

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

# TWELVE STEPPER

May 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

### **Don't Miss the (Rescheduled) OA Retreat**

A Weekend of Spiritual Recovery

June **21-23**, 2019 at Mount Saint Francis Center for Spirituality; Mount St. Francis, IN

The deadline is upon us to register for the Annual OA Retreat. Please have your registration and payment in by June 1, 2019. Please also note that the dates have been changed due to a scheduling conflict. The Retreat will now take place from June 21 to June 23. If you registered thinking the date was June 7-9 and now either cannot attend or need to change your registration type inform Kathy C at mkchristianmail@gmail.com ASAP. If the date change requires you to cancel, a full refund will be issued or a partial refund issued if the change requires you to switch your registration type. No refunds are issued after June 14th. For members newly registering after May 4th a refund less \$25 will be issued for cancellations by June 14th. If you have questions contact Sherrie, 502-262-7396 or Thea, 502-640-6055.

Please help get the word out by announcing at meetings! Scholarships are still available.

### **Help Us Build the New LMI Website**

The Communications committee is putting out a call for local picture files for our new website -- soon to begin construction. We need to upgrade our web security, so why not the whole thing?!?

Places we'd like to see included (more are most welcome)

- The hands sculpture at the Nia Center, 2900 W Broadway, Louisville, KY 40211
- the Abraham Lincoln quote somewhere near 15th and Portland
- The word "HOPE" up on the top of a chimney near Kentucky and S. Clay
- The Beachmont neighborhood mural (lots of other neighborhoods have these too!)
- River areas, showing New Albany and Jeff
- The classic Louisville crest/logo on the brick government building at 600 Meriwether Ave, Louisville, KY 40217

Please keep in mind the 12th tradition (and copyright laws) and make sure that no faces, people, body parts or business logos are included in the pictures. Send all image files to louisville.metro.oa@gmail.com. Thank you so much for your help and we cant wait to see what comes out of our common effort. Together we get better!

### **Meeting Changes**

The Clarksville, IN Serenity House meeting has changed its day and time. The meeting formerly met on Wednesday at 6:30 PM and now meets on Tuesday at 4:15 PM. The group hopes that you continue to join and looks forwards to many more years.

The Monday evening meeting in Eminence KY will not meet on Monday, Memorial Day, May 28.

The Token 3 Club has moved and the Shared Hope (Sundays @7) has moved with it. The Token 3 Club recently opened the doors on its new location, 3439 Breckenridge Lane, Louisville, KY 40220. The new clubhouse has been completely remodeled with new, larger meeting rooms and MUCH nicer furniture, all just 2.5 miles down the road from the old location. The Shared Hope group invites all to join them in their shiny new environs!

## 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:

**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](mailto:togetherwgb@gmail.com)

## LOUISVILLE MEETINGS

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
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 <sup>st</sup> Monday)
MON	7:00 PM	Incarnation Cath Ch. -Youth House	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	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 - Service Room	3439 Breckenridge Ln.	Chris T. - 502 548-3155	S, O, D

## SOUTHERN INDIANA MEETINGS

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
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
TUE	4:15 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

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
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.

				<b>CONTACT PERSON</b>	<b>DETAILS</b>
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!