

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

# TWELVE STEPPER

April 2018

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

### Perspectives on Step 4

Step 4 is where the rubber met the road for me. This is the step that really scared me. But at the same time, it got me excited. This is a step that could help me get to the root of my insane thoughts, behaviors, and addictions. What were the underlying causes? If there's one thing this step taught me, it's that to get to the buried treasure, you've got to get your hands dirty!

Step 4 prompted me to dig through a lot of "junk" and begin a journey toward healing old wounds and rediscovering the beautiful person I am at my core. Turns out I'd simply forgotten. Step 4 is called the Inventory Step. This simply means taking an honest look at all of your good and bad character traits. Peeling back the curtain and exposing IT ALL. When you take inventory, you take notes or write down ALL that you have on hand.

Wait. I have to write down all of my negative character traits? My defects? I have to admit that I hurt others? Own my insanity? Take responsibility for all the times I manipulated, lied, stuffed, etc.? Yes. Believe it or not, it's important for a solid and life-changing recovery.

You'll be writing a lot in Step 4. You'll be looking at your past. You'll be able to get a glimpse of some childhood wounds or traits that you picked up along the way. You'll feel some things you may have been numbing for decades and work through them. You'll courageously tackle any character defects, shortcomings, or internal programming that kept you in bondage. I felt a huge relief after I completed this step. I squared my shoulders and faced a lot. Then, as I began to heal, I began looking at myself with a new perspective—a loving and compassionate perspective. I forgave myself for my past. Shot my emotional baggage to the moon.

My advice for heading into Step 4 is to allow courage to rise and be completely honest with yourself while doing it. Dig deep. Shed layer after layer of pain, lies, shame, and anger, and get to the guts of who you are: a beautiful and courageous soul!

-Dominica A. (Edited and reprinted from [www.recovery.org/topics/step-4-aa/](http://www.recovery.org/topics/step-4-aa/))

## LOCAL NEWS

### TRY Cities Louisville OA Retreat is just around the corner!

Don't forget to mail your retreat registration soon, Retreat registrations must be received (not postmarked) by May 18, 2018. If meetings you attend are out of Retreat registrations forms, there are two ways to get a copy, by going to [louisvillemetrooa.org](http://louisvillemetrooa.org) or emailing Sherrie at [sherrieretreat@gmail.com](mailto:sherrieretreat@gmail.com).

We will be gathering this year at Mt. St. Francis Center for Spirituality in Mount St. Francis, IN. Together we will explore handouts and highlights from a new OA resource, the Twelve Step Workshop and Study Guide, leaving with new insights about working the steps for ourselves, drawing from the text to sponsor others, or using the study guide as the basis for new 12-step study groups. In addition, the Retreat offers one-on-one activities, fellowship with friends, night owl OA meetings, and FUN.

### Retreat Scholarship Fund

The Retreat Committee is still accepting donations for the Retreat Scholarship Fund. Are you not able to attend this year's retreat but still want to be of service? Consider helping a fellow compulsive eater attend the retreat by donating to the Scholarship Fund. Your donation allows someone that would not otherwise be able to attend due to financial reasons take part in the recovery offered by this retreat. Contributions in any amount, even \$5, would be appreciated! The generosity of members in past years has allowed the Retreat to meet it's goal of honoring all scholarship requests. All scholarship donations will remain strictly confidential.

Please send all donations by check to Marcia B, Retreat Registrar, 235 Haldeman Avenue, Louisville, KY 40206. Make checks payable to "Overeaters Anonymous TRY Cities Louisville OA Retreat" and write "scholarship donation" somewhere on the check. For members attending the Retreat there is a donation option on the retreat registration form.

**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. - Rm. 214 Enter from Nanz Ave. Door	3515 Grandview Ave.	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	Ernesto - 502 593-9562	RF, 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 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

				<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 = 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!