

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

TWELVE STEPPER

November/December 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

The Gratitude Path

It seems to me that the antidote to negative thinking is gratitude. I tend toward negativity, especially when I am confused or stressed. I find that if I substitute thoughts of gratitude, my thinking goes from being fear-based to God-based. By thinking myself into a state of gratitude, I am freed of my negativity. It doesn't matter how childish or mundane my thanks are. I can begin with thoughts such as these: Thank you for the chair. Thank you for the stars. Thank you for my shoes. Thank you for the opportunity to serve. Thank you for new challenges. Thank you for guidance. These thoughts help me get out of my negative feelings and concentrate on that for which I am grateful. Then I end up in a spiritually high place where I am in a state of gratitude. Rather than taking all of my blessings for granted, I feel the presence of a power greater than myself. I don't feel alone, vulnerable, insignificant or negative. Instead, I feel full of faith, safe and confident that I am on the right path. (Excerpt from Lifeline, March 1999)

LOCAL NEWS

IDEA Day

Many thanks the Shared Hope group (Sundays at 7 PM) for hosting IDEA Day this year. The group celebrated abstinence by holding a game night party during their normal meeting time. This was slight departure from the more formal IDEA Day celebrations of past years, one inspired by our sister OA community in Kansas City. The Shared Hope group decided to focus on the celebration aspect of IDEA Day and share their experience of abstinence as a doorway to recovery rather than simply an end goal in and of itself. The evening was relaxed and fun as everyone shared their happiness in recovery and participated in a little friendly competition. Can't wait to see what unfolds next year.

Christmas Meeting Changes

There are multiple meetings that are changing their meeting location during the end of the year holidays. Most will be meeting at their same time, but at their secondary location. There are, unfortunately, some meetings that will not be able to meet at due to scheduling conflicts. Please keep a close eye on louisvillemetrooa.org for meeting changes and weather updates. You can also sign up for the Louisville Metro IG e-mail list to stay up to date with the latest news. Just e-mail togetherwgb@gmail.com

12th Step Within Day

The Twelfth-Step-Within e was created to reach out to those in the Fellowship who still suffer and to address the relapse and recovery of our members. We strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship. Twelfth Step Within does not focus on attracting new members; it explicitly supports the ones we already have. Anyone who is abstinent and working his or her own recovery can do this service. No special qualifications are necessary; only willingness is needed. If you or your group would like to sponsor a 12th Step Within Day event, simply let your IGR know or just get something together and get the word out! The WSO provides a wide variety of ideas for 12SWD at <https://oa.org/groups-service-bodies/resources/twelfth-step-within/>.

GLOBAL NEWS

Help Carry The Message With Funds From WSO

If your service body would like to host an exhibit at a professional tradeshow in your area, consider applying for funding assistance from the Professional Exhibits Fund through the World Service Office. Applications are reviewed monthly, and it's best to submit your application to the WSO as far in advance of the event as possible. Find the application at <https://oa.org/files/pdf/PE-Fund-Application.pdf>

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	Ann K. - 847 767-6501	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

				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, C
SAT	10:00 AM	YMCA	Temporarily closed for step study		

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!