

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

TWELVE STEPPER

February 2018

Newcomer Information: 502 569-1755

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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

World Unity Day

We will be celebrating World Unity Day on Saturday, February 24th from 2:00 PM to 3:30 PM. We will be meeting in Room 200 of St. Andrews Episcopal Church at 2233 Woodbourne Ave. The main focus for the celebration will be joining OA members around the world in saying the Unity Prayer at 2:30 PM.

A great big thank you goes out to the Saturday Serenity 4 PM meeting for hosting Unity Day this year. Our hosts have chosen "Unity with Diversity" as the theme for this year's celebration. They will be highlighting the various ways in which our common disease affects each of us and the rich multitude of paths to recovery offered by this program of recovery. Along with joining OA members around the world in prayer at 2:30, our hosts have planned a speaker and a discussion period. All are welcome and we can't wait to see everyone there!

New Meeting

The Shared Hope group will begin meeting Sunday, March 4th at 7:00 PM in the back room of the Token 3 Club, located at 4014 Dutchmans Ln, Louisville, KY 40207. The group will be an open discussion meeting with a focus on the experience, strength and hope that is found in the stories of current and past members of Overeaters Anonymous. Each meeting will begin by reading a member's story out of program literature except for the last Sunday of each month, which will be a speaker meeting.

One of the main goals of the group is to raise awareness of OA in the local recovery community generally, many of whom could benefit greatly from our program but do not even know it exists. The Shared Hope group is very grateful for the support that has been provided by the Louisville Metro IG of OA as well as the management of Token 3. Together we get better.

REGIONAL NEWS

Region 5 Spring Assembly

Region 5 is holding its annual Spring Assembly March 16-18 at the Hilton Garden Inn located at 501 Gateway Boulevard, Chesterton, Indiana, 46304. This is a wonderful opportunity to meet fellow OA members from Illinois, Indiana, Kentucky, Michigan, Ohio and Wisconsin. Attendees will also have the opportunity to hear OA news and issues from around the world, perform 12th step work by serving the OA fellowship and learning about the paths to recovery found by our fellows.

"Visitors are always welcome. If you plan to visit, please register by March 6th. There is no charge for visitors to register unless they wish to join us for the Saturday Luncheon, which must be prepaid (\$25). Visitor's that will be joining us for lunch will need to register by March 6th. Visitors are also welcome to register (without lunch) as walk-ins.

Representatives may register for \$45 through March 6th, though there will be an early bird price of \$40 for those who register by February 16th. Representative registrations will not be accepted after March 6th."

(from the Region 5 website, <http://www.region5oa.org/events/region-5-spring-assembly-2018/>)

OA Middle Tennessee Spring Retreat

This spring, join the OA Middle Tennessee Intergroup for a retreat in the beautiful Smoky Mountains. It will be a weekend of shared experience, strength, and hope. The focus for the retreat this year will be Sowing Our Garden of Recovery: Creating Our Personal Tool Kits. The retreat will be located at Steiner Bell Lodge At Walfloy Mountain Retreat in Gatlinburg, TN.

"A celebration of Physical, Emotional, and Spiritual Recovery from Compulsive Eating. We welcome newcomers as well as long timers. Many who have been struggling have said attending a retreat was the turning point in becoming abstinent. Everyone can contribute and discover how to live in the freedom of recovery. Strong bonds are forged at retreats, as we focus our time and our thoughts on recovery. One day at a time."

(from the OA Nashville website, <http://oanashville.org/springretreat>)

We are very grateful to Nashville OA member Gwen H. for letting us know about the retreat.

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.	Sherrie H. - 502 262-7396	M, RF, O, D
SUN	2:00 PM	2nd Presbyterian Ch. - Rm. 251	3701 Old Brownsboro Rd.	Ann - 502 499-9537	LC, 12&12, O, D
SUN	7:00 PM	Token 3 Club - Back Room	4014 Dutchmans Ln.	Chris T. - 502 548-3155	S, 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 = Story or Speaker 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!