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Recovery Road

MARCH 2011

Latest Issue of Recovery Road & Upcoming Events online at <http://www.oadenver.org/>
Central Colorado Intergroup contact/voicemail hotline is 303-369-7766

Step and Tradition of the Month:

Step Three: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

MEETING NOTICES

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

- The Friday noon meeting in South Broadway Christian Church at Lincoln & Ellsworth needs support. This meeting reads the day's selection from the OA daily reader *For Today*. **In addition, on the first Friday of every month this group is conducting a step-study of the step corresponding to the month of the year.** The meeting for the Third Step will be on March 4th.
- **A group has formed to do Tenth-Step work together.** The group meets for one hour on Monday mornings starting at 7:15am. Meeting location is also South Broadway Christian Church, 23 Lincoln St. in Denver; flyer is posted at [oadenver.org](http://www.oadenver.org) website.
- The 6pm Sunday-night sponsorship workshop continues through April 10th in southeast Denver at Grace United Methodist Church. This meeting does not close, so come on down!

MESSAGE FOR MARCH from Sue R.

When I came into OA, I was wearing the pain of a lifetime of well-kept secrets. Secrets I had carried from childhood and more secrets about a difficult marriage. No one ever saw my secret pain; I never shared it with anyone. I came into recovery wearing a mask and a protective cocoon. But everyone could see the effects of the food I used as a coping mechanism because I came into recovery carrying more than 100 extra pounds.

However, because of my willingness "to do whatever it takes," I shared these secrets. First, with the person who listened to my first Fifth Step. I later shared some of my secrets with my newfound friends, but only when my sharing them would be beneficial to the other person. I have often found most of us carry the same types of shameful secrets, and those same secrets became much less shameful once they were shared. Sharing this pain was like having poison released. The poison that kept me living in resentful, negative thinking has been gradually replaced with gratitude for the pain I experienced. Without the pain and shame of my past, I would not be the person I am today. Many months into the program I have been seeing physical, emotional and spiritual recovery.

I live a life today filled mostly with gratitude for my new found life, my new found friends and mostly with gratitude for a higher power that shows me the next right step.

CCI News

UPCOMING EVENTS

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

- ◆ 3/14/11, 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).
- ◆ 3/18/11-3/19/11 – Region III Assembly at Hilton Garden Inn in Houston, TX
- ◆ 3/20/11-3/27/11 – Caribbean cruise organized by OA Region III, sails from Galveston, TX. http://www.oaregion3.org/datebook/recovery_at_sea_2011/index.html
- ◆ 4/5/11, 7pm – Central Colorado Intergroup meeting at National Jewish Hospital (SW corner of Colfax Ave. & Colorado Blvd.), in conference room off of hospital cafeteria
- ◆ 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)
- ◆ 5/13/11-5/15/11 – second annual Western Slope OA Retreat at Sunlight Resort in Glenwood Springs, CO – **don't miss this one because there's no Serenity in the Rockies retreat this year!**



(newsletter continues on other side)

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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/pdfs/asa4thqtr10.pdf>

Horizon (OA Region III Newsletter):

http://www.oaregion3.org/horizon/horizon_2010_summer.pdf

ABOUT RECOVERY ROAD

Recovery Road is an official publication of the Central Colorado Intergroup 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 Recovery Road.

FOLLOW-UP ON UNITY DAY

On February 26th, twenty-four OA members gathered to celebrate **Unity Day** at St. Peter Lutheran Church on East Bellevue Avenue. This event is special because we join with other OA members around the world to pray simultaneously for the compulsive overeater who still suffers, both inside and outside our meetings. For us, the designated time was 12:30pm. Before we circled up for the prayer, we had some time to eat and share together, an opportunity for unstructured fellowship with other members...a chance to experience a sense of community, also defined as "(com) with unity." It was a comfortable setting for asking questions concerning recovery, steps, food, and more.

Our formal program began with Marilyn B. leading us in a song she wrote, called "Little Bit by Very, Very Little Bit." It creatively depicted our working the steps and set a lovely tone. This was followed by our speakers, Lainey and Charlie, who shared their recovery and addressed how the unity of OA impacted them personally. Both talks will be posted as audio files on our local OA website (www.oadenver.org). Thanks are in order as well to Shana H. for doing a great job being the MC and keeping the event running smoothly.

"Unity in OA" can be expressed in many different ways...

coming to meetings to give back instead of just to get something for yourself....taking time at meetings to "reach out" to newcomers and others needing "connection"...calling folks whom you haven't seen in a while...participating in the running of OA, to make sure it continues to be available to all those suffering with this disease...sharing ideas for events that would help us all strengthen our recovery...asking what you can do...being willing to honestly share your hope, strength and experience...continuing to come back...being an active part of the "we." Hope to see you next year!

MEMBERS SPEAK – OA WRITINGS AND AUDIO RECORDINGS

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

www.oadenver.org/category/members-speak/

The November 2010 IDEA celebration audio recording is one of many gems now available on this webpage. If you want to contribute to this webpage, send your story or recording/podcast 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%
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P. O. Box 461331
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30%
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