

## 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

### Unity Day 2019

UNITY DAY 2019 will be celebrated here in the Denver area on Saturday, February 23rd from 11am – 1pm at Shepherd of the Hills Church 11500 West 20th Ave. (20th and Simms) in Lakewood.

"TOGETHER WE GET BETTER!" is the theme for the day! Come join in...as together we join hands and remind each other that we are not alone!



### Retreat Postponed

Please note the Building Relationships in Recovery through the 12 Traditions retreat scheduled for Feb. 22-24 has been postponed. This retreat may be rescheduled at a later date. Check [www.oadenver.org](http://www.oadenver.org) for future updates.



January 2019



### OA Central Colorado Intergroup

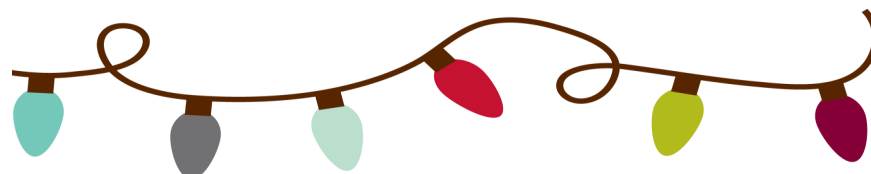
will meet in a new spot  
beginning September 4, 2018  
The Garage Building adjacent to  
Highlands United Methodist Church  
3830 W. 32nd Ave. Denver, CO 80211  
SE corner of Osceola & 32nd Ave

First Tuesday of  
Every month  
7-8:30 pm



### Happy New Year!

Keep the gift of Abstinence through the holidays!



### Is this YOU??

Get your service on and take an open CCIG position! We need a **Twelfth Step Within Committee Chair**, **PIPO Committee Chair**, **Region 3/World Service Business Conference Delegate**, and a **Recovery Road Newsletter Editor**.

**Twelve Step Within (TSW) committee chair/co-chairs** to help organize the area wide events like IDEA Day, Unity Day, Candlelight Meeting, and other fun meetings that reach out to our own area within.

**Public Information & Professional Outreach (PI/PO) committee chair/co-chairs** to help organize the volunteers to cover area health fairs, community outreach, booths, to spread the message of hope in our community.

Remember you don't DO all the work yourself, you lead or coordinate the team!

Come to our next Intergroup meeting! First Tuesday of every month at 3830 W 32nd Avenue.

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**

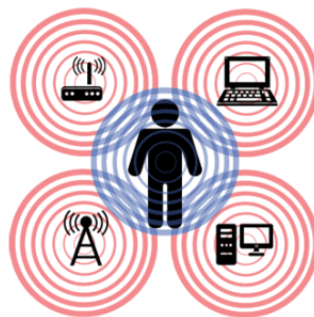
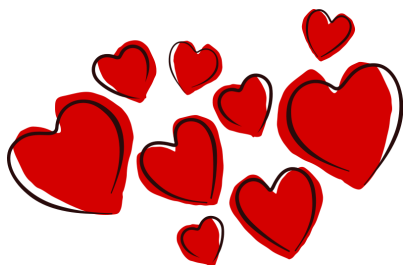
Your thought begins it  
Your emotions amplify it  
& your action  
Increases its momentum

## 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



## EMFs & RFs Free

Interested in a meeting free of EMFs and RFs?

A long-time Denver metro area OA member who is acutely sensitive to electrical and magnetic fields (EMFs) and radio frequencies (RFs) is interested in starting a meeting that excludes cell phones, wifi and other electronic devices. The meeting will also be fragrance-free. Anyone who is willing to power off all

their electronic devices would be welcome to attend. If you are interested, please contact Karen A. at 303-975-1063. Thank you.

## 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>
ENCUENTRA UNA REUNIÓN	<a href="http://espanol.oa.org/encuentra-una-reunion/">espanol.oa.org/encuentra-una-reunion/</a>

### 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 - moved to 2/3/4th Tuesdays 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.