

Recovery ROAD

JANUARY 2012 – NEWLY-STARTED PHONE MEETINGS ON BACK!

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 One: We admitted that 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.

Upcoming Events

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

- ◆ 1/7/12 (Saturday), 12pm – bulimic/anorexic meeting at Amy K.'s house, 303-909-6049
- ◆ **1/15/12 (Saturday) – OA's Birthday!!!** (celebration in Los Angeles weekend of 1/20-1/22 at Four Points by Sheraton Hotel LAX)
- ◆ 1/20/12 (Friday), 6pm – all-metro speaker meeting at Shepherd of the Hills Presbyterian Church, 11500 W. 20th Ave., Lakewood
- ◆ 1/21/12 (Saturday), 8:15am-9:15am – first meeting of women's step-writing group using OA workbook, King of Glory Lutheran Church, 10001 W. 58th Ave, Arvada
- ◆ 2/7/12 (Tuesday), 7pm-8:30pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital, SW corner of Colfax Ave. and Colorado Blvd.
- ◆ 2/26/12 (Saturday) – Unity Day celebration, event details coming next month!



Principles for January:
Honesty
Unity

SPIRITUAL AWAKENING BY TERRI S.

Ever have a flash of insight while taking a shower? Well, that was my "educational variety" spiritual experience. I had come into OA in 1988 and left seven years later with the belief that I was cured. I believed my spiritual life could be supported enough by outside enterprises and I did not need OA anymore.

What I entered into was a fifteen-year relapse that included gastric bypass surgery in 2006. In those fifteen years I never stopped spiritually seeking for my happiness and peace of mind. I simply believed that OA was just another failed attempt at recovery. My weight ballooned back up to 280 pounds. I was devastated, demoralized and filled with anxiety because I had tried everything and was failing once again.

I walked back through the doors of OA in 2010 and was welcomed with open arms. I started working the Steps with a sponsor but remained in relapse. Then in May 2011 I became abstinent from sugar during a retreat. This was a huge milestone for me and my body began to return to a healthier weight. I had more peace of mind and happiness now. But I was still restless and discontent a lot of the time. I was struggling to maintain my abstinence.

On December 17th, 2011, while in the shower, I again received a very clear insight from my HP. All these years of seeking for a spiritual community and family were being answered in OA. My eyes were opened! The Twelve Steps are a spiritual program of change. I have fellowship with people who understand me. The ME that I hesitate to show the outside world has the freedom to be myself in OA. God and Higher Power are openly discussed in meetings, retreats and in conversations between members. There is no apology among us for speaking of God and seeking spiritual truths. In fact, this is the crux of the Steps for us. The beauty of the OA program is that we are encouraged to connect with whatever a Higher Power is for each of us. Our physical, emotional and spiritual recovery flows from this connection. I do not have words to express my deepening gratitude. So I will simply say THANK YOU to each member of OA for being here!

WOMEN'S STEP-WRITING GROUP BEGINS IN ARVADA ON SATURDAY, JANUARY 21ST

There will be a new women's step-writing group (using the OA Step workbook) at King of Glory Lutheran Church in Arvada that will start on Saturday, January 21st at 8:15am, and meet the first and third Saturday of the month thereafter.

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
Jan B.	303-456-8755
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Recording Secretary	secretary@oadenver.org
Annie H.	720-373-5753
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.
- There will be 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, February 7th, 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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