy schedule? Hate traffic? Phone it in! Listen to speakers, participate in group share, study the steps, and learn the OA recovery tools TODAY. Thursday Mornings 6am -7am MST.

**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%
Central Colorado Intergroup	World Service Office	Region 3 Treasurer
Attn: Treasurer	P.O. Box 44020	Attn: Barbara Vervenne
P. O. Box 461331	Rio Rancho, NM	P.O. Box 29903
Glendale, CO 80246	87174-4020	Austin, TX 78755