

Recovery ROAD

December 2014

Recovery is a light in the darkness

Central Colorado Intergroup (CCI) website is www.oadenver.org

CCI contact/voicemail hotline is 720-443-3676

CCI e-mail address is oa meetings@oadenver.org

Step, Tradition and Concept of the Month

Step Twelve: 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.

Tradition Twelve: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Concept Twelve: The spiritual foundation for OA service ensures that:

- (a) no OA committee or service body shall ever become the seat of perilous wealth or power;
- (b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- (c) no OA member shall ever be placed in a position of unqualified authority;
- (d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- (e) no service action shall ever be personally punitive or an incitement to public controversy; and
- (f) no OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.

NEWS

Fantastic OA Convention!

What a fantastic OA State Convention we had in Frisco, CO with close to 100 attendees! What's even more exciting?

You'll be able to live or relive it with our Convention Podcasts at oadenver.org/convention2014. Our Thanksgiving gift to our OA members is the full slate of Convention events available at no charge. Listen online or download at oadenver.org/convention2014.

Candlelight Meeting - December 1st

Power up for the Holiday season at the Annual OA Candlelight Celebration. Speakers, Music, Fellowship and Sharing our Experience, Strength and Hope in Recovery with one another. 6:30 pm – 8:30 pm. Unity Church of Denver, 3021 South University Boulevard, Denver, CO 80210. \$5 suggested donation.

13th Annual New Years' Day Brunch

Save The Date! Plan on getting lucky with your recovery when you attend the 13th Annual OA New Years' Day Brunch - Guess What Day It's On? Yep, you got it...January 1st, 2015!

<http://www.oadenver.org/event/brunch2015/>

Upcoming Events

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

- ◆ **12/1 Candlelight Meeting -6:30-8:30 pm Unity Church of Denver**
- ◆ **12/2 Intergroup Meeting National Jewish Hospital 7 pm**
- ◆ **12/6 Special Focus Meeting Bulimia & Anorexia Noon call Amy K at 303-909-6049**
- ◆ **1/1/15 13th Annual New Year's Day Brunch - 10 am - 1 pm Sheraton Denver West**



**Principle for December:
Service**

Want To See More Fun OA Recovery Events?

Twelfth Step Within Committee needs a chair to organize events like Idea Day (you may have noticed we do not have any IDEA Day event this year). Rotation of Service is imperative for a healthy organization and for healthy members to stay in recovery. Contact Annie at chair@oadenver.org if you'd like to find out more or just show up at the next Intergroup meeting

INTERGROUP BOARD	
Chairperson	chair@oadenver.org
Annie H.	720-373-5753
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Public Information & Professional Outreach	(position is currently open)
Communications and Technology	
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720-937-2730	
Recovery Road Editor	
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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/>

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

Listen to L.A. Intergroup Speakers:
www.oalaig.org/html/speakers.php

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

A Step Ahead (Quarterly OA World Service Newsletter):
www.oa.org/membersgroups/a-step-ahead-newsletter/ **Lifeline Magazine:**
www.oa.org/lifelinemagazine **Recovery 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 **December meeting** is at Amy's house. If you need directions, please call Amy K at 303-909-6049, or look online at oadenver.org. Please note: while this meeting does have a special focus, it is open to anyone who has issues with food.

Meeting List Updated!

Go to <http://www.oadenver.org/oa-meetings/find-a-meeting/> for the link to download our updated local meeting list. Make meetings a key tool in your recovery this year! National, international and phone meeting information can be found at OA.org.

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%	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
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