

INTERGROUP BOARD

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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

IDEA Day – Saturday, November 17th

International Day Experiencing Abstinence (IDEA) encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

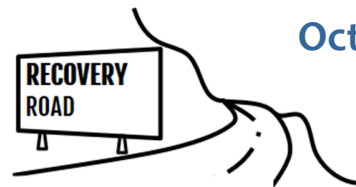
If you are interested in helping with the gathering, please contact Rita C at 970-333-4364 or ritac@franciscanway.org

New Years Day Luncheon Planning Underway!

To join the fun & fellowship please contact Carolyn at 720-468-0639
The Planning Committee will meet Wednesday, November 14th, 6pm – 7:30pm at Natural Grocers, 368 S Broadway, Denver.

Candlelight

Stay tuned for more information on the December Candlelight Meeting in the November Recovery Road!



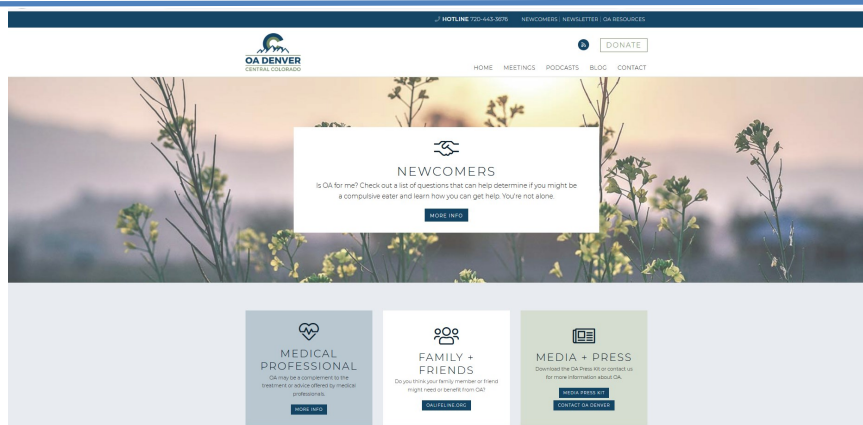
October 2018



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



oadenver.org has a NEW WEBSITE!

Acceptance is the answer to all my problems today.

2018 Colorado State Convention

Colorado Springs, October 12—14

Join OA of the Central Colorado Region for a weekend of workshops focused on your growth regarding **Acceptance is the Key**. For more information or to register visit:

oasoutherncolorado.org

If you would like to speak or help with this event, please contact:
Juliet at pattulloj@aol.com -- include "Program Committee" in your subject line.

In this Month of September:
Be aware of and nurture these

Spiritual Principles:

Step 9—Love
Tradition 9—Structure
Concept 9—Ability

Thought for the Month:

How does restoring “right
relationship” happen in
your life?

**The Big Book Retreat
is Over...Now What?** “Get quiet with God, and ask how you
can be helpful.”

This is just one of many insightful and inspirational thoughts shared by Kim G. during her share at the recent Big Book Retreat in Estes Park, CO. She also shared some suggestions for how to re-enter the real world after being submersed in fellowship all weekend. Acknowledge the empty nest feelings that can arise. You’ve been connected, and now a feeling of suddenly being disconnected can hurl you into feeling like the quicksand is stretching out around you in all directions.

Use these suggestions to stay connected and refer back to them as a daily design for living that works in rough going.

- Make that reach out call that feels hard to do and stay connected.
- Stay in God reliance! Pray and meditate.
- Listen to A Vision for You recorded meetings or past Sunday Special Editions.
- Write thank you cards to Central Colorado Intergroup.
- Work your program and stay in the solution by TAKING ACTIONS.
- Remember you are not alone. We shall be with you in the fellowship of the Spirt. And we are grateful we’ve met you while we’ve trudged road of happy destiny together! May God bless you and keep you until then.

If you have strength and experience to share about the retreat please visit oadenver.org and leave a comment in our latest blog posts!

On-Line Resources

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

PLEASE HELP SUPPORT THESE NEW WEEKLY MEETINGS:

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

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

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

Northglenn - Monday 6:30 pm | Natural Grocers classroom |
[11465 N Washington](http://11465.N.Washington) | [Northglenn, CO](http://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.