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Recovery ROAD

FEBRUARY 2011

Latest Issue of Recovery Road & Upcoming Events online at <http://www.oadenver.org/>
Central Colorado Intergroup contact/voicemail hotline is 303-369-7766

Step and Tradition of the Month:

Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

Tradition Two: For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

MEETING NOTICES

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

- **A 12-week sponsorship workshop at Grace United Methodist Church on Sunday evenings from 6pm to 7pm began on 1/23/2011;** you do not have to attend every week to get the benefits of participating! **Contact person is Emily A., 720-352-1458 or emily_aronow@hotmail.com**
- **Are you free on weekday mornings in Douglas County?** The Wednesday 10am Castle Rock meeting has to the New Hope Church (Sedalia Room), 2100 W. Meadows Parkway, Castle Rock 80109; also, the Friday 10am meeting in Parker is looking for more attendance – meeting is at Ave Maria Catholic Church, 9056 E. Parker Rd. (St. Joseph Room), Parker 80138
- **A new OA meeting** has been started on Saturday evenings from 5:30pm to 6:30pm at the Dragon's Den in Englewood (SE corner of Hampden and Clarkson). Contact person is Shelly at 303-598-3003.
- The Fri. noon meeting at Lincoln & Ellsworth is requesting support.

MESSAGE FOR FEBRUARY from Jane N.

In January of every year, we are bombarded by ads and articles meant to entice compulsive overeaters to try one more diet or weight loss program. Some people searching for a solution make their way to OA where I fervently hope they will find a home.

There is no service position for "Newcomer Caller" but it is a self-appointed position that I love. At each meeting I take the names and numbers of newcomers off the "We Care List" and try to contact them. I have found this to be a wonderful way to strengthen my program while reaching out to others. It takes courage for newcomers to attend their first meeting and we "old-timers" can lend support and ease their fears by extending a welcoming hand and a listening ear.

If you have not tried this form of service, give it a whirl. You may be surprised by the blessings that result from carrying the message in this way. To all "newcomers" out there – Welcome to OA. Welcome Home.

CHECK OUT WWW.OADENVER.ORG

Check out www.oadenver.org for upcoming events, meeting listings, and meeting alerts! Please send ideas for the website, as well as meeting notices and event announcements to oameetings@hotmail.com

CCI News

UPCOMING EVENTS

Here's a brief rundown of a few upcoming OA happenings – see [oadenver.org/category/events/](http://www.oadenver.org/category/events/) for a complete list of events and details.

- ◆ 2/7/11, 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 or 303-456-8755).
- ◆ 2/26/11 – Unity Day celebration 11am to 3pm, at St. Peter Lutheran Church, 9300 E. Belleview Ave., Greenwood Village 80111
- ◆ 3/1/11, 7pm – March CCI meeting, see blurb at top right on the back of this page for details on location/parking.
- ◆ 3/14/11, 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 or 303-456-8755).
- ◆ 3/20/11-3/27/11, Caribbean cruise organized by OA Region III, sails from Galveston, TX. http://www.oaregion3.org/datebook/recovery_at_sea_2011/index.html
- ◆ 4/30/11, 8:30am-5pm – Day of OA sponsored by Hills and Plains Intergroup at Emmanuel Episcopal Church, Rapid City, SD (suggested donation: \$12)

RECOVERY TIP! from Amy K.

Need to do some "step work"...journal...read literature...but always just seem to procrastinate???? If I can't seem to **get to it**, I find it helpful to get together with a friend, with the intent of spending the time together to do just so. Years ago, a friend from program and I would meet at a coffee shop. We'd chat a little/write a lot. On January 15th, a small group of us met before our Sunday meeting for that specific purpose. It ended up being very successful. Since it is through doing the work that I have hope of experiencing freedom from my disease, this is one way I can get it done.

(newsletter continues on other side)

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<i>Please send any meeting & citywide sponsor updates to: oameetings@hotmail.com</i>	
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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/pdfs/asa4thqtr10.pdf>

Horizon (OA Region III Newsletter):

http://www.oaregion3.org/horizon/horizon_2010_summer.pdf

ABOUT RECOVERY ROAD

Recovery Road is an official publication of the Central Colorado Intergroup 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 Recovery Road.

ATTEND THE NEXT INTERGROUP MEETING

Everyone is welcome Tuesday, March 1st, 2011, from 7pm to 8:30pm at National Jewish Hospital, 1400 Jackson St., Denver 80206 (southwest 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. Parking lot faces the main entrance on the west side of the hospital. Meeting is usually in a cafeteria conference room – if you get lost, ask the security guard inside the main entrance for the room location.

ONGOING SERVICE OPPORTUNITIES

Do you have some time and a desire to deepen your recovery? Service is at the one of our nine tools of recovery, and it can help teach us how to play well with others. Specific opportunities for service include Twelfth Step Within Committee Chair, Professional Outreach Chair, and Region III/World Service Representative.

Some of these positions have recommended lengths of abstinence, but even if you do not feel like you qualify there is always room for willing hands to help. Send an e-mail to chair@oadenver.org for more information or just come to the next intergroup meeting. Thank you for showing up!

FOLLOW-UP ON PRIOR EVENTS

The host committee for the Region III Assembly and Colorado State Convention (set for October 7-9) met on January 10th to continue their ongoing preparations for this event, which will take place at the Stapleton Red Lion Inn. Future planning meetings are listed under "Upcoming Events" on the front of this newsletter. If you're looking for fellowship, this is a great way to get involved and get to know people outside of meetings.

Also, on January 21st the northwest Lakewood group held its quarterly Friday evening speakers meeting. It was well-attended, and many folks left with a feeling of renewed recovery. For the rest of the year, this meeting will recur on 4/15, 6/15, and 10/21. Thank you to the Lakewood OA members who put this together!

MEMBERS SPEAK – OA WRITINGS AND AUDIO RECORDINGS

Read and listen to **local** Members share their experience, strength and hope in OA at

www.oadenver.org/category/members-speak/

The November 2010 IDEA celebration audio recording is one of many gems now available on this webpage. If you want to contribute to this webpage, send your story or recording/podcast to oameetings@hotmail.com.

SEVENTH TRADITION DONATIONS

OA's Seventh Tradition tells us that we should be fully self-supporting through our own contributions. Suggested disbursements of monies beyond your group's operating expenses are suggested to be done according to the 60-30-10 plan:

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.

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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