

## INTERGROUP BOARD

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{Open}

## COMMITTEE CHAIRS

TWELFTH STEP WITHIN (TSW): [tsw@oadenver.org](mailto:tsw@oadenver.org)  
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Rachel P, Shannon G.  
MEETING LIST EDITOR: [oameetings@oadenver.org](mailto:oameetings@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 80004

(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

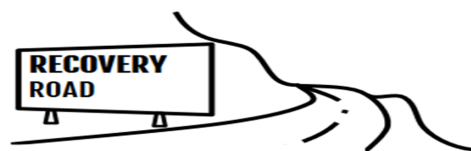
Please note that the post office box for Central Colorado Intergroup has been closed. Mail correspondence and donations to:



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



# September 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**



## Sign up NOW for OA Colorado State Convention on October 4,5,6



Northern Colorado OA 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 for a whole 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 during this fun 3-day convention.

For information go to: [www.oacolostateconv.org](http://www.oacolostateconv.org)

## BOOK YOUR ROOM TODAY!

The convention will be held at the **Aloft Hotel, 8300 Arista Place, Broomfield CO 80021**. Call **(303) 635-2000** to reserve your room. If you have additional questions about the hotel, email: [hotelinfo@oacolostateconv.org](mailto:hotelinfo@oacolostateconv.org)



## Carpooling!

Do you seek an easy way of performing service? Budding-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 [oadenver.org](mailto:oadenver.org) to get involved.

## EMFs & RFs Free

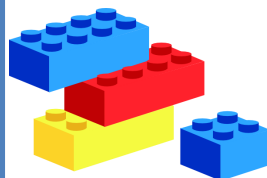
Interested in a meeting free of EMFs, RFs, and fragrances? A member who is acutely sensitive to electrical and magnetic fields (EMFs) and radio frequencies (RFs) is interested in starting a meeting that excludes cell phones, wifi and other electronic devices. The meeting will also be fragrance-free!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



## Small Children Friendly Meeting

**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.

Parker United Methodist Church, 7308, 11805 S Pine Dr, Parker, CO 80134.



## 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!**

## 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

## On-Line Resources

CENTRAL CO:	<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://oadenver.org/podcast/">oadenver.org/podcast/</a> <a href="http://oalaig.org/laig-virtual-speakers-bureau">oalaig.org/laig-virtual-speakers-bureau</a>
ORDER LITERATURE	<a href="http://bookstore.oa.org">bookstore.oa.org</a>
PERIODICALS & NEWSLETTERS	<a href="http://oadenver.org/recovery-road-newsletter">oadenver.org/recovery-road-newsletter</a> <a href="http://oa.org/a-step-ahead-newsletter">oa.org/a-step-ahead-newsletter</a> <a href="http://oa.org/members/lifeline-magazine">oa.org/members/lifeline-magazine</a>
ENCUENTRA UNA REUNIÓN	<a href="http://espanol.oa.org/encuentra-una-reunion">espanol.oa.org/encuentra-una-reunion</a>

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



## Overeaters Anonymous Central Colorado

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