

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

TWELVE STEPPER

July 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.

FOOD FOR THOUGHT

What does the Seventh Tradition have to do with Me?

The Seventh Tradition allows us to break ourselves of this wanting something for nothing. We learn to give instead of taking. We realize that, if we have a few dollars to spare, we may as well contribute to the donation bucket. In doing so, we allow the groups to continue serving those who are truly penniless.

The Seventh Tradition therefore teaches us more than self-efficacy. It teaches us that we are not the only ones in this world who struggle. There are others like us, and we should do what we can to help them. And as this lesson takes hold, we learn that it applies to more than mere donations.

If we truly wish to embrace the Seventh Tradition, we cannot allow ourselves to be enabled. We cannot be selfish or greedy. We should do our best to earn what we have, asking only for emotional and spiritual support along the way. Perhaps, at times, we will truly need financial assistance from friends and family. But we must assess whether or not this is a true need. And if it is, we should move forward with a solid plan to pay it back.

The Seventh Tradition allows us to develop the responsibility needed to stay abstinent. If we truly care about our spiritual growth, we must never take this responsibility for granted.

-Republished from amtheystrecovery.org

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.

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. If you are not sure if you will be able to make it to the convention, walk-up attendees are welcome, but please note that the convention cannot guarantee that spots at the provided luncheon and dinner will still be available at that time. Register online or get a mail-in registration form at <http://www.region5oa.org/events/2018-region-5-convention-2/>.

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!