

# Recovery ROAD

## **OCT. 13, 2012 – CONNECTING IN COLORADO**

Central Colorado Intergroup (CCI) website is [www.oadenver.org](http://www.oadenver.org)

CCI contact/voicemail hotline is 720-443-3676

CCI e-mail address is [oameetings@oadenver.org](mailto:oameetings@oadenver.org)

### **Step, Tradition and Concept of the Month**

**Step Ten:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**Tradition Ten:** Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

**Concept Ten:** Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

### **THANKS TO MARCIA!**

*We want to extend a heartfelt thank you to Marcia V. for all her service as Chair of CCI. Marcia stepped down as Chair due to term limitations. She will continue to be active in service with 12 Step Within and in other areas. We know that her contributions to the fellowship will continue to spread her experience, strength and hope to all of us who suffer from the disease of compulsive eating, both in and out of our OA meeting rooms.*

*A replacement for Marcia as Chair of CCI is still in process.*

### **Meeting and Event News**

There are all kinds of events and activities coming up – (details below and to the left):

- Two meetings have requested reminders to be sent out: there is a **women's step-writing group** that meets at 8:15am on the first and third Saturday of every month at King of Glory Lutheran Church in Arvada; also, the **Sunday 4pm HOW meeting at Porter Hospital in south Denver** is requesting support.

Thank you to all members for your interest and involvement!

### **Intergroup News**

We'd like to welcome the newest additions to the Central Colorado Intergroup, Gina C. and Jana W. Gina C. has been elected as our newest Region 3 Representative and World Service Business Conference Delegate. Gina has been active in service for several years now, works with a sponsor and is maintaining a double digit weight loss. We look forward to her service. You can contact Gina at [r3rep2@oadenver.org](mailto:r3rep2@oadenver.org). Jana W. has been elected to serve as Vice Chair. Jana recently relocated to Colorado and thrown herself into OA Service with a passion. She most recently was active at the Intergroup level with the Connecticut IG and is so committed to OA that she drove to Albuquerque at her own expense to volunteer her services at the most recent World Service Business Conference. We are excited to have Jana's energy working on behalf of OA meetings and members in the Central Colorado Intergroup area.

## **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:

- ◆ 10/6 – Bulimics & Anorexic Meeting. The meeting starts at Noon, but if you can, come early (11:30 am) (with or without your own abstinent meal) to enjoy fellowship before the meeting.
- ◆ 10/13 - Plan now to attend **Connecting in Colorado** on Saturday, October 13 at Grace United Methodist Church. Registration 8:30 – 9:00 am. Meeting time is 9 – 3. This will be the can't miss recovery event of the Fall presented by our OA Region 3 Trustee.
- ◆ 10/19 - **Fall Speakers Meeting** – Shepherd of the Hills - 6-7 pm community time; 7 – 8:15 mtg. time.
- ◆ 11/6 Intergroup Meeting – 7 – 8:30 pm at National Jewish Hospital – (*check with security guard for directions when you arrive.*)
- ◆ 11/17 is IDEA Day (International Day of Experiencing Abstinence)
- ◆ 12/3 is Denver's Annual Candlelight Meeting



**Principle for October:  
Neutrality**

CCI TRUSTED SERVANTS	
<b>Chairperson</b>	chair@oadenver.org
Vacant	
<b>Vice Chairperson</b>	ViceChair@oadenver.org
Jana W.	917-626-6727
<b>Treasurer</b>	treasurer@oadenver.org
Jan B.	303-456-8755
<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.	r3rep1@oadenver.org
Gina C. .	r3rep2@oadenver.org
Georgie W.	r3rep3@oadenver.org
<b>COMMITTEE CHAIRS</b>	
<u>Twelfth-Step-Within</u>	
Amy K. (acting chair)	
303-909-6049	tsw@oadenver.org
<u>Public Information &amp; Professional Outreach</u>	
Mike F.	
303-995-8192	pipo@oadenver.org
<u>Publications</u>	
Heidi B.	
720-373-2187	pubchair@oadenver.org
<u>Recovery Road Editor</u>	
Jim C.	
303-650-0424	news@oadenver.org

## OVEREATERS ANONYMOUS WEBSITES

### **Central Colorado Intergroup:**

www.oadenver.org/

**OA Region III:** www.oaregion3.org/

**World Service:** www.oa.org/

## SELECTED ONLINE RESOURCES

### **Order Literature:**

http://bookstore.oa.org/

### **Online/Telephone Meeting Lookup Tool:**

www.oa.org/membersgroups/find-a-meeting/

### **L.A. Intergroup Speaker Recordings:**

www.oalaig.org/html/speakers.php

### **Central CO Intergroup Members Share:**

www.oadenver.org/category/members-share/podcasts/

(The CCI Members Share section contains recordings of speakers from recent local events and written content from Colorado OA members.)

## OA PUBLICATIONS

### **A Step Ahead** (Quarterly OA World Service Newsletter):

www.oa.org/membersgroups/a-step-ahead-newsletter/

**Lifeline Magazine:** www.oa.org/lifeline-magazine/

**Recovery Road Archive** copies available at:

www.oadenver.org/newsletter/

## SPECIAL FOCUS - BULIMICS & ANOREXICS MEETING

On the first Saturday of each month, Denver OA hosts a meeting for bulimics and anorexics. While the topic is geared towards bulimic and anorexic issues, anyone is welcome. The meeting starts at Noon, but if you can, come early (11:30 am) (with or without your own abstinent meal) to enjoy fellowship before the meeting. The next meeting will be held on October 6<sup>th</sup> at Shepherd of the Hills, 20<sup>th</sup> and Simms. If you have questions, please call Amy K at 303-909-6049. Please note: while this meeting does have a special focus, as with all OA meetings that are publicly announced, it is open to anyone who has an issue with compulsive eating.

## HELP US KEEP THE MEETING LIST UP-TO-DATE!

We've heard of several cases lately where newcomers attended a meeting only to find it no longer available with nobody there. We need all of you to help prevent this from happening. If you attend a meeting that relocates, changes its time or is canceled, please don't assume that someone else is letting us know. Send the relevant information to OAMeetings@oadenver.org or use our update form at <http://www.oadenver.org/oa-meetings/>.

## MEETING NOTICES – PLEASE NOTE UPDATES!

**(Local meeting information online at <http://www.oadenver.org/>)**

- The Friday noon meeting at Porter Adventist Hospital has closed. See the local meeting list at [www.oadenver.org/oa-meetings/find-a-meeting/](http://www.oadenver.org/oa-meetings/find-a-meeting/) for details on available local meetings.

- The time for the Tuesday evening meeting in Eagle, CO (at the Eagle Library) is now 5:30pm.

- There is a weekly phone meeting for Spanish speakers on Tuesdays at 7pm MT. The phone number is 712-432-5200, access code 629561#. Contact person is Nicholas R. – call him at 443-302-9832 EST or email [nicroa7@gmail.com](mailto:nicroa7@gmail.com).

- Information about the women's step-writing meeting and Big Book phone meeting are in the Events section at [www.oadenver.org](http://www.oadenver.org)

## 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 [news@oadenver.org](mailto:news@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%**  
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%**  
Region 3 Treasurer  
Attn: Barbara Vervenne  
P.O. Box 29903  
Austin, TX 78755