

Recovery Road

MAY 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

Step and Tradition of the Month:

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five: Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

MEETING NOTICES

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

- Childcare is now available at the Saturday 9am meeting at Grace United Methodist Church in southeast Denver!
- A relatively new men's meeting is now occurring at 6pm on Tuesday evenings, also at Grace United Methodist Church.
- One of the OA phone groups is hosting several **all-day phone meetings** this month. The meetings start at 4:45am Mountain Time and last until 10pm. To get in on a meeting (or several), call 712.432.3900, and enter PIN 4285115#. Each date has a theme; upcoming dates include **May 5th**, **May 8th**, and **May 30th**. It's a day in OA without leaving the house...
- On the first Friday of every month, the noon meeting in South Broadway Christian Church at Lincoln & Ellsworth conducts a drop-in step study of the step corresponding to the month of the year.

MESSAGE FOR MAY: SEEING OURSELVES AS OUR H.P. DOES

I am a Compulsive Overeater. I am 52 years old and have binged and dieted since I was 14 years old. I am also an exercise bulimic and therefore have never been 100 pounds or more overweight, but I have gained and lost 1,000s of pounds in the last almost 40 years of my addiction. A few months ago, after I had gained another 15 pounds which I had to "get with it and lose," I started to ask myself if the number on the scale that I always dieted to, and once there proceeded to gain from, was really the weight God wanted me to be. My sponsor had said that she wanted me to think about what would happen if I could never lose any weight, could I be happy just where I was?

God loves me exactly the way I am today, this very minute. Why don't I love myself and accept myself as He does? Could it be that I was not meant to be that weight I always starved myself down to? Could it be that I was meant to weigh more and love myself anyway? Wow, hard to think of, and even harder to do. Accept myself just as I am? But I started, that day, telling myself that I loved myself just as I was; just as God did. I continued to exercise every day, eat healthy foods, but not to restrict my foods and starve myself. And an amazing thing happened. In the last three months I have maintained a fairly stable weight. I enjoy my food, I love my exercise and I stand in front of that bathroom mirror and tell myself that I love myself and that God loves me just as I am. It's progress, not perfection. It's one day at a time. It's being kind and gentle with ourselves. The reality is; God loves us now, as we are, today, and we need to do the same.

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Upcoming Events

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

- ♦ 5/9/11, 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).
- ♦ 5/13/11-5/15/11 – "Bridge to Recovery" retreat, the second annual Western Slope OA Retreat at Sunlight Resort in Glenwood Springs, CO; flyer here: <http://www.oadenver.org/wp-content/uploads/2011/01/sunlight.pdf>
- ♦ 5/13/11-5/15/11 – "Inspiring Abstinence" retreat in Colorado Springs put on by Pikes Peak Serenity Intergroup – see the flyer here: http://www.oadenver.org/wp-content/uploads/2011/03/PPSI_Flyer-Version-8.pdf



Thanks to Tom G. for updating this logo for use in the "Recovery Road" newsletter!

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Publications Website: Heidi B. 720-373-2187 <i>Please send any meeting & citywide sponsor updates to: oameetings@hotmail.com</i> "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 an official 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, June 7th, 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.

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!

FOLLOW-UP ON PRIOR EVENTS

Many thanks and congratulations to Amy K. for organizing another successful year of CCI participation in the 9 Health Fairs!

Also, thank you to the Friday evening Lakewood group for having their second quarterly All-Metro Friday night dinner and speaker meeting on April 15th. This event is great for building our fellowship! By the way, the next one is on July 15th at 6pm.

And finally, thanks to everyone who helped organize the Central Colorado Intergroup "Open House" meeting on Tuesday, May 3rd, as well as to everyone who showed up for something that might have been outside his/her comfort zone. This type of event is important because it can serve as a step toward fighting the notion that "Ten percent of the people do ninety percent of the work!"

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%
Central Colorado Intergroup
Attn: Treasurer
P. O. Box 461331
Glendale, CO 80246

30%
World Service Office
P.O. Box 44020
Rio Rancho, NM
87174-4020

10%
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