

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

TWELVE STEPPER

December 2018

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.

A THOUGHT TO CHEW ON

Step 1: We admitted that we are powerless over food and that our lives had become unmanageable

As you are probably aware, the step of the month is Step 1, a step that we here at the 12 Stepper need to work early and often. With that in mind, here are some reminders of how we used to (and still sometimes do) try to fight the fact that we are, indeed, powerless and just no good at trying to manage the world around us. Many thanks to local member Sherrie H. for sending this in!

Playing with stopping using various methods.

Overwhelmed by food.

Wanting more – always!

Eating too much or too little to be healthy.

Relying on self-will.

Living in denial and dread.

Eating in the car; off the floor; from the trash.

Stuffing our faces alone or in public.

Spiritual help is unattainable.

Unrealistic expectations of others.

No hope that life can change.

Magical thinking.

All or nothing thinking.

Negative thinking.

Angry with ourselves and the world.

Getting frustrated that others don't behave.

Everything is overwhelming.

Ability to form or keep relationships is hard.

Barely getting by in work or relationships.

Life is not worth living.

Emotional outbursts or emotionally dead.

LOCAL NEWS

World Unity Day

We will be celebrating World Unity Day on Saturday, February 24th at 1:30 PM. The main focus for the celebration will be joining OA members around the world in saying the Unity Prayer at 2:30 PM.

The opportunity to sponsor this celebration is still open to any group that is willing. The sponsoring group will be responsible for providing and setting up a location as well as choosing a theme for the celebration. Unity Day was sponsored last year by the Monday 5:30 group and the theme was Tradition One: "Our common welfare should come first; personal recovery depends upon OA unity." If your group would like to volunteer to sponsor this year's celebration, simply let your IGR know.

HAPPY BIRTHDAY, OA!

Overeaters Anonymous turns 58

OA celebrates its founding every year on January 20th, the date of the first meeting between Rozanne S. and two friends. In January of 1959 she took a friend who was struggling with a gambling problem to a meeting of Gamblers Anonymous in Los Angeles. As she listened to the gamblers' personal stories, she found that she could identify with their struggle. Only it was not gambling that she had a problem with: it was food. And just as the members of that group termed their gambling "compulsive," Rozanne S. later termed her eating patterns and those that Overeaters Anonymous would deal with "compulsive eating."

The first Overeaters Anonymous meeting was held in 1960 in Los Angeles, California. Since that time it has grown to about 7,000 meetings in more than 80 countries—about 54,000 members. The program continues to grow and spread its message of hope and recovery to compulsive eaters around the world. Many thanks to Rozanne and to all the members who continue to carry the message!

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. 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 Meeting may extend to 7:30	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	6:30 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

				CONTACT PERSON	DETAILS
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 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 Central	Lourdes Hospital, Nemer Building 2 nd 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.

				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!