

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

TWELVE STEPPER

February 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

Another New Meeting

Recovery breeds more recovery, as it turns out. There is another new meeting in the region at Eminence Baptist Church Mondays at 7 PM. Parking is behind the church. Enter through the rear door, go down the ramp and through 2 doors. This is the first OA meeting to grace Eminence in many years and it is so heartening to watch recovery spread across our state. The meeting is in need of literature, so any donations would be greatly appreciated.

World Unity Day

We are happy to announce that the Sunday 2:00 PM will be sponsoring our region's World Unity Day celebration during their regular meeting time Sunday, February 24th from 2:00 to 3:30 PM. The meeting will focus will be various aspects of OA unity including the love and understanding shared by members and a discussion of our First Tradition. If you can, make sure to be there by 2:30 when we will be joining OA members around the world in saying the Unity Prayer. Attendees are welcome to bring their own beverage. A Seventh Tradition collection will be taken up. We here at the Twelve Stepper gratefully extend a heartfelt "Thank You" to the members of the Sunday 2:00 PM meeting for their service.

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.

Although registration for the event closes February 22nd, there is still option for those who want to attend 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

Contribute to New Conference Literature

Give service and hope to OA members your age! Share your story of recovery as an 18-to-30-year-old. Start with these questions but include anything that's been important for your recovery:

- How did OA reach someone young like you and inspire you to recover?
- How do you work your program? (The more details, the better.)
- How do you use paper and face-to-face resources like books, pamphlets, and meetings?
- How do you use virtual resources like podcasts and online meetings?
- How do you use other technology in your recovery?
- Why is it harder to be young in OA? Why is it easier?
- What rewards has OA recovery brought you?
- Hmm... oh yeah HOW OLD ARE YOU?

Make it a goal to give inspiration to other young people in OA by sending your story. Together we can make young people's stories part of the fabric of OA! Sign the release form and share the flyer (available <https://oa.org/files/pdf/YP-Story-flyer-and-release.pdf>) and then email your story and the form to info@oa.org with subject "YP Story." The deadline to send your story is April 1st, 2019.

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
MON	7:00 PM	Eminence Baptist Ch. Enter in the rear	4847 N. Main St. Eminence, KY 40019	Greg R. - 502 525-2163	RF, O, D
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!