

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

# TWELVE STEPPER

November 2017

Newcomer Information: 502 569-1755

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World Service: [www.oa.org](http://www.oa.org)

Region 5: [www.region5oa.org](http://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.

## A THOUGHT TO CHEW ON

### Surviving and Thriving Through The Holidays

Here are some tips from the OA rooms on surviving and thriving during the holidays:

- Keep it simple.
- Ask for God's help to abstain.
- Have a game plan and tools in place.
- Get rid of temptations in the house.
- Remember, "When in doubt, leave it out."
- Realize you cannot please others, so why die trying?
- Think of it as just another Thursday or Saturday.
- Recall the natural high or "holy awe" you get from being around junk food and not eating it, or excess and not indulging.
- Ours is a positive, happy choice!
- Remember, making even the littlest room for HP helps!
- HALT if you are Hungry, Angry, Lonely, Tired (or bored, sad, or anxious).
- Remember our "disease brains" think celebrating means getting sloppy; real celebration is living happy, joyous and free!
- Look up words like joy, happiness, hope in OA's For Today or Voices of Recovery, to anchor your mind & heart in satisfying reality.

I looked up "joy" in For Today and found the loveliest quote:

"Those undeserved joys which come uncalled and make us more pleased than grateful are [the ones] that sing"

-Henry David Thoreau" (p. 64)

We don't need extra food or "fabricated delight" to savor what is meaningful about holidays, whatever our creed or religion.

-Edited and reprinted from Calling newsletter, South Central Pennsylvania Intergroup, December 2010

## LOCAL NEWS

### IDEA Day and Thanksgiving Meeting

Many thanks to the groups that sponsored the IDEA Day and Thanksgiving Gratitude Meetings. The Wednesday 5:30 group sponsored the Thanksgiving Gratitude meeting and the Saturday 4 PM group focused their meeting on Abstinence, the topic for this year's IDEA Day. Overeaters Anonymous only continues through the group effort of its members, and your work is a sterling example of how service benefits everyone involved.

### New Group Names

Many of our local groups have taken advantage of the opportunity being offered by the new meeting schedule for our website and chosen names. Although it is certainly not required, 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](mailto:togetherwgb@gmail.com) or let your Intergroup Representative know.

## OPPORTUNITY FOR SERVICE

### The 12 Stepper Needs You!

Is there a piece of writing that you think would help OA's across the Louisville Metro area? Did you have a great experience at a recent conference? Do you have service opportunities and want to spread the word? Then let us know! We here at the 12 Stepper are always looking for ideas and contributions. The more we have to share, the more we can all grow together!

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

**Send an e-mail to [togetherwgb@gmail.com](mailto: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](mailto:togetherwgb@gmail.com)

## LOUISVILLE MEETINGS

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
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 <sup>st</sup> Monday)
MON	7:00 PM	Incarnation Cath Ch.	2219 Lower Hunters Trace	Daniel - 502 303-1352	BB, O, D
3 <sup>rd</sup> 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. 113	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

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
MON	7:00 PM	Mount St. Francis 3 <sup>rd</sup> Floor (Clare Room)	101 St Anthony Drive Mt St Francis, IN 47146	Dennis - 812 903-4234	O, D
WED	6:30 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

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
TUE	10:00 AM	Primary Purpose	1101 Skyline Dr. Elizabethtown, KY 42701	Ruth - 270 872-6844	12&12, O
WED	4:30 PM Central	Lourdes Hospital, Nemer Building 2 <sup>nd</sup> 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 Central	Lourdes Hospital, Nemer Building 2 <sup>nd</sup> Floor, Rosenthal Room	1530 Lone Oak Rd. Paducah, KY 42003	Lauren S. - 270 556-8873 DUAL MTG W PHONE MTG	RF, C

## 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.

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
WED	4:30 PM	Dual meeting with Paducah Mtg	Does not meet 1 <sup>st</sup> 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!