

# Recovery ROAD

## HAPPY NEW YEAR 2013!

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 [oa meetings@oadenver.org](mailto:oa meetings@oadenver.org)

Subscribe to CCI Updates  
by e-mail:

[oadenver.org/subscribe](http://oadenver.org/subscribe)

### Step, Tradition and Concept of the Month

**Step One:** We admitted that we were powerless over food – that our lives had become unmanageable.

**Tradition One:** Our common welfare should come first; personal recovery depends upon OA unity.

**Concept One:**

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole fellowship.

## 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:

- ◆ 1/5 - **Bulimics & Anorexics meeting**  
Noon (Call 303-909-6049 for details)
- ◆ 1/8 – **Intergroup Meeting**  
National Jewish Hospital 7 pm
- ◆ 1/18 – **Winter Speakers Meeting**  
Shepherd of the Hills 6pm
- ◆ 1/19 – **OA Birthday Party**  
Unity Church in Grand Junction 2 – 4 pm
- ◆ 1/28 – **Publications and Technology Committee** – Shepherd of the Hills  
6:30 – 8:00 pm
- ◆ 2/2 - **Bulimics & Anorexics meeting**  
Noon (Call 303-909-6049 for details)
- ◆ 4/5 to 4/7 – **Region III Assembly**  
Houston, Texas
- ◆ 8/29 to 9/1 – **OA World Convention**  
Cleveland, Ohio



**Principle for January:  
Honesty**

## NEWS

- Grand Junction OA Groups are hosting an **OA Birthday Party** on Saturday January 19, 2013 in celebration of the 53rd birthday of Overeaters Anonymous. It will be held in the basement at Unity Church, 3205 N 12th Street, Grand Junction, from 2 pm to 4 pm. Join us for speakers, skits, fellowship and more. For more details, contact Bev at 970-257-1692.

- The **Communications and Technology Committee** will meet on Monday 1/28 at Shepherd of the Hills Presbyterian Church (20<sup>th</sup>/Simms) – 6:30 – 8:00 pm.

- The **OA Internet Radio Series** continues at [http://www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous-](http://www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous) with new episodes recorded weekly through January 9, 2013. Previous episodes are archived for later listening. We have more information including a flyer you can download and distribute at your meetings at:

<http://www.oadenver.org/oa-radio-series/>.

- **Celebrating Jan B.'s Leadership!**

Recovery Road wishes to commend our faithful treasurer, Jan B. for her contributions to the Publications and Technology Committee. Jan coordinated meetings at her wonderful home, and offered a ton of insight and inspiration in refining our processes. Thanks to Jan, the Pub/Tech Committee is not only lots of fun; it's also a lean, mean machine. We love you Jan!

### IMPORTANT THINGS AVAILABLE ONLINE !!

\*\*\*Professional recordings of speakers from the 2011 convention are available at <http://www.oadenver.org/convention-recordings/> .

OA has posted a 4th step inventory for the fellowship and invites each member to take this 20 minute online survey!

<http://www.oa.org/wsbc-region-chairs-committee-4th-step-inventory-survey/>

INTERGROUP BOARD	
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Steven K.	303-601-9772
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## OVEREATERS ANONYMOUS WEBSITES

**Central Colorado Intergroup:**  
[www.oadenver.org/](http://www.oadenver.org/)

**OA Region III:** [www.oaregion3.org/](http://www.oaregion3.org/)

**World Service:** [www.oa.org/](http://www.oa.org/)

## SELECTED ONLINE RESOURCES

**Order OA Literature:**  
<http://bookstore.oa.org/>

**Lookup Online/Telephone Meetings:**  
[www.oa.org/membersgroups/find-a-meeting/](http://www.oa.org/membersgroups/find-a-meeting/)

**Listen to L.A. Intergroup Speakers:**  
[www.oalaig.org/html/speakers.php](http://www.oalaig.org/html/speakers.php)

**Hear from Central CO Members:**  
[www.oadenver.org/category/members-share/podcasts/](http://www.oadenver.org/category/members-share/podcasts/)

(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/](http://www.oa.org/membersgroups/a-step-ahead-newsletter/)

**Lifeline Magazine:** [www.oa.org/lifeline-magazine](http://www.oa.org/lifeline-magazine)

**Recovery Road Archive** copies available at:  
[www.oadenver.org/newsletter/](http://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 meetings will be held on both January 5<sup>th</sup> and February 2<sup>nd</sup>. If you need directions, please call Amy K at 303-909-6049. Please note: while this meeting does have a special focus, it is open to anyone who has issues with food.

### 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!

**Details on available local meetings:**  
[www.oadenver.org/oa-meetings/find-a-meeting/](http://www.oadenver.org/oa-meetings/find-a-meeting/)

- 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.

- 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 style and punctuation, but not 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, 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 as follows:*

60%	30%	10%
Central Colorado Intergroup	World Service Office	Region 3 Treasurer
Attn: Treasurer	P.O. Box 44020	Attn: Barbara Vervenne
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