

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

TWELVE STEPPER

June 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

Help the Louisville Metro Intergroup Plan for 2020

Louisville Metro Intergroup (LMI), the combined service outreach of 23 local meetings, invites every member of every meeting to fill out a survey this month that will help OA grow more recovery in our area. Beginning on June 21, intergroup representatives will be bringing packets of every-member surveys to your meetings.

Here are some things you should know about the survey:

- The survey takes 10 minutes or less to fill out.
- Your responses are strictly confidential. Fold the survey in half when you are done and seal the blank outer page with the sticker provided at the bottom.
- You do not have to answer every question but please answer as many as you can.
- Please submit only one survey even if you attend more than one meeting.
- LMI especially welcomes your thoughts on growing OA recovery and OA membership.
- The time frame for completing the survey is from June 17 to Intergroup's next meeting on July 15.
- You will hear back about what the surveys tell us. LMI will summarize the results in a future 12-Stepper and at a special meeting.
- Survey results also will form the basis for Intergroup's two-hour September 2019 planning meeting when LMI develops a calendar of workshops and events for 2020.
- 93 people participated in a similar LMI survey in 2015. Four years later, it would be great to DOUBLE THE NUMBER of surveys returned as an indicator of how our fellowship has grown.

SERVICE is one of the 9 tools and the essence of Step 12. Participating in the survey is service in our work together. Please add to our shared work by your participation! Thank you from the LMI Planning Team.

LMI is Looking for Service Leaders

Know someone who would be a solid leader for our local OA community? The LMI has made changes to how the leadership of our local Intergroup is structured. The number of leadership roles has been expanded in order to decrease the demand on any one person's time while allowing for more focused and effective work by everyone involved.

LMI is accepting nominations to 4 roles: 2 Co-Chairs, 1 Vice-Chair and Treasurer. Information on the commitment and duty of each role is available by contacting the LMI at togetherwgb@gmail.com. Please keep in mind that only OA members who have served above the group level (i.e. have been IG Reps before) are eligible to be nominated for these positions. Elections will be held at the July 15th meeting of LMI. All members of OA are always welcome to attend LMI meetings. Thank you for service and consideration of these positions!

Meeting Changes

The Thursday 5:30 meeting in Jeffersonville has opened back up. The group was under a brief hiatus but is very excited to be meeting regularly again in their regular location in the Lifespring Community Room on Spring Street. We hope to see everyone there!

The Shared Hope Group has held a group conscience and decided to change its meeting time from 7:00 PM to 6:30 PM. The meeting will still be held every Sunday at the new Token 3 Club on Breckenridge Lane. The group thanks everyone for their understanding and patience through the changes and growth the meeting has undergone over the last few months.

**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!**

TWELVE STEPPER

June 2019

Contact us: togetherwgb@gmail.com

Newcomer Information: 502 569-1755

www.louisvillemetrooa.org

REGIONAL NEWS

Region 5 of Overeaters Anonymous (OA) is made up of Groups and Intergroups in Wisconsin, Michigan, Ohio, Indiana, Kentucky, Southwest Ontario (Windsor to London), and the greater Chicago area/Champaign-Urbana/Decatur/Rockford areas of Illinois. We are one of 10 Regions organized to serve the world-wide fellowship of OA. Our Region's purpose is to aid those with the problems of compulsive eating through the 12 Steps & 12 Traditions of Overeaters Anonymous, guided by the 12 Concepts of OA Service, and to serve and represent the OA Intergroups and Groups from which we are formed.

Ohio Day of Sharing

"We Will Be Amazed" by Transformation in Recovery

Join us for a day of fellowship and fun hosted by the Cincinnati/Cleveland/Columbus/Dayton Intergroups of Overeaters Anonymous on Saturday, August 3, 2019. There will be fellowship, fun, recovery and workshops. Oh, and there will be basket raffles as well! The event will be held in Faith Covenant Church at 3607 Dempsey Road, Columbus, Ohio 43081. Doors open at 8:30 AM and the day will conclude at 3:00 PM. Walk-ins are welcome and there is a suggested donation of \$8.

