

# Recovery ROAD

## NOVEMBER 2011 – FLYERS AVAILABLE ONLINE FOR END-OF-YEAR EVENTS

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](mailto:oa meetings@oadenver.org)

### Step, Tradition and Concept of the Month

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will and the power to carry that out.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Concept Eleven: Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

## 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.

- ◆ 11/19/11 (Saturday) – International Day Experiencing Abstinence (IDEA); celebration to be held from 1pm to 4pm at Shepherd of the Hills Presbyterian Church in Lakewood
- ◆ 12/6/11 (Tuesday), 7pm-8:30pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital, SW corner of Colfax Ave. and Colorado Blvd.
- ◆ 12/12/11 (Monday) – all-metro candlelight meeting in observance of winter and Twelfth-Step Within Day; 6:30pm at Unity Church, 3021 S. University Blvd., Denver, CO 80210
- ◆ 1/1/12 (Saturday) – CCI New Year's Day brunch event, 10am-1pm at Sheraton Denver West Hotel, 360 Union Blvd. Lakewood 80228
- ◆ 1/3/12 (Tuesday), 7pm-8:30pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital, SW corner of Colfax Ave. and Colorado Blvd.
- ◆ **1/15/12 (Saturday) – OA's Birthday!!!**



**Principles for November:  
Spiritual Awareness  
Anonymity**

## NEW OA PHONE MEETING IN SPANISH!

**An announcement of this meeting is available in Spanish at <http://www.oanyc.org/espanol/>**

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#. By the way, Spanish speakers refer to OA as CCA – **Comedores Compulsivos Anónimos**.

This has the potential to be a great outreach tool to people who our meetings usually don't reach. The contact person for the meeting is Nicholas R. – 443.302.9832 or [nicroa7@gmail.com](mailto:nicroa7@gmail.com).

## NEW MEETING WITH BULIMIC/ANOREXIC FOCUS

There will be a meeting with a focus on recovery from bulimia and anorexia on Saturday, November 5<sup>th</sup> at 12pm at Amy K.'s house. If you want to participate, call Amy for directions at 303.909.6049, or e-mail her at [amy.ken@msn.com](mailto:amy.ken@msn.com). It is the sincere hope of the organizers that this meeting will be a regular occurrence on the first Saturday of the month.

## WHAT IS PI/PO???

If you've ever lost sleep wondering what PI/PO is, it's not the name of some urban hipster's Jack Russell terrier. Instead, it is an acronym for the OA service committee that works to inform people about the existence, function, and nature of OA. This vital service seeks to expand the fellowship through attraction rather than promotion. It puts out information about the things that we do do, like Steps, sponsorship, and meeting attendance, etc., along with the things that we don't do, such as lodging, bail money, dictating food plans, going on crash diets, etc. This service function is highly important to the existence and growth of OA!

"So," you might ask with suspicion, "why are you talking all this alphabet soup mumbo-jumbo now?" Well, I'm glad you asked that question. It's because there's a PI/PO meeting on Tuesday, November 8<sup>th</sup> at 7:30pm at Grace United Methodist Church. If you can't make it to the meeting, please contact Mike L. at [pipo@oadenver.org](mailto:pipo@oadenver.org). Ok, now please turn this page over and check the Committee Chairs box to see what the acronym stands for...

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
[open]	[open]
<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

## 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>

## PROFESSIONAL RECORDINGS OF CONVENTION SPEAKERS AVAILABLE

Samples and order forms are available at this link: <http://www.oadenver.org/convention-recordings/>. **You can either order online, or you can download and print an order form to send in by mail.**

## MEMBERS SPEAK – OA WRITINGS AND RECORDINGS

There are many voice recordings available in the "Members Speak" section of the CCI website, and the section also contains brief essays. Read and listen to local members share their experience, strength and hope in OA:

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

The latest addition to this great resource is a recording of Cheryl's story – she spoke at the October 21<sup>st</sup> all-metro speaker meeting in Lakewood. There are plenty of other resources there as well, including members sharing on the newest tool (the "Action Plan"), as well as sharing from the 2011 Unity Day celebration.

## 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 [oameetings@oadenver.org](mailto:oameetings@oadenver.org), or call one of the contacts for CCI Publications.

## ATTEND THE NEXT INTERGROUP MEETING

**Everyone is welcome!** Tuesday, December 6<sup>th</sup>, 2011, from 7pm to 8:30pm at National Jewish Hospital, 1400 Jackson St., Denver 80206 (SW 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.

## OTHER MEETING NOTICES

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

- **Baby-sitting has been discontinued** at the 9am Saturday meeting at Grace United Methodist Church on E. Yale Ave. near the I-25 interchange.
- The Tuesday evening men's meeting at Grace UMC has changed its time from 6pm to 6:30pm.
- 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.

## 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