

Recovery ROAD

DECEMBER 2011 – DON'T FORGET YOUR "TOOLS OF RECOVERY," & CHECK MEETING NOTICES ON BACK FOR SEVERAL ANNOUNCEMENTS!

Central Colorado Intergroup (CCI) website is <http://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 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.

Upcoming Events

Here's a list of upcoming OA events – see www.oadenver.org/category/events/ for more events and details.

- ♦ 12/12/11 (Monday) – all-metro candlelight meeting in observance of winter and Twelfth-Step Within Day; 6:30pm at Unity Church, 3021 S. University Blvd., Denver, CO 80210
- ♦ 1/1/12 (Saturday) – CCI New Year's Day brunch event, 10am-1pm at Sheraton Denver West Hotel, 360 Union Blvd. Lakewood 80228
- ♦ 1/3/12 (Tuesday), 7pm-8:30pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital, SW corner of Colfax Ave. and Colorado Blvd.
- ♦ **1/15/12 (Saturday) – OA's Birthday!!!** (celebration in Los Angeles weekend of 1/20-1/22 at Four Points by Sheraton Hotel LAX)



Principles for December: Service Spirituality

OA NEWS FROM GRAND JUNCTION

Attendance at the meetings in Grand Junction has increased over the past few months. Meetings are held five times a week: 12 noon on Tuesday and Thursday, evenings on Monday and Thursday, and 9:00 Saturday morning. The daily readers, *For Today* and *Voices of Recovery*, are read and discussed at each meeting. Then, if there is time, some meetings study the OA "12 and 12" and some meetings read and discuss sections of the AA "Big Book."

Plans are underway for the 2012 "Spring Fling" retreat on May 18, 19 and 20, to be held at the Sunlight Mountain Inn outside of Glenwood Springs. This annual retreat was started in 2010 by the Grand Junction group. Then in 2011 members of the Montrose group organized it. This year the planning responsibilities return to Grand Junction.

Public outreach in the area has been ramped up a bit with distribution of posters and prospect cards around town. Packets for health care professionals have been created and members are urged to bring them to their next doctor's office visit. Local newspapers are checked regularly to be sure our meeting announcements appear.

Editor's note: Sincere thanks to Bev J. for this update from Grand Junction. It helps us to build our OA community!!!

IMPORTANT THINGS AVAILABLE ONLINE!

***Professional recordings of speakers from the October convention are available at <http://www.oadenver.org/convention-recordings/>. Samples are available, and you can either order online or download and print an order form to send in by mail.

***Also, you can register for the New Year's Day brunch - 10am at Sheraton Denver West in Lakewood, see events section above left - online at <http://www.oadenver.org/brunch-registration/>. Please join us at this great annual event.

CCI TRUSTED SERVANTS	
Chairperson	chair@oadenver.org
Marcia V.	303-278-3422
Vice Chairperson	vicechair@oadenver.org
Brock H.	303-333-3452
Treasurer	treasurer@oadenver.org
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Corresponding Sec'y	corsec@oadenver.org
Emily A.	720-352-1458
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Region III/WSO Representatives	
Tom G. (Rep. 1)	303-882-8252 r3rep1@oadenver.org
Brock H. (Rep. 2)	303-333-3452 r3rep2@oadenver.org
[Rep. 3 position open]	[your phone # here]
COMMITTEE CHAIRS	
Twelfth-Step-Within/9 Health Fair	
Amy K. (acting chair)	303-909-6049 tsw@oadenver.org
Ruth (9 Health Fair co-chair)	720-277-5275
Public Information & Professional Outreach	
Mike L.	pipo@oadenver.org
Publications	
Website: Heidi B.	720-373-2187 pubchair@oadenver.org
"Recovery Road" assistant: Alex W.	303-322-0085 news@oadenver.org

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>

Denver Intergroup Members Share:

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

NEWSLETTERS

A Step Ahead (OA World Service

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

PI-PO IN MOTION...

Mike L. is laboring to generate activity within the Public Information – Professional Outreach committee. Contact him and lighten his load!

MEETING NOTICES

(Local meeting information online at <http://www.oadenver.org/>)

- On the first Friday of every month, the noon meeting in central Denver conducts an open step-study meeting on the step corresponding to the month of the year.
- On the first Saturday of every month, there is a bulimia/anorexia meeting at 12pm at Amy K.'s house – please call her at 303-909-6049 for directions!
- There will be an hour-long "Year Through the AA Big Book" phone meeting at 6am every Wednesday in 2012; phone number 712-432-0080, access number 499039#.
- There will be an hour-long "Year Through the Steps" meeting at 6am every Tuesday in 2012. The phone number is 760-984-1000, access number 143531#. This meeting closes to new participants as of February 7th.
- There is a new men's phone meeting for bulimics, anorexics, and exercise addicts. It meets at 5:30pm Mountain Time on Sundays, and the access telephone number is 661-673-8600, access number 833625#.
- There is now a phone meeting for Spanish-speakers on Tuesdays at 7pm Mountain Time. The dial-in number is 415.400.0300, and you must enter the meeting code 629561#. The contact person for this meeting is Nicholas R. – 443.302.9832 or nicroa7@gmail.com.

ATTEND THE NEXT INTERGROUP MEETING

Everyone is welcome! Tuesday, January 3rd, 2012, from 7pm to 8:30pm at National Jewish Hospital, 1400 Jackson St., Denver 80206 (SW corner of E. Colfax Ave. & Colorado Blvd.). 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.

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 for style and punctuation, but not for 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 oameetings@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 to be done according to the 60-30-10 plan:

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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