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Recovery Road

APRIL 2011

Central Colorado Intergroup (CCI) website is <http://www.oadenver.org/>

CCI contact/voicemail hotline is 303-369-7766

CCI e-mail address is oameetings@hotmail.com

Call to Service! Please contact Amy K. at 303-909-6049 to sign up for a shift volunteering to represent OA at a 9 Health Fair location in the Denver metro area. Locations and available shifts are listed at <http://www.oadenver.org/9healthfair-volunteers-needed/>, or just call for info!

STEP AND TRADITION 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.

MEETING NOTICES

(Find local meeting information 24/7 at <http://www.oadenver.org/>)

- A **New Men's meeting** is meeting Tuesdays, 6-7pm at Grace United Methodist Church. See OADenver.org for map & details.
- **Childcare** will start 5/1/2011 at the Saturday 9-10:15am "Welcome Home" meeting at Grace United Methodist.
- The Friday noon meeting at South Broadway Christian Church, Lincoln & Ellsworth, needs support. They've added a **drop-in Step study** on the first Friday of each month with readings and discussion from the OA daily reader For Today the remaining Fridays.
- Check out OADenver.org for details on the all day OA **phone meeting marathons** being hosted over the next 2 months. Meetings run from 4:45am-10pm (MST). Call 712.432.3900, PIN 4285115#. Each day has its own theme. Dates are 4/18, 5/5, 5/8 & 5/30. See OADenver.org for details. It's a day in OA without leaving the house...
- **The Friday evening meeting in Lakewood is hosting its quarterly speaker meeting at Shepherd of the Hills, April 15 at 6pm. File your taxes and then come on over! ☺**

MESSAGE FOR APRIL

Winter is ending, Daylight Saving Time has begun, and I've been feeling a desire to get out of the house and do more. However, I need to remember that I'm a "human being," not a "human doing." I often overextend myself and create a sense of disconnection from my Higher Power, which leads to unhappiness. I need to retreat on a regular basis from my desire to do everything.

As I step back, I can check my motives. Then, as I get to know myself better, I can re-engage with the world in small and unexpected ways that lead to more meaningful connection between me, my fellows, and my Higher Power. This is one way that I surrender to win, and it is a key component for me in attempting to maintain emotional sobriety!

(newsletter continues on other side)

Upcoming Events

Here's a list of upcoming OA events – see Events at OADenver.org for more events and details.

- ◆ 4/9/11-4/17/11 – **service opportunities at the 9 Health Fair (see above)**
- ◆ 4/11/11, 6:30 pm – planning meeting for Region III Assembly and Colorado State Convention to be held in October, contact Jan B. for location information or to give ideas (janbluecpa@msn.com or 303-456-8755).
- ◆ 4/15/11, 6pm-8:15pm – quarterly speaker meeting at Shepherd of the Hills Presbyterian Church in Lakewood
- ◆ 4/30/11, 8:30am-5pm – Day of OA sponsored by Hills and Plains Intergroup at Emmanuel Episcopal Church, Rapid City, SD (suggested donation: \$12)



- ◆ Join us for the **1st Central Colorado Intergroup Open House (5/3/2011)**. Meet your CCI Committee and Meeting Representatives from around the area. OADenver.org/intergroup-open-house/.
- ◆ 5/13/11-5/15/11 – "Bridge to Recovery" retreat, the 2nd annual Western Slope OA Retreat at Sunlight Resort, Glenwood Springs, CO; flyer at: www.OADenver.org/western-slope-retreat/
- ◆ 5/13/11-5/15/11 – "Inspiring Abstinence" retreat in Colorado Springs put on by Pikes Peak Serenity Intergroup – see the flyer here: www.OADenver.org/bridge-to-recovery-retreat



Thanks to Tom G. for updating this logo for use in the "Recovery Road" newsletter!

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<i>Please send any meeting & citywide sponsor updates to: oameetings@hotmail.com</i>	
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OVEREATERS ANONYMOUS WEBSITES

Central Colorado Intergroup:

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

OA Region III: <http://www.oaregion3.org/>

World Service: <http://www.oa.org/>

SELECTED ONLINE RESOURCES

Order Literature:

<http://bookstore.oa.org/>

Online/Telephone Meeting Lookup Tool:

<http://www.oa.org/meetings/find-a-meeting-online.php>

L.A. Intergroup Speaker Recordings:

<http://www.oalaig.org/html/speakers.php>

NEWSLETTERS

A Step Ahead (OA World Service

Newsletter): <http://www.oa.org/services-for-members/newsletters.php>

Horizon (OA Region III Newsletter):

<http://www.oaregion3.org/horizon/index.html>

ABOUT RECOVERY ROAD

"Recovery Road" is an official 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 for style and punctuation, but not for content. Please focus on your experience, strength and hope in the OA program of recovery. Opinions expressed are those of the contributors and not necessarily those of OA as a whole. E-mail contributions to oameetings@hotmail.com or call one of the contacts for CCI Publications.

ATTEND THE NEXT INTERGROUP MEETING

Everyone is welcome Tuesday, May 3rd, 2011, from 7pm to 8:30pm at National Jewish Hospital, 1400 Jackson St., Denver 80206 (southwest corner of E. Colfax Ave. & Colorado Blvd.).

Free parking is available in the surface lot off of E. Colfax Ave. just east of Garfield St. The parking lot faces the main entrance on the west side of the hospital. The meeting is usually in a cafeteria conference room – if you get lost, ask the security guard inside the main entrance for the room location.

ONGOING SERVICE OPPORTUNITIES

Do you have some time and a desire to deepen your recovery? Service is at the one of our nine tools of recovery, and it can help teach us how to play well with others. Specific opportunities for service include Twelfth Step Within Committee Chair, Professional Outreach Chair, and Region III/World Service Representative.

Some of these positions have recommended lengths of abstinence, but even if you do not feel like you qualify there is always room for willing hands to help. Send an e-mail to chair@oadenver.org for more information or just come to the next intergroup meeting. Thank you for showing up!

FOLLOW-UP ON PRIOR EVENTS

The monthly planning meetings for the combined Colorado State Convention and Region III Assembly in October are ongoing at Jan B.'s house. The last one was March 14th, and the next one is April 11th. As Jan herself might say: "Come join in – it's just a gas!"

Also, our World Service Office has divided the world into ten regions for the purposes of organization and encouragement of local cooperation and governance. Our region is Region III, which includes Nevada, Utah, Arizona, Colorado, New Mexico, Oklahoma, Texas, and really small pieces of Nebraska and Wyoming. In order to foster communication, fellowship, and unity, Region III put on an OA-themed cruise called "Recovery at Sea" from March 20th through 27th. The cruise featured workshops, meetings, and an irrepressible atmosphere of recovery that was both fun and spiritual. ☺

MEMBERS SPEAK – OA WRITINGS AND AUDIO RECORDINGS

Read and listen to **local** Members share their experience, strength and hope in OA at:

<http://www.oadenver.org/category/members-speak/>

This webpage now includes material from the Unity Day celebration and Sue R.'s share from March's "Recovery Road." If you want to contribute to this webpage, send your story or digital recording to: oameetings@hotmail.com

SEVENTH TRADITION DONATIONS

OA's Seventh Tradition tells us that we should be fully self-supporting through our own contributions. Suggested disbursements of monies beyond your group's operating expenses are suggested to be done according to the 60-30-10 plan:

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.

60%	30%	10%
Central Colorado Intergroup	World Service Office	Region 3 Treasurer
Attn: Treasurer	P.O. Box 44020	Attn: Barbara Vervenne
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