

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

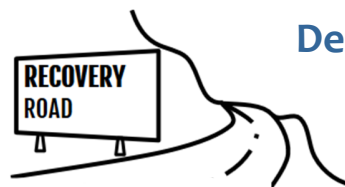
(30%) World Service Office

PO Box 44727
Rio Rancho, NM
87174-4727

(10%) Region 3 Treasurer

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

December 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

Happy Holidays

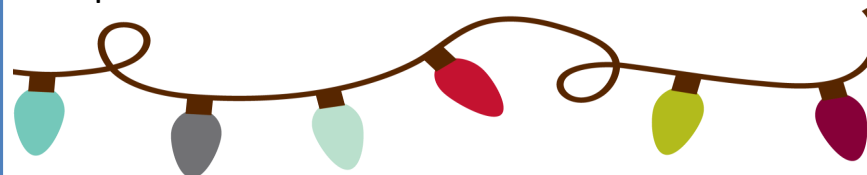
Keep the gift of Abstinence through the holidays!

Step 12—Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principals in all our affairs.

Tradition 12—Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Concept 12—The spiritual foundation for OA service ensures that principles come before personalities.

Principle 12—Service



New Year's Day 2019 Luncheon

Speakers, Activities, & Luncheon

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

Register today!

Visit oadenver.org to register
and view the menu.

For any questions, scholarship
requests, or to volunteer call
Carolyn at 720-468-0639

Upcoming Events

OA's 59th Birthday Party!

Building an Arch to Freedom
January 18-20, 2019

Join LA Intergroup as hundreds of compulsive overeaters gather in Los Angeles for a weekend of recovery & fellowship. Visit oalaig.org for more info!



Building Relationships in Recovery through the 12 Traditions

Sunrise Ranch Spiritual Retreat Center
February 22-24, 2019

Join us in February as OA members take us through the 12 traditions by teaching us through their experience. Admission is free,

attendees are required to pay for room only. Rooms come with 6 meals Friday, Saturday, and Sunday. Registration and more information available at oadenver.org or contact Ginger at 303-818-8825

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:

Everything is
ENERGY
Your thought begins it
Your emotions amplify it
& your action
Increases its momentum

Annual Candlelight Meeting

Monday, December 10

6:30 pm to 8:00 pm

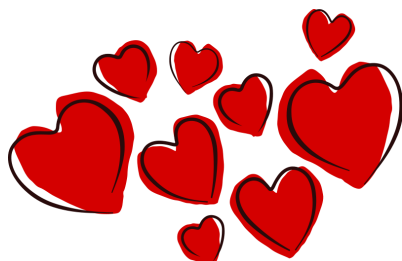
Unity Church of Denver

3021 S University Blvd

As we enter the holiday season (which can be incredibly stressful), please come join us as we find that quiet place, enjoy one another's presence, and share about our program recovery.

Parker Meeting Needs Love!

The Friday 10am OA meeting in Parker needs your support! We have a lovely, large room in a safe place to share the OA message of recovery. To support more attendance and growing our fellowship, we are opening our hearts & doors to parents with small children (who are capable of being self-sufficient off to the side with a book or device). Please join us in recovery on Fridays at 10am in Parker to help us avoid closing this meeting.



Parker United Methodist Church
7308, 11805 S Pine Dr, Parker, CO 80134
For details, call Marcie -303-805-1881

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/
ENCUENTRA UNA REUNIÓN	espanol.oa.org/encuentra-una-reunion/

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.