

# Recovery ROAD

**SEPTEMBER 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](mailto:oameetings@hotmail.com)

Step and Tradition of the Month

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine: OA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.

## 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.

- ♦ 9/12/11, 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](mailto:janbluecpa@msn.com) or 303-456-8755).
- ♦ 10/4/11, 7 pm – monthly Central Colorado Intergroup meeting at National Jewish Hospital (corner of Colfax Ave. & Colorado Blvd.); see announcement on back of newsletter.
- ♦ **10/7/11, 3pm to 10/9/11, 11:30am – Colorado State Convention and Region III Assembly, Red Lion Hotel (Stapleton) 4040 Quebec St., Denver, CO 80206**
- ♦ 10/14/11 to 10/16/11 – Las Vegas OA Intergroup Fall Retreat (“Oasis in the Desert”) at Casablanca Resort, 950 W. Mesquite Blvd., Mesquite, NV 89027.
- ♦ 10/21/11, 6pm-8:15pm – quarterly speaker meeting at Shepherd of the Hills Presbyterian Church in Lakewood



It is truly a gift to be able to share with others what others have shared with me and to pass the program on in whatever way that I can. It is a way that I can give back to the program what has been so generously shared with me. I love the statement in the “12&12” that we were never meant to do this alone. I am so grateful that I can share my sorrows and my joys of life with others and feel supported along the way. –Anonymous

*Editor's Note: Thanks to "Anonymous" for this great contribution. I know that Central Colorado OA will find the service we need for the next four months which are going to be really busy, with elections in September, the Convention in October, the IDEA celebration in November, the Twelfth-Step Within Day (on 12/12 of course!) in December, and our traditional New Year's Day brunch on 1/1/2012. If you have time for participation and/or service in any of these activities, please show up to a planning meeting or call one of the Central Colorado Intergroup trusted servants. Thank you!*

## DRUMMING UP SUPPORT: VOLUNTEERS NEEDED FOR THE STATE CONVENTION/REGIONAL ASSEMBLY IN OCTOBER!!

**“We Are the Message” is the theme of the combined Colorado State Convention and Region III Assembly which will be held on October 7<sup>th</sup> through October 9<sup>th</sup> at the Red Lion Inn in Denver's Stapleton area. Local volunteers are needed to embody this theme by performing service in the following roles:**

- Secretarial – taking notes, typing, email correspondence
- Printing & Copying Committee
- Special Events Committee
- Transportation
- Public Information
- Signs & Decorations
- Welcome Committee

You can get information on service positions needed by contacting Jan B. at 303-456-8755, [janbluecpa@msn.com](mailto:janbluecpa@msn.com) or by attending the next Planning Committee meeting on Monday, September 12<sup>th</sup>, 2011.

## “THE REWARDS OF DOING SERVICE”

There are times when I ask myself why I am doing service, making and receiving phone calls, attending convention planning meetings, trying to figure out a computer program to enter info to share about the convention, etc. The bottom line is that compulsive overeating is a cunning, baffling, and powerful disease - as the Big Book so aptly says - and it requires consistent hard work to keep it in remission. So the most important reward that I receive is a daily reprieve from this disease that can consume my life if I am not diligent about working my program. One of the most powerful things I can do to maintain this reprieve is doing service. It is such a joy to be with other compulsive overeaters and to hear my story from others and know that I am not alone in this process. It is also so exciting to see others working the program and to see the glow that develops as they begin to experience physical, emotional, & spiritual healing.

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
Linda G.	360-356-6855
<b>Corresponding Sec'y</b>	corsec@oadenver.org
Emily A.	720-352-1458
<b>Recording Secretary</b>	secretary@oadenver.org
Kelly F.	303-279-3110
<b>Region III/WSO Reps</b>	303-882-8252
Tom G. (Rep. 1)	r2rep1@oadenver.org
Brock H. (Rep. 2)	303-333-3452
<b>[position open]</b>	r3rep2@oadenver.org <b>[your phone # here]</b>
<b>COMMITTEE CHAIRS</b>	
Twelfth-Step-Within/9 Health Fair	
Amy K. (acting chair)	303-909-6049
Ruth (9 Health Fair co-chair)	
<b>Professional Outreach</b>	
Mike L.	poc@oadenver.org
<b>Publications</b>	
Website: Heidi B.	720-373-2187
Please send any meeting & citywide sponsor updates to: oameetings@hotmail.com	
<b>"Recovery Road" Assistant:</b>	
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>

## FROM THE REG. III RECORDING SECR.:

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).

## 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, October 4<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.

## MEETING NOTICES

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

- 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.
- The Monday 7pm meeting in Castle Rock at New Hope Presbyterian Church was discontinued at the end of July.
- The Friday 7pm meeting at Shepherd of the Hills Presbyterian Church in Lakewood was discontinued at the end of June.

## MEMBERS SPEAK – OA WRITINGS AND RECORDINGS

Six new voice recordings (a.k.a. "podcasts") from the recent CCI workshop on the newest OA tool ("A Plan of Action") have been made available in the Members Speak section of the CCI website. 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. 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