

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

TWELVE STEPPER

April 2019

Newcomer Information: 502 569-1755

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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

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.

ALSO, the Retreat Committee needs decorative craft stickers for a fun project at the retreat. If you have some you would be willing to donate, it would be greatly appreciated. Please give stickers to the following members people when you see them: Thea S., Kathy C., Traci B. or Sherrie H.

REGIONAL NEWS

2019 Region 5 Convention - September 27-29, 2019

Ride the A Train: Awareness, Acceptance, Action

We are very excited that this year's Region 5 Convention is being hosted by the Milwaukee Area Intergroup on September 27, 2019 4:00 PM – September 29, 2019 10:30 AM. We hope you will join us for a fun recovery filled weekend in an awesome hotel in Milwaukee. This event is going to be very special with the theme Ride the A Train: Awareness, Acceptance, Action.

Pre-Registration Starts: Monday, March 11, 2019 and ends on August 17, 2019. Pre-Registration Early Bird Ends: June 27, 2019.

Walk-ins are always welcome. You can register by paper by downloading the registration flyer or you can register online:

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 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. Chapel on 2nd floor near Library | 3515 Grandview Ave. | Marcia B - 502 475-4882 | RF, HA C, D (O 1 st Monday) |
| MON | 7:00 PM | Incarnation Cath Ch. -Youth House | 2219 Lower Hunters Trace | Connie W - 502 526-2932 | 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 | Sonja F. - 502 415-6026 | 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

| | | | | 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!