

**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)**

**[www.louisvillemetrooa.org](http://www.louisvillemetrooa.org)**

**Mailing Address: Louisville Metro Intergroup of OA, PO Box 7223 Louisville, KY 40257**

**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.

## LOCAL NEWS

### Thanksgiving Meeting

We are happy to announce that the Saturday Serenity group has offered to sponsor the Thanksgiving Morning Gratitude meeting. The meeting will be held at The Brook Dupont located at 1405 Browns Lane, Louisville, KY 40207. Enter the parking lot, turn right to park near the Outpatient Building and enter through the front door. It will be held for two hours beginning at 7:00 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 format is 2 hours long, both to provide as much support as possible and to give everyone an opportunity to attend, as holiday schedules vary for each of us. There is no requirement to attend for the entire 2 hours, although everyone is of course welcome. Come share a loving dose of recovery with us and start your Thanksgiving day with your OA community!

### IDEA Day

We need a group to sponsor our local IDEA Day celebration. IDEA Day (OA's International Day of Experiencing Abstinence) is held every November 18th. OA members around the globe will be celebrating all aspects of Overeaters Anonymous as well as helping members grow and learn in their recovery journey. The sponsoring group would need to provide and set up a space for the celebration. Please talk to your group's IGR about this fantastic opportunity to serve your fellow OA members!

### Halloween Meeting Changes

Looking for a way to avoid all the tricks of the treats on Halloween? You're in luck, because the Wednesday 5:30 meeting is turning an obstacle into an opportunity! Due to scheduling conflicts at their normal location, the meeting on Halloween day will be gathering at the Heine Brothers on Chenoweth Lane, same regular time of 5:30 PM. The group extends a spooky invitation to all to come and share experience, strength and hope on a day full of difficult food for many of us. See you there!

## GLOBAL NEWS

### WSBC Delegate Support Fund Applications

Intergroups and service boards can apply for delegate support funding for World Service Business Conference 2019. Applications and completed paperwork must be received at the World Service Office by November 1, 2018. It is critically important for the strength of OA worldwide that the voice of OA's entire community be heard at Conference. Decisions affecting OA for years to come are made at every WSBC, and input is needed from all so that they are truly representative of OA as a whole.

### New PO Box for the World Service Office

Update your contact list; the WSO has a new post office box for all mail, including contributions and Lifeline magazine. The old PO box will no longer be used. The new address is:

World Service Office  
PO Box 44727  
Rio Rancho, NM 87174-4727  
USA

With the rise of digital communications, the large-sized box that we used for decades is no longer needed. The change, first suggested by a delegate to World Service Business Conference 2018, will sharply reduce this annual expense in the world service budget. The WSO's physical address at 6075 Zenith Ct NE, Rio Rancho, NM 87144 USA remains unchanged.

**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.	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, C
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!