

# Recovery ROAD

## January - Resolve to Recover in 2015

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 One:** We admitted we were powerless over food — that our lives had become unmanageable.

**Tradition One:** Our common welfare should come first; personal recovery depends upon OA unity.

**Concept One:** The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

### NEWS

New Literature is available from [oa.org](http://oa.org) including **The New Brown Book**. This release features forty never-before-published stories of recovery written by OA members from around the globe. Update your group's book table and get one for yourself!

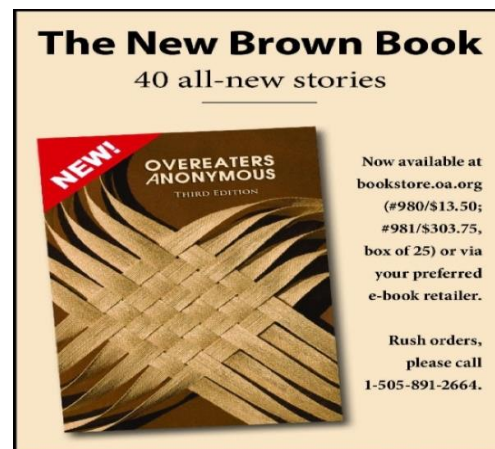
### Upcoming Events

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

- ◆ **1/16 Quarterly Speakers Mtg 7pm**
- ◆ **2/3 Intergroup Meeting  
National Jewish Hospital 7 pm**
- ◆ **2/7 Special Focus Meeting Bulimia & Anorexia Noon call Amy K at 303-909-6049**



**Principle for January:  
Honesty**



### Quarterly Speakers Meeting

Friday Jan. 16th 7:00-8:15pm St. Peter Lutheran Church  
9300 E. Belleview Avenue, Greenwood Village  
(Parking entrance between church and daycare center)  
(Come early. Get settled. Coffee, tea and water provided.)

### New Podcasts coming soon to [oadenver.org](http://oadenver.org)!

The three excellent speakers from this year's New Year's Brunch as well as the Candlelight Meeting from last month and the Fourth quarter Speakers Meeting recordings will all be added to the growing library of audio on our website. Check out the entire State Convention 2014 audio as well. Downloads are free. Recovery: well...it's priceless.

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## OVEREATERS ANONYMOUS WEBSITES

**Central Colorado:** [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/lifelinmagazine](http://www.oa.org/lifelinmagazine)**Recovery Road Archive**  
copies available at: [www.oadenver.org/newsletter/](http://www.oadenver.org/newsletter/)

## Share Your Story

OADenver.org has created a special link where you can tell your story of recovery. We can all benefit from your

Experience, Strength and Hope. The link is <http://www.oadenver.org/share-your-story/>.

## 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 **February** 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.

**New Meeting:** Sunday Women's Step Study meeting will be held from **10:00am to 11:00am** at Saint Joseph's Hospital, Russell Pavilion Conference Center. (Enter off of 20th Ave just west of Franklin Street at the Saint Joseph's Emergency Room entrance. Russell Pavilion is on 2nd floor above the Emergency Room. Look for sign or ask at Info desk. Free Valet parking available, street parking available, \$3.00 parking garage available.)

## 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**), and 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:*

<b>60%</b>	<b>30%</b>	<b>10%</b>
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