

## INTERGROUP BOARD

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## COMMITTEE CHAIRS

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## 7th TRADITION

OA's Seventh Tradition states that we should be fully self-supporting through our own contributions. Please send checks or money orders, noted with group number (as assigned by OA's World Service Office.) (Please do NOT send cash via mail.)

Disbursement of funds beyond your group's expenses are suggested as follows:

(60%) Central Colorado Intergroup

PO Box 150395  
Lakewood, CO 80225

(30%) World Service Office

PO Box 44727  
Rio Rancho, NM  
87174-4727

(10%) Region 3 Treasurer

Att: Elaine Lang  
PO Box 310290  
New Braunfels, TX  
78131-0290

## Upcoming Events

### New Year's Day Luncheon

Applewood Golf Course  
14001 W 32nd Ave, Golden, CO  
11:00 am to 2:00 pm

Event includes Speakers, Program Activities and Luncheon  
Registration: Early Bird Special \$25 through November 15<sup>th</sup>  
Register online at [www.oadenver.org](http://www.oadenver.org)

For any questions or to volunteer please contact Carolyn at 720-468-0639

### Annual Candlelight Meeting—Celebrate Recovery

As we enter the holiday season (that may sometimes be incredibly challenging) please come join us as we find that quiet place, enjoy one another's presence and share about our program of recovery. Candlelight is scheduled for Monday, December 10, 2018 from 6:30pm to 8:00pm at Unity Church of Denver 3021 S University Blvd, Denver

October 2018



## OA Central Colorado Intergroup

will meet in a new spot  
beginning September 4, 2018  
The Garage Building adjacent to  
Highlands United Methodist Church  
3830 W. 32nd Ave. Denver, CO 80211  
SE corner of Osceola & 32nd Ave



First Tuesday of  
Every month  
7-8:30 pm

## Hello November

In this month be aware and nurture these spiritual principles:

**Step 11**—Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

**Tradition 11**—Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

**Concept 11**—Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs, and consultants.

**Principle 11**—Spiritual Awareness



OA Central Colorado podcasts are now available to download or stream on **Apple Podcasts**—subscribe today!



**Overeaters Anonymous  
Central Colorado**  
Overeaters Anonymous Central C...  
Subscribed



### *Thought for the Month:*

**Gratitude** helps us  
see what there is  
instead of what isn't

## International Day Experiencing Abstinence IDEA Day 2018

Mark your calendars for this year's IDEA Day, which is scheduled for Saturday, November 17th, from 11:30am – 1:30pm at Grace United Methodist Church 4905 E Yale, Denver

YOU ARE INVITED to join us for a meeting on one of the core elements of your recovery...Abstinence! International Day Experiencing Abstinence (IDEA) Day is celebrated the third weekend in November and encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

OA Denver is in dire need of service to make this gathering a success! Please consider helping the Twelfth Step Within Committee with this event. For more information please contact Rita C at 970-333-4364 or [ritac@franciscanway.org](mailto:ritac@franciscanway.org).



### On-Line Resources

CENTRAL CO INTERGROUP:	<a href="http://oadenver.org">oadenver.org</a>
REGION 3:	<a href="http://oaregion3.org">oaregion3.org</a>
FIND A MEETING:	<a href="http://oa.org/find-a-meeting">oa.org/find-a-meeting</a>
PODCASTS:	<a href="http://oalaig.org/html/speakers.php">oalaig.org/html/speakers.php</a> <a href="http://oadenver.org/category/podcasts">oadenver.org/category/podcasts</a>
ORDER LITERATURE	<a href="http://bookstore.oa.org">bookstore.oa.org</a>
PERIODICALS & NEWSLETTERS	<a href="http://oadenver.org/newsletter">oadenver.org/newsletter</a> <a href="http://oa.org/lifelinemagazine">oa.org/lifelinemagazine</a> <a href="http://oa.org/a-step-ahead-newsletter/">oa.org/a-step-ahead-newsletter/</a> <a href="http://espanol.oa.org/encuentra-una-reunion/">espanol.oa.org/encuentra-una-reunion/</a>
ENCUENTRA UNA REUNIÓN	

#### PLEASE HELP SUPPORT THESE NEW WEEKLY MEETINGS:

**Littleton - Monday 7 pm** | Natural Grocers classroom |  
[6475 S. Kipling Parkway](#) | [Littleton, CO 80123](#) | contact--Carrie M. 720-315-6132

**Centennial - Thursday 6:30 pm** | Natural Grocers classroom |  
[6774 S. University Blvd.](#) | [Centennial, CO 80122](#) | contact--Shannon G. 303-921-1661

**Golden - Thursday 6:30 pm** | Natural Grocers classroom |  
[2401 Ford St.](#) | [Golden, CO](#) | contact Carrie 720-339-0346

**Northglenn - Monday 6:30 pm** | Natural Grocers classroom |  
[11465 N Washington](#) | [Northglenn, CO](#) | contact Heidi B. 720-937-2730

#### DENVER MONTHLY SPEAKER MEETING

Denver OA has a monthly speaker's meeting, at 7 pm on the first Wednesday of every month. It is open to friends, family and the public. Together we get better!

**South Broadway Christian Church** is at 23 Lincoln Street in Denver near Ellsworth and Broadway.