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Recovery ROAD

JUNE 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

SPECIAL ANNOUNCEMENT: COME TO THE WORKSHOP ON SATURDAY, JUNE 11TH TO DISCUSS AND LEARN ABOUT OA'S NEWEST TOOL OF RECOVERY, THE "ACTION PLAN"

Step and Tradition of the Month:

Step Six: Were entirely ready to have God remove all these defects of character.

Tradition Six: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

MEETING NOTICES

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

- **Welcome to the Tuesday 7pm meeting at Rosemont Baptist Church in Montrose (that's "Mont-rose" to you), which recently affiliated itself with Central Colorado Intergroup! We hope that CCI will be able to witness as this meeting thrives! Contact person: Lorri, 970-497-9613**
- **Unfortunately, the 7pm meeting on Friday evenings in Lakewood will be discontinued at the end of June (last meeting is 6/24).**
- Childcare is now available at the Saturday 9am meeting at Grace United Methodist Church in southeast Denver!
- Check out the men's meeting at 6pm on Tuesday evenings, also at Grace United Methodist Church.
- On the first Friday of every month, the noon meeting in central Denver conducts an open step study of the step corresponding to the month of the year.

MESSAGE FOR JUNE – PUTTING OURSELVES FIRST

Summer is always one of the more challenging times in my recovery and my life. The schedules change for many of the people who I'm used to having around me, and they may not be available at the times and places in which I'm used to encountering them.

In addition, I struggle to get enough sleep because I'm very light-sensitive and struggle to get the rest I need with the early sunrises. This often leaves me feeling tired and out of sorts, which in turn leads to issues with "H.A.L.T." When I get hungry, angry, lonely, or tired, things generally go one of two ways, both of which are challenging – if I'm aware of it as it's happening, I feel panicked and have a near-compulsive need to try and seize balance by trying to re-order my priorities and change everything. This can lead to crazy thoughts and decisions that make perfect sense at the time when I make them. Conversely, if I'm not aware of H.A.L.T. problems, I usually act out with food or some other compulsive substance, which results in pitiful and incomprehensible demoralization because I've just picked up my compulsion again, and I don't even know why! The lesson for me is that I have to practice good self-care always – I have to put myself first, or I can't help anyone else.

Upcoming Events

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

- ♦ 6/11/11, 1 pm - 4 pm – SPECIAL WORKSHOP: "Defining Your Action Plan," a discussion of the meaning and use of OA's newest tool for recovery.
- ♦ 6/13/11, 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).
- ♦ 7/5/11, 7 pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital (corner of Colfax Ave. & Colorado Blvd.).
- ♦ 7/15/11, 6 pm – quarterly Friday evening all-metro speaker meeting at Shepherd of the Hills Presbyterian Church in Lakewood. Bring your dinner and have fellowship at 6pm, or just attend for the speaker at 7pm. (Note that this will take place despite the cancellation of regular Friday night meetings at this location.)



(newsletter continues on other side)

CCI TRUSTED SERVANTS	
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COMMITTEE CHAIRS	
Twelfth-Step-Within: [OPEN]	
Professional Outreach: [provisionally filled?] poc@oadenver.org	
Publications Website: Heidi B. 720-373-2187 Please send any meeting & citywide sponsor updates to: oameetings@hotmail.com "Recovery Road" Assistant: Alex W. 303-322-0085	

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 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. 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, July 5th, 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.

INSPIRATION FROM KATHY O.

"Our addiction is a blessing. Our addiction is a calling. Some are called to be doctors. Some are called to be nurses. Some are called to be teachers. We are called as addicts because our path to finding God is through our addiction. The only way we find our path to God is through our addiction, and therefore it becomes our calling."

ONGOING SERVICE OPPORTUNITIES

Do you have some time and a desire to deepen your recovery? Service is one of our nine tools of recovery, and it can help us to practice "playing 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!

FROM MARCIA F., REG. III RECORDING SECRETARY:

Don't just think locally - think regionally. Having a workshop, retreat or other recovery event? Region III would like to list them on its website. Send a notice, flyer or website link to r3webmaster@oaregion3.org (and be sure to keep CCI informed as well by sending information to oameetings@hotmail.com).

MEMBERS SPEAK – OA WRITINGS AND RECORDINGS

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

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

This webpage includes by audio recordings and written material from recent events and publications. If you would like to contribute to this library of member shares, 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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