

# Recovery ROAD

## FEBRUARY 2012 – JOIN US FOR UNITY DAY ON FEBRUARY 25<sup>TH</sup>

Central Colorado Intergroup (CCI) website is <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 Two: Came to believe that a power greater than ourselves could restore us to sanity.

Tradition Two: For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two: The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

### Upcoming Events

Here's a list of upcoming OA events – see [www.oadenver.org/category/events/](http://www.oadenver.org/category/events/) for more events and details.

- ◆ 2/25/12 (Saturday) – Unity Day celebration! We will meet at Trinity United Methodist Church in downtown Denver from 11am to 2pm. Come and go and/or eat according to your needs. See event flyer online at [www.oadenver.org](http://www.oadenver.org).
- ◆ 3/6/12 (Tuesday), 7pm-8:30pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital, SW corner of Colfax Ave. and Colorado Blvd.
- ◆ 3/30/12 (Friday)-4/1/12 (Sunday) – Pike's Peak Serenity Intergroup's annual retreat, theme is "A Pause That Refreshes," see announcement to right and on website.



**Principles for February:**  
**Hope**  
**Trust**

Editor's Note: In the battle we're fighting against compulsive food behavior, retreat is not a bad thing.

Check out the retreats below and go to <http://www.oadenver.org/category/events/> for additional events in nearby states, including TX, AZ, and SD.

### **WESTERN SLOPE RETREAT 5/18-5/20**

The Western Slope OA Groups present the 3rd Annual Spring Retreat entitled "Balance in Recovery." We will return to the Sunlight Mountain Inn outside of Glenwood Springs on May 18, 19 and 20, 2012. Please join us in this peaceful mountain setting as we explore the three-fold nature of compulsive eating: the physical, the spiritual, and the emotional. One often hears the analogy of the three-legged stool. Are you feeling out of balance because one or more of the legs of your stool is missing or shorter than the others? Don't miss this opportunity for a tune-up. The \$85 fee includes workshops, lunch and dinner. Room reservations must be made by telephone to the Inn and include hot breakfasts. For more information go to <http://www.oadenver.org/western-slope-retreat/> or call Patty in Grand Junction at 970-640-3713.

### **COLORADO SPRINGS RETREAT 3/30-4/1**

The Pike's Peak Serenity Intergroup (PPSI), our OA neighbors in Southern Colorado, is hosting its annual retreat March 30-April 1, 2012 at the Mount Saint Francis Retreat Center above Colorado Springs. This retreat is called "A Pause That Refreshes"...it is about us learning to take care of ourselves...to feel our feelings, to know our needs, and to be able to state our needs. To learn to be patient. To relax into meditation and prayer. The pace of the weekend will be SLOOOOW...long breaks, time to journal, time to PAUSE. For more details and registration, call Joanne M. at 719-495-9417 or go to <http://www.oasoutherncolorado.org/events/retreat-2012/>.

**ATTEND THE NEXT INTERGROUP MEETING – EVERYONE IS WELCOME! Tuesday, March 6<sup>th</sup>, 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 evening doorman inside the main entrance for the room location. Parking is on the west side of the hospital, enter off of Colfax Ave. west of Colorado Blvd.

CCI TRUSTED SERVANTS	
<b>Chairperson</b>	chair@oadenver.org
Marcia V.	303-278-3422
<b>Vice Chairperson</b>	vicechair@oadenver.org
Brock H.	303-333-3452
<b>Treasurer</b>	treasurer@oadenver.org
Jan B.	303-456-8755
<b>Corresponding Sec'y</b>	corsec@oadenver.org
Emily A.	720-352-1458
<b>Recording Secretary</b>	secretary@oadenver.org
Annie H.	720-373-5753
<b>Region III/WSO Representatives</b>	
Tom G. (Rep. 1)	303-882-8252 r3rep1@oadenver.org
Brock H. (Rep. 2)	303-333-3452 r3rep2@oadenver.org
<b>[Rep. 3 position open]</b>	<b>[your phone # here]</b>
<b>COMMITTEE CHAIRS</b>	
<b>Twelfth-Step-Within/9 Health Fair</b>	
Amy K. (acting chair)	303-909-6049 tsw@oadenver.org
Ruth (9 Health Fair co-chair)	720-277-5275
<b>Public Information &amp; Professional Outreach</b>	
Mike L.	pipo@oadenver.org
<b>Publications</b>	
Website: Heidi B.	720-373-2187 pubchair@oadenver.org
"Recovery Road" assistant: Alex W.	303-322-0085 news@oadenver.org

### NEW YEAR'S DAY BRUNCH FOLLOW-UP DESCRIPTION AND PODCAST ON WWW!

<http://www.oadenver.org/10th-annual-oa-brunch-podcast/>

### 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/category/members-share/podcasts/>

### NEWSLETTERS

#### **A Step Ahead (OA World Service**

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

### QUARTERLY SPEAKER MEETING

The next all-metro speaker meeting will be at Shepherd of the Hills Presbyterian Church in Lakewood on April 20<sup>th</sup>. More information and a recording of the last speaker are available at <http://www.oadenver.org/oa-speakers-meetings-2012/>

### MEETING NOTICES

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

- There is a bulimia/anorexia meeting on the first Saturday of the month at a rotating location – please call Amy K. at 303-909-6049 or Tom G. at 303-882-8252 for directions!
- There is a women's step-writing group at King of Glory Lutheran Church in Arvada on the first and third Saturday of each month from 8:15am to 9:15am.
- **The time for the Tuesday evening meeting in Eagle, CO (at the Eagle Library) has changed from 6pm to 5:30pm.**
- **All of the noon meetings at South Broadway Christian Church have been discontinued.**
- There is 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 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. – contact him at 443.302.9832 or nicroa7@gmail.com.

### 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
Glendale, CO 80246	87174-4020	Austin, TX 78755