

**A MONTHLY PUBLICATION OF THE
LOUISVILLE METRO INTERGROUP OF OVEREATERS ANONYMOUS**

TWELVE STEPPER

September 2017

Contact us: togetherwgb@gmail.com

All local contributions should be addressed to: LMI of OA, PO Box 7223 Louisville, KY 40257

World Service: www.oa.org

Newcomer Information: 502 569-1755

www.louisvillemetrooa.org

Region 5: www.region5oa.org

Do you have information or an article you would like to see in the 12 Stepper? Send it our way!

We're always looking for your ideas and input to make this publication as helpful as possible.

LOCAL NEWS

Thanksgiving Meeting and IDEA Day

November is just around the corner and LMI is looking for groups to sponsor the annual Thanksgiving Morning Gratitude Meeting as well as our IDEA Day celebration.

The Thanksgiving meeting is typically a two hour meeting held at 7 AM Thanksgiving day with a focus on gratitude, strength and recovery in preparation for a day that presents difficult food situations to many of us. The sponsoring group would need to provide the meeting space and help set it up.

IDEA Day (OA's International Day of Experiencing Abstinence) is celebrated worldwide on November 18th. OA Intergroups around the globe will be celebrating all aspects of Overeaters Anonymous as well as helping members grow and learn in their recovery journey. Past topics have included the Definition of Abstinence; Perspectives on Body Image, Weight and Exercise; and Sponsors, Sponsees, Doing Service - Aids to Long-term Abstinence. The sponsoring group would need to provide and set up a space for the celebration as well as develop and organize workshop topics.

Please talk to your group's IGR about the possibilities for these fantastic opportunities to serve your fellow OA members!

Meeting Change

Effective Oct. 5th, the Sunday 3:30pm BBSS meeting at 2nd Presbyterian Church is moving to Thursdays at 6:00pm at the Beargrass Christian Church, 4100 Shelbyville Rd., 40207, Room 114.

New Meeting

There is a new meeting being held on Mondays at 7:00 PM on the third floor of the Mount St. Francis Retreat Center located at 101 St. Anthony Drive, Mt. St. Francis, IN 47146. For more information, contact Dennis at 812 903-4234.

REGION NEWS

OA Region 5 Convention

Registration is still open for the Region 5 Convention which is going to be held at the Cincinnati Airport Marriot on October 20-22. This convention is an exciting opportunity to meet, hang out with and learn from OA members from Wisconsin, Michigan, Ohio, Indiana, Kentucky, Southwest Ontario (Windsor to London), and the greater Chicago area/Champaign-Urbana/Decatur/Rockford areas of Illinois. Highlights of the conference include speakers, OA meetings, a meditation room, a clothing exchange, a market-place/boutique and much more.

The main feature of the convention are three tracks of recovery focusing on 1) Special Focus Topics, 2) Tools of Recovery and 3) Twelve Steps and Keynote Talks. Convention attendees can attend any mix of the three tracks or follow just one for the entire weekend. Topics of each track include:

Special Focus Topics

- OA After Dark
- Struggling with Relapse
- People of Color
- Anorexia and Bulimia
- 100+ pound Weight Loss
- Men
- LGBTQ
- Spiritual Principles of the Steps

Tools of Recovery

- Overview of All the Tools
- Plan of Eating
- Literature and Writing
- Action Plan
- Anonymity
- Sponsorship
- Service
- Meetings and Telephone

12 Steps and Keynote

- Steps 1-3: Came to a Decision
- Step 4, Part 1: Resentments & Strengths Inventory
- Step 4, Part 2: Fear, Sex Conduct, Shame Inventory
- Step 4, Part 3: Old Beliefs & Other Problems Inventory
- Steps 5-7: Getting Help
- Steps 8-9: Making It Right
- Steps 10-12: Daily Living & Helping Others
- Keynote Talks on Gratitude and the Serenity Prayer

For more information or to register, visit <http://www.region5oa.org/events/2017-region-5-convention/>

Keep up to date with all meeting changes, cancellations, upcoming events and service opportunities.

Send an e-mail to togetherwgb@gmail.com and we will add you to our e-mail blast.

WELCOME TO OVEREATERS ANONYMOUS.

WELCOME HOME!

