

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

TWELVE STEPPER

October 2017

Newcomer Information: 502 569-1755

Contact us: togetherwgb@gmail.com

www.louisvillemetrooa.org

Mailing Address: Louisville Metro Intergroup of OA, PO Box 7223 Louisville, KY 40257

World Service: www.oa.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

We are happy to announce that the Wednesday 5:30 group has offered to sponsor the Thanksgiving Morning Gratitude meeting. The meeting will be held at The Brook Dupont located at 1405 Browns Lane, Louisville, KY 40207. Enter the parking lot, turn right to park near the Outpatient Building and enter through the front door. It will be held for two hours beginning at 7:00 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 format is 2 hours long, both to provide as much support as possible and to give everyone an opportunity to attend, as holiday schedules vary for each of us. There is no requirement to attend for the entire 2 hours, although everyone is of course welcome. Come share a loving dose of recovery with us and start your Thanksgiving day with your OA community!

IDEA Day

We still need a group to sponsor our local IDEA Day celebration. IDEA Day (OA's International Day of Experiencing Abstinence) is celebrated worldwide on November 18th. OA members 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 this fantastic opportunity to serve your fellow OA members!

New Website

Many thanks to our Webmaster for her dedicated work in producing our new website. The recently launched, ongoing redesign features a meeting directory, 12 Stepper archive, blog and an events calendar. If you have any suggestions or modifications you would like to see, please e-mail us at togetherwgb@gmail.com or let your Intergroup Representative know.

An exciting addition to the new website is an interactive meeting schedule that will allow newcomers, visitors and longstanding members to more easily find meetings around the area. As part of this new format, we now have the ability to list a name for each meeting group, a practice used by most 12 Step organizations around the world. Currently, all but two of our meetings are simply listed by the meeting time and day of the week. Coming up with a name for your group is fun and an easy way to tell a little about the personality of your meeting. If you would like us to list your group name, please e-mail us at togetherwgb@gmail.com or let your Intergroup Representative know.

New PO Box/Mailing Address

We have a new mailing address! LMI now has a permanent PO Box that provides a constant point of contact for any deliveries or donations, while maintaining the anonymity that is such an important part of the 12th Tradition. We kindly request that all donations and group contributions be addressed to: Louisville Metro Intergroup of OA, PO Box 7223, Louisville, KY 40257. Please ensure all checks are made out to "Louisville Metro Intergroup of OA".

REGION NEWS

OA Region 5 Fall Assembly

Interested in how OA is run? Where do all of our 7th step contributions go? Why do we have this meeting format? Find the answer to all these questions and more, and even contribute your opinion, at the 2017 Fall Assembly! Registration is free for visitors unless you wish to join in on the Saturday Luncheon, which must be prepaid (\$25). Registration closes November 2, but all are welcome to join as walk-in visitors at any time. Representatives are required to register by November 2.

For more information or to register, visit <http://www.region5oa.org/events/region-5-fall-assembly-november-10-12/>

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 AREA OA MEETING DIRECTORY

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

LOUISVILLE 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 - 502 262-7396	RF, O, D, HA
TUE	7:00 PM	Middletown Christian Ch. -Rm. 104	500 Watterson Trail	Ernie - 502 593-9562	LC, O, D, HA
TUE	7:00 PM	St. Andrews Episcopal Ch. -Rm. 105B	2233 Woodbourne Ave.	Evy - 502 366-6838	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	O, D
THU	6:00 PM	Beargrass Christian Ch. -Rm. 114	4100 Shelbyville Rd.	Patricia VH. - 502 387-5853	BBSS, O
THU	6:30 PM	Advent Episcopal Ch.	901 Baxter Ave.	Jennifer W. - 502 649-2960	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.	Ann - 502 499-9537	LC, S/T, O, D

SOUTHERN INDIANA MEETINGS

				CONTACT PERSON	DETAILS
MON	7:00 PM	Mount St. Francis 3 rd Floor (Clare Room)	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	Ruth - 270 737-1676	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 PM	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!