

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

TWELVE STEPPER

January 2019

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

New Meeting

We are excited to report that the list of meetings in the region continues to grow! Since January 10th, a new group has been meeting every Thursday at 10:00 AM. The meeting is located at Jeffersontown Christian Church, Disciples of Christ, 10631 Taylorsville Road, Jeffersontown 40299 (next to Jeffersontown Veterans Memorial Park where the helicopter is suspended in the air). The group has asked that attendees enter the church from the parking lot using the door marked ELEVATOR & OFFICE to the left of the fenced-in AC unit. Go to the right, go through the multi-purpose room and continue to the end of the hall. The meeting room will be on your left.

Closed Meeting

As is the nature with all things, meetings come, grow and, unfortunately, sometimes shrink. The Thursday night meeting in Jeffersonville is temporarily closing for two months due to logistical difficulties and winter hours. While we are sad to report this, we look forward to letting you know when the meeting is back to its regular meeting schedule.

World Unity Day

We will be celebrating World Unity Day on Sunday, February 24th at 1:30 PM. The main focus for the celebration will be joining OA members around the world in saying the Unity Prayer at 2:30 PM. The opportunity to sponsor this celebration is still open to any group that is willing. The sponsoring group will be responsible for providing and setting up a location as well as choosing a theme for the celebration. Unity Day was sponsored last year by the Saturday Serenity group and the theme was "Unity with Diversity." If your group would like to volunteer to sponsor this year's celebration, simply let your IGR know.

REGIONAL NEWS

Region 5 Spring Assembly – March 8-10, 2019

We hope you will join us at the upcoming 2019 Region 5 Spring Assembly, which will be held at the HYATT Regency in Milwaukee WI. This is the same hotel where the 2019 Region 5 Convention will be held later this year. As such you will be getting an advanced sample of how awesome this hotel will be for our convention

We have a lot of work to do. By attending you will be contributing to continuing effort by our business committees and committee of the whole to help the OA members, groups, and intergroups in our region. We have decisions to make and actions to take and we need every one of you get it done.

Representatives may register for \$48 through February 22nd, though there will be an early bird price of \$43 for those who register by February 15th. Representative registrations will not be accepted after February 22nd. The option for those who want to attend, but are not registered by February 22nd is to register as a visitor. Only visitors may come as walk-ins. You can register online or register using the paper registration form. The online registration form is the preferred method.

<https://www.region5oa.org/events/region-5-spring-assembly-2019/>

GLOBAL NEWS

World Service Business Conference Needs Your Service

A message from our Chair, Cyndi L.: all intergroups and service boards are encouraged to review the Agenda Questionnaire for WSBC 2019 and submit answers indicating which proposed New Business Motions and Bylaws Amendments need to be discussed at Conference. It is our right and our responsibility to support OA in the decisions that will be made to determine the direction our Fellowship takes in the future. The 2019 conference will be held May 6–11 in Albuquerque, New Mexico USA. This year's theme, which also supports our Strategic Plan for 2019, is "Growing Our Membership Worldwide."

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	10:00 AM	J-town Christian Ch.	10631 Taylorsville Rd	Mary . - 502 741-8548	RF, O
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
SAT	10:00 AM	YMCA	33 State St. New Albany, IN 47150	Cutia B. - 502 640-6137	BB, 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!