LOUISVILLE METRO OA MEETING DIRECTORY

Please send any changes or corrections to togetherwgb@gmail.com

LOUISVILLE METRO AREA MEETINGS

| | | | | CONTACT PERSON | DETAILS |
|---------------------|----------|---|--|---|---|
| MON | 5:30 PM | St. Matthews Bapt Ch. | 3515 Grandview Ave. Glass Room off Lobby | Marcia B - 502 475-4882 | RF, HA C, D (O 1 st Monday) |
| MON | 7:00 PM | Incarnation Cath Ch. | 2219 Lower Hunters Trace | Daniel - 502 303-1352 | BB, O, D |
| 3 rd MON | 7:00 PM | Intergroup Meeting 2nd Presbyterian Ch. | 3701 Old Brownsboro Rd. Use Office Entrance | Jenny L - 502 645-9726 | Plan events, finances Open to Members |
| TUE | 10:00 AM | Beargrass Christian Ch. -Rm. 114 Enter from Browns Lane Door | 4100 Shelbyville Rd. | Harriette F - 502 558-5434 Sherrie H - 502 2627396 | RF, O, D, HA |
| TUE | 7:00 PM | Middletown Christian Ch. -Rm. 104 | 500 N. Watterson Trail | Ernie - 502 593-9562 | LC, O, D, HA |
| TUE | 7:00 PM | St. Andrews Episcopal Ch. -Rm. 105B | 2233 Woodbourne Ave. | Irene - 502 499-7683 | M/W, 12&12, O |
| WED | 5:30 PM | St. Matthews Baptist Ch. -Rm. 111 | 3515 Grandview Ave. | Laura P. - 502 418-0048 | C, D |
| WED | 7:00 PM | St. Johns Lutheran Ch. | 901 Breckenridge Ln. | John K. - 502 608-2317 | MF, O, D |
| THU | 6:30 PM | Advent Episcopal Ch. | 901 Baxter Ave. | Rose Marie - 502 896-1122 | NF, RF, O |
| FRI | 6:30 PM | Highland Presbyterian Ch. | 1011 Cherokee Rd | Jennifer E. - 502 693-0990 | O, D |
| SAT | 9:30 AM | St. Andrews Episcopal Ch. -Rm. 105 | 2233 Woodbourne Ave. | Bobbie - 502 241-1738 | RF, O |
| SAT | 4:00 PM | Audubon Park UMC | 3200 Poplar Level Rd. | Jadene R. - 502 298-3883 | M, RF, O, D |
| SUN | 2:00 PM | 2nd Presbyterian Ch. -Rm. 251 | 3701 Old Brownsboro Rd. | Janet D. - 215 499-9537 | LC, S/T, O, D |
| SUN | 3:30 PM | 2nd Presbyterian Ch. -Rm. 251 | 3701 Old Brownsboro Rd. | Patricia VH. - 502 387-5853 | BBSS, O |

SOUTHERN INDIANA MEETINGS

| | | | | CONTACT PERSON | DETAILS |
|-----|----------|--|---|--------------------------|----------------|
| MON | 7:00 PM | Mount St. Francis 3 rd Floor | 101 St Anthony Drive Mt St Francis, IN 47146 | Dennis - 812 903-4234 | O, D |
| WED | 6:15 PM | Serenity House | 200 Homestead Ave. Clarksville, IN 47129 | Daniel M. - 502 751-0876 | 12&12, O |
| THU | 5:30 PM | Lifespring Community Room Between Court and Maple | 460 Spring St. Jeffersonville, IN 47130 | Judy W. - 812 258-0723 | RF, O |
| SAT | 10:00 AM | YMCA | 33 State St. New Albany, IN 47150 | Cutia B. - 502 640-6137 | O, D |

OTHER KENTUCKY MEETINGS

| | | | | CONTACT PERSON | DETAILS |
|-----|----------|---|---|--|----------------|
| TUE | 10:00 AM | Primary Purpose | 1101 Skyline Dr. Elizabethtown, KY 42701 | Daniel M. - 502 751-0876 | 12&12, O |
| WED | 4:30 PM | Lourdes Hospital, Nemer Building Central 2 nd Floor, Rosenthal Room | 1530 Lone Oak Rd. Paducah, KY 42003 | Lauren S. - 270 556-8873 DUAL MTG W PHONE MTG | NF, BB, O, D |
| WED | 5:30 PM | Lourdes Hospital, Nemer Building Central 2 nd Floor, Rosenthal Room | 1530 Lone Oak Rd. Paducah, KY 42003 | Lauren S. - 270 556-8873 DUAL MTG W PHONE MTG | RF, C |
| WED | 5:30 AM | Wickland Baptist Ch. | 510 Bloomfield Rd. Bardstown, KY 40004 | David - 865 850-6749 | O, D |

PHONE MEETINGS

Please note that all phone meetings are shown on Central Time. Access code to all phone meetings is 998025#. You will enter the meeting muted. Press *1 to unmute and speak; press *1 again to remute.

| | | | | CONTACT PERSON | DETAILS |
|-----|---------|-------------------------------|-----------------------------------|--------------------------|----------------|
| WED | 4:30 PM | Dual meeting with Paducah Mtg | Does not meet 1 st WED | Lauren S. - 270 556-8873 | NF, BB, O, D |
| WED | 5:30 PM | Dual meeting with Paducah Mtg | | Lauren S. - 270 556-8873 | RF, C |

MEETING DETAIL CODES

BB = Big Book BBSS = Big Book Step Study C = Closed to non-members D = Discussion HA = Handicapped Accessible
LC = Leader's Choice M = Meditation NF = Newcomer Focus O = Open to non-members RF = Rotating Focus
S/T = Steps or Traditions Focus 12&12 = Focus on 12 Steps and 12 Traditions

HELLO, NEWCOMERS! WE ARE GLAD YOU'RE HERE!

Please call the contact person before heading to a meeting in case there have been any changes or cancellations. Also, please feel free to call our Newcomer Advocate, Laura M. at 502 494-4844. Keep coming back!