

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

TWELVE STEPPER

May 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.

LOCAL NEWS

It's almost time for the TRY Cities Louisville OA Retreat

We can't wait to see everyone at this year's retreat! 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. Here's to plenty of recovery for all who attend!

REGIONAL NEWS

Registration is open for the 2018 Region 5 Convention

This year's Region 5 Convention is going to be hosted by the Central Indiana Intergroup at the Hilton Indianapolis Downtown from August 31 to September 2. This is a fantastic opportunity to meet with and learn from OA fellows from Kentucky, Indiana, Illinois, Michigan, Ohio and Wisconsin. See how other people recover, grow and celebrate life through our shared path as we discuss and explore the theme for this year's convention, Living in the Solution.

Highlights include:

- Speaker
- Hospitality Suite for fellowship, coffee/tea, microwave, and refrigerator
- OA Meetings
- Banquet with dinner, speaker, DJ and dancing
- Clothing Exchange (bring/find gently used clothing)
- Literature
- Marketplace/Boutique (Raffle baskets, Lifeline subscription and convention CD raffles, recovery items for sale, and more!)

Please keep in mind that scholarships are available on a first come, first serve basis. To request a scholarship please register by mail using the paper registration checking the I would like to apply for a scholarship checkbox. Scholarships must be requested by July 25, 2018. Scholarships only cover the cost of the registration. They do not cover meals, rooms, or other expenses.

Early Bird registration (a \$20 savings) ends on June 1 and standard registration closes July 25, so get your registration in as soon as you can. If you can't join for the whole weekend, one and two day registrations are also available. Register online or get a mail-in registration form at <http://www.region5oa.org/events/2018-region-5-convention-2/>.

GLOBAL NEWS

WSO Needs Your Help

Please consider an extra contribution today to be sent specifically for the General Fund at your World Service Office. Our budget in recent years has been very tight, and we have not always had sufficient funding to allow the WSO to do the best job it can to carry the message to the compulsive eater who still suffers.

Tradition Seven tells us OA is totally self-supporting. Only with your support can we continue to offer help and hope to compulsive overeaters around the globe. Tradition Eleven reminds us that we attract new members. Your contributions help to support our website and produce and distribute literature. Step Twelve reminds us of our responsibility to carry this message to others. Your extra donation will help with this, supporting outreach efforts, and making OA available in over eighty countries.

Your five or ten dollars at this time will make a positive difference in the financial health of Overeaters Anonymous. Any amount will be appreciated, and if you cannot contribute now, please consider giving more when your circumstances change.

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. - Rm. 214 Enter from Nanz Ave. Door	3515 Grandview Ave.	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	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

				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!