

Recovery ROAD

October - Remember Why You Keep Coming Back!

Central Colorado Intergroup (CCI) website is www.oadenver.org

CCI contact/voicemail hotline is 720-443-3676

CCI e-mail address is 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.

NEWS

Quarterly OA Speakers Meeting

Friday October 16th, 7:00 - 8:15 pm

St. Peter Lutheran Church

9300 E. Belleview Ave, Greenwood Village

Come and hear OA members tell their story. Share in their experience, strength and hope. Support this vital meeting as it encourages us all to keep coming back!

IDEA Day: International Day Experiencing Abstinence

Nov 21st 10 am - 3 pm

Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. *(More Details to Follow)*

New Meetings!

In Grand Junction

Saturday 8:30 AM

3205 N 12th Street

Grand Junction

For more information call Bev@

[970-250-8435](tel:970-250-8435)

Special Focus: Newcomers

In Hotchkiss

Tuesday 6 - 7:00 pm

Hotchkiss Community United Methodist Church

285 Second Street, Hotchkiss, CO 81419

Upcoming Events

Here's a list of upcoming OA events – see <http://www.oadenver.org/calendar/> for more events and details:

- ♦ 10/16 Quarterly OA Speakers Mtg 7 - 8:15 pm St. Peter Lutheran Church
- ♦ 11/3 Intergroup Meeting National Jewish Hospital 7 pm
- ♦ 11/7 Special Focus Meeting Bulimia & Anorexia at Amy's House 12 Noon
- ♦ 11/21 IDEA Day (more details to follow)



Principle for October: Perseverance

Heard in a Meeting:

Before OA, there never enough to satisfy me; in OA, ***abstinence*** satisfies me now.

INTERGROUP BOARD	
Chairperson	chair@oadenver.org
Annie H.	720-373-5753
Vice Chairperson	vicechair@oadenver.org
Arun P.	303-319-8017
Treasurer	treasurer@oadenver.org
Gina C.	303-910-5967
Corresponding Sec'y	corsec@oadenver.org
Maureen J.	303-842-5200
Recording Secretary	secretary@oadenver.org
Region III/WSO Representatives	
Steven K.	r3rep1@oadenver.org
Mike K.	r3rep3@oadenver.org
COMMITTEE CHAIRS	
Twelfth-Step-Within	
Rita C	970 333-4364
Maureen J	303 842-5200
Public Information & Professional Outreach	
(position is currently open)	
Communications and Technology	
Heidi B.	
720-937-2730	pubchair@oadenver.org
Recovery Road Editor	
Jim C.	
303-379-0171	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 OA Literature:
<http://bookstore.oa.org/>

Lookup Online/Telephone Meetings:
www.oa.org/membersgroups/find-a-meeting/

Listen to L.A. Intergroup Speakers:
www.oalaig.org/html/speakers.php

Hear from Central CO Members:
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/
Lifeline Magazine:
www.oa.org/lifelinemagazine
Recovery Road Archive
 copies available at: www.oadenver.org/newsletter/

SPECIAL FOCUS MEETING - BULIMIA & ANOREXIA

On the first Saturday of each month, OA in Denver hosts a special focus meeting for those suffering from the disease of bulimia and anorexia. **(the October Meeting is cancelled but will resume in November)** While the topic is geared towards those issues, anyone is welcome. The meeting starts at Noon, but if you can, come early (11:30ish am with or without your own abstinent meal) to enjoy fellowship before the meeting. The **November** meeting is at Amy's house. If you need directions, please call Amy K at 303-909-6049, or look online at oadenver.org/calendar/. Please note: while this meeting does have a special focus, it is open to anyone who has issues with food.

Meeting In Aurora Tuesday Evening | 6:30-7:30 PM

This newer meeting is held at Cedars Center in Aurora, 1693 Quentin St. Located through glass doors facing E. Quentin St. Take 1st right through wood doors to Rm 120 at the end of the hall. You're welcome to call Kirk for more detailed information: 720-338-2129.

Phone Meetings

How to Find a Phone Meeting: Go to www.oa.org, click the **Find a Meeting** link (under **Meetings**), click **Telephone Meeting**. You can then filter by day of week, time, topic, language and more. Ask a friend to join in together!

Newcomer's Welcome - Tuesday Noon at Mile Hi Church will now have a Newcomer's Welcome at 11:45 (just before the Noon meeting).

MEETING NOTICES – PLEASE NOTE UPDATES!

Details on available local meetings:
www.oadenver.org/oa-meetings/find-a-meeting/

- There is a weekly **phone meeting for Spanish speakers** on Tuesdays at 7 pm 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.
- See www.oadenver.org/calendar/ for the latest listing of local and regional OA events.

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
P. O. Box 461331	Rio Rancho, NM	P.O. Box 29903
Glendale, CO 80246	87174-4020	Austin, TX 78755