

INTERGROUP BOARD

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{Open}

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Heidi B.
NEWS BLOGGERS & EDITORS: news@oadenver.org
Rachel P, Shannon G., Beth U.
MEETING LIST EDITOR: omeetings@oadenver.org
Danna B.

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

8610 W 68th Place
Arvada, CO 8004

(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

Abstinence & Recovery Definitions

Exciting news! Updated definitions of "abstinence" and "recovery" in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states:

Abstinence: The **act** of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

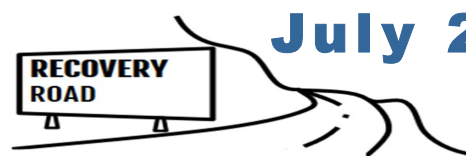
Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

*NEW Mailing Address for Donations

Please note that the post office box for Central Colorado Intergroup has been closed. Mail correspondence and donations to:



Central Colorado Intergroup #09014
8610 W 68th Pl
Arvada, CO 80004



July 2019



OA Central Colorado Intergroup

Meets at **The Garage** adjacent to
Highlands United Methodist Church
3890 W. 32nd Ave. Denver, CO 80211
(SE corner of Osceola & 32nd Ave).

First Tuesday of every month, 7-8:30 pm



REGISTER TODAY FOR FUN EVENTS!

Sunrise Ranch Loveland Retreat August 9-11

Ready to be rocketed into the Fourth Dimension?

Journey through Steps 10, 11 and 12, through experience, strength and hope and the power of examination, meditation and service.

Get away, learn and press in deeper to the power we lack during this three-day workshop. This retreat will be held at the **beautiful** Sunrise Ranch Spiritual Retreat Center in Loveland. The retreat weekend will include yoga, meditation, swimming pool, hot tub, music and bonfire! **FUN!**

Register NOW at: 970-679-4200, mention "Aug 9-11, Rocketed into 4th Dimension" or go online at OADenver.org to get the online link. **The only fee is the cost of your room which includes 6 healthy meals! REGISTER ASAP!!**

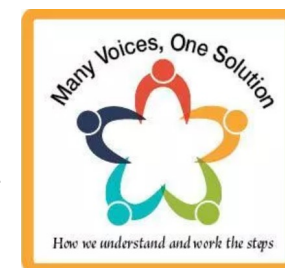


Registration Now Open... OA State Convention October 4,5,6

Northern Colorado Intergroup is hosting the Colorado OA State Convention Oct. 4-6 at the **Aloft Hotel in Broomfield—Many Voices, One Solution:**
How We Understand and Work the Steps.

Register now for a weekend of fellowship, fun, learning and laughter with your OA family. Immerse yourself in the diversity of our members and experience how the OA solution works for each of us.

<https://oanoco.oadenver.org/2019-oa-state-convention>



OA Central Colorado podcasts are now available to download or stream on [Apple Podcasts](#)—subscribe today! Stream or download from OADenver.org/podcast for any device.



Overeaters Anonymous Central Colorado

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Subscribed

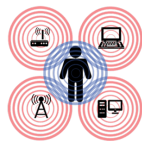


Carpooling!

Do you seek an easy way of performing service? Buddying-up to attend meetings could be super fun, and it extends service and the meeting “on the go.” Perhaps someone is without a driver’s license or a car. Maybe someone is physically limited and unable to drive all the time. Or, the car ends up in the shop sometimes. Maybe you just want to hug the planet with one less car. Maybe you seek a service opportunity that takes a minimal toll on a tight schedule. Please contact **Rachel Sa.** at oameetings@oadenver.org to get involved.

EMFs & RFs Free

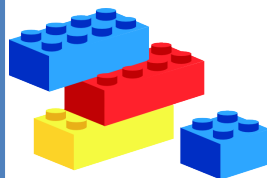
Interested in a meeting free of EMFs, RFs, and fragrances? A long-time Denver area OA member who is acutely sensitive to electrical and magnetic fields (EMFs) and radio frequencies (RFs) is interested in starting a meeting that excludes cell phones, wifi and other electronic devices. The meeting will also be fragrance-free! Anyone who is willing to power off all their electronic devices would be welcome to attend. Please contact Karen A. at 303-975-1063.



Small Children Friendly Meeting

The **Friday 10 am** meeting in Parker is opening their meeting and hearts to **parents with small children** (who are capable of being self-sufficient off to the side with a book or device). If you have questions, call Marcie 303-805-1881.

Friday 10 AM | Parker United Methodist Church | 7308, 11805 S Pine Dr, Parker, CO 80134.



On-Line Resources

CENTRAL CO:	OADenver.org
REGION 3:	OARegion3.org
FIND A MEETING:	oa.org/find-a-meeting
PODCASTS:	oadenver.org/podcast/ oalaig.org/laig-virtual-speakers-bureau
ORDER LITERATURE	bookstore.oa.org
PERIODICALS & NEWSLETTERS	oadenver.org/recovery-road-newsletter oa.org/a-step-ahead-newsletter oa.org/members/lifeline-magazine
ENCUENTRA UNA REUNIÓN	espanol.oa.org/encuentra-una-reunion

PLEASE SUPPORT THESE NEW WEEKLY MEETINGS:

Monday 7 pm—Littleton Natural Grocers classroom
6475 S. Kipling Parkway, Littleton | Carrie M 720-315-6132

Tuesday 6:30 pm —Northglenn Natural Grocers classroom 11465 N Washington, Northglenn | Heidi 720-937-2730 *No mtg on 1st Tues

Thursday 6:30 pm—Centennial Natural Grocers classroom
6774 S. University Blvd., Centennial | Shannon G. 303-921-1661

Thursday 6:30pm—Aurora Natural Grocers classroom
3440 S Tower Rd., Aurora | Lin D (406) 839-7263

Thursday 7 pm—Monument Natural Grocers classroom
1216 West Baptist Rd., Monument | Beth U (773) 682-1223

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