

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

# TWELVE STEPPER

September 2018

Newcomer Information: 502 569-1755

Contact us: [togetherwgb@gmail.com](mailto:togetherwgb@gmail.com)

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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.

## FOOD FOR THOUGHT

### Looking for some traction in your Tenth Step? Try this method!

There are many ways to work the Tenth Step, most notably the spot method performed throughout the day and the morning and night inventories (see page 86 of the Big Book for further details). Some people choose to follow the Big Book word for word, others use another format or series of questions while others write out their 10th step or send it to a sponsor or friend in program. No matter what method you use, I believe that the only wrong way to work the 10th step is not to do it at all. That being said, no one among us has been able to maintain anything like perfect adherence to these principles. So, I thought I would present my 10th step practice in the hopes it might help those struggling with theirs.

-In the morning, first chance I get, I write a list of 10 gratitudes (things for which I am grateful) and text it to my sponsor

-In the evening, I answer the following 4 questions and text the results to my sponsor:

1. What did I do wrong today?
2. Do I owe an amends?
3. What did I do right today?
4. Where did God come into my life today?

I send my morning and evening practices to my sponsor, not so that I will necessarily get input back, but because I am simply more likely to follow through with my practice if I know I am sending it to someone else. It just provides a little accountability, plus it keeps my sponsor up to date with my life and any feedback I do get certainly helps my sanity. I hope this helped some of you out there to improve your recovery and add a little order, as well as some positivity, into your life.

-Chris T. (Louisville OA member)

## LOCAL NEWS

### Thanksgiving Meeting and IDEA Day

November is just around the corner and LMI is looking for groups to sponsor the annual Thanksgiving Morning Gratitude Meeting as well as our IDEA Day celebration. The Thanksgiving meeting is typically a two hour meeting held at 7 AM Thanksgiving day with a focus on gratitude, strength and recovery in preparation for a day that presents difficult food situations to many of us. The sponsoring group would need to provide the meeting space and help set it up. IDEA Day (OA's International Day of Experiencing Abstinence) is celebrated worldwide on November 18th. OA Intergroups around the globe will be celebrating all aspects of Overeaters Anonymous as well as helping members grow and learn in their recovery journey. Past topics have included the Definition of Abstinence; Perspectives on Body Image and Aids to Long-term Abstinence. The sponsoring group would need to provide and set up a space for the celebration as well as develop and organize workshop topics. Please talk to your group's IGR about the possibilities for these fantastic opportunities to serve your fellow OA members!

## REGIONAL NEWS

### The Region 5 Overeaters Anonymous website is getting a redesign with your help!

We need your bright ideas! We are designing a new website and need your help. Use your imagination and pull out all the stops. Open to all Region 5 members, help the Media Committee with the design of the new website. Members can send an unlimited number of photos/graphics and list which tab they would like it to be associated with. Please NO faces of actual OA members. Email all of your submissions to the Media Chair at:

[R5MediaCommittee@outlook.com](mailto:R5MediaCommittee@outlook.com)

The deadline is October 1, 2018. Photos/Graphics will be voted on at the Fall Assembly. New website launched in January 2019.

**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	Temporarily closed for step study		
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.	Donna R. - 410 790-1439	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	Temporarily closed for step study		

## 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!