

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

# TWELVE STEPPER

March 2019

**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

### **Meeting Moving, But Not Far**

The Sunday 2 PM meeting, wonderful hosts of our Unity Day celebration, have been asked to change the room they are using at 2nd Presbyterian. They will now be meeting in Room 170. To get to the new location (still in the same building) Use the handicap entrance door #3, continue along the hallway to the elevator on the right, which you will take down one level. Coming out of the elevator, turn right and go down the hallway until you reach room 170. The group thanks hopes to see you at the new room and looks forward to many more succesful meetings for years to come.

### **Registration is Open for the Louisville Metro OA Retreat**

A Weekend of Spiritual Recovery

June 7-9, 2019 at Mount Saint Francis Center for Spirituality; Mount St. Francis, IN

Join us for a weekend of spiritual recovery as a trusted servant of Region 5, who shared her Experience, Strength and Hope at the 2018 Region 5 Convention, guides us through the Principles. We will focus on each Principle through a Step 11 lens. One step at a time, she will share her story on each Principle, accompanied by readings, guided reflection, meditation, writing, sharing, discussion and prayer. In addition, this year's Retreat offer will offer a variety one-on-one activities, fellowship with friends, Night Owl OA meetings and FUN!

Whether you commute or stay overnight, you can count on time to experience step work, practice spiritual awareness, enjoy time with friends, walk the beautiful grounds at Mount Saint Francis and strengthen your recovery.

### **World Unity Day Success!**

The Louisville OA community celebrated World Unity Day at a wonderful event graciously hosted by the Sunday 2 PM group. We had speakers reflect on readings from our literature, messages from the Communication committee and heartfelt shares from all in attendace. The diversity of the of our community was on display as we celebrated the common bond we all share, our recovery from this disease, our shared weakness that makes us all stronger. Thanks to all who attended and especially the Sunday 2 PM group for offering their service!

## GLOBAL NEWS

### **WSBC 2019 Registration is Open - May 6-11, 2019**

"Growing Our Membership Worldwide" is the theme of this year's WSBC and pictured above is a first look at the WSBC 2019 logo. Workshops at Conference are aimed to give delegates tools and ideas to bring back to OA service bodies to help grow our membership in the years to come. The third Conference e-Documents will be posted to the WSBC web page on March 22. Documents posted will include completed applications submitted by trustee nominees, results from the Agenda Questionnaire, manuscripts for literature being submitted for the Conference Seal of Approval, and a special order form for delegates to order literature for pickup at Conference. The deadline to order literature for pickup at WSBC is April 22, 2019.

Learn more at <https://oa.org/members/events/world-service-business-conference/>

### **Support the OA Annual Appeal**

Next month, OA groups will receive a letter via their intergroup sent by the OA Board of Trustees asking for a one-time contribution this year to OA's general fund. The letter will be read three times at OA meetings and a separate collection will be taken. These contributions will be sent directly to the World Service Office for deposit in the general fund.

Started only last year, OA's Annual Appeal is similar to contribution campaigns in other Twelve Step fellowships. Let's build on the success of last year's OA Annual Appeal, which garnered more than US\$20,000, to help us carry the message at the world service level.

**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

## LOUISVILLE MEETINGS

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 <sup>st</sup> Monday)
MON	7:00 PM	Incarnation Cath Ch.	2219 Lower Hunters Trace	Connie W - 502 526-2932	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	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. 170	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

SOUTHERN INDIANA MEETINGS				CONTACT PERSON	DETAILS
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
SAT	10:00 AM	YMCA	33 State St. New Albany, IN 47150	Cutia B. - 502 640-6137	BB, O, D

## OTHER KENTUCKY MEETINGS

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 <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.

PHONE MEETINGS				CONTACT PERSON	DETAILS
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!