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: <https://oaregion5.regfox.com/oa-region-5-2019-convention>

GLOBAL NEWS

A New Way to Share Stories Will Replace Lifeline by 2021

Our Fellowship will always need a venue to share and read stories of recovery, and the OA Board of Trustees has voted to instruct World Service Office staff to research new ways for members to share their stories electronically and to discontinue print and online publication of Lifeline magazine at the end of 2020. Members may continue to order print subscriptions until December 17, 2019.

Lifeline subscriptions peaked in 1990 at 25,000 and have steadily declined to about 6,000 subscriptions today. The board has determined that more members and newcomers could be served more efficiently with a new electronic platform.

The last issue of Lifeline will be the November/December 2020 issue.

New Policy Statements and Literature Affect OA as a Whole

OA's worldwide group conscience, the delegates of WSBC 2019, voted to adopt the following:

Policy on Abstinence and Recovery

"The WSBC 2019 accepts the following definitions:

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors.

"Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous 12 Step program."

Statement on Public and Social Media

"While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates at the 2019 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

"Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous are responsible for maintaining their anonymity and respecting the anonymity of other OA members. When attending an OA meeting, whether face-to-face or virtual, members are encouraged to seek appropriate means to protect their own anonymity and that of fellow members.

"All registered virtual meetings shall inform members that their anonymity is not fully protected when attending a virtual meeting."

TWELVE STEPPER

June 2019

Contact us: togetherwgb@gmail.com

Newcomer Information: 502 569-1755

www.louisvillemetrooa.org

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	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	4100 Shelbyville Rd.	Karen K. - 502 551-5684	BBSS, O
THU	6:30 PM	Advent Episcopal Ch.	901 Baxter Ave.	Jennifer W. - 502 298-1908	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	6:30 PM	Token 3 Club - Service Room	3439 Breckenridge Ln.	Chris T. - 502 548-3155	S, O, D

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!



CONTRIBUTE TO THE 12 STEPPER

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 our volunteer efforts as helpful as possible. This monthly publication is YOUR newsletter and one of the most effective ways to share recovery, experience and news about the area. We have recently expanded our format due to the response we have gotten, but even more will always be gratefully welcomed. Help others and help yourself by doing some twelfth step work today - share the beautiful message of Overeaters Anonymous and help the 12 Stepper grow!

TWELVE STEPPER

June 2019

Newcomer Information: 502 569-1755

Contact us: togetherwgb@gmail.com

www.louisvillemetrooa.org

LOUISVILLE METRO AREA OA MEETING DIRECTORY

Please send any changes or corrections to togetherwgb@gmail.com

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
TUE	4:15 PM	Serenity House	200 Homestead Ave. Clarksville, IN 47129	Daniel M. - 502 751-0876	12&12, O
THU	5:30 PM	Lifespring Community Room Between Court and Maple	460 Spring St. Jeffersonville, IN 47130	Judy W. - 812 258-0723	RF, C
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!

SPEAKER MEETINGS

We have found that a central aspect of our recovery is sharing our story with fellow members of Overeaters Anonymous and listening to the recovery found in their stories. It is so important to find the similarities between us rather than the differences as stated in OA's Unity with Diversity Policy which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. With this in mind, the Communications Committee has decided to make it easier for members to find groups in the area that have speaker meetings. The following is a list of the times and locations where you can hear the powerful, unifying story of one of your fellow recovering compulsive eaters.

MON	5:30 PM	St. Matthews Bapt Ch.	3515 Grandview Ave., Louisville, KY 40207	5th Monday
MON	7:00 PM	Eminence Baptist Ch.	4847 N. Main St., Eminence, KY 40019	5th Monday
TUE	10:00 AM	Beargrass Christian Ch. - Rm. 114	4100 Shelbyville Rd., Louisville, KY 40207	5th Tuesday
TUE	7:00 PM	Middletown Christian Ch. - Rm. 104	500 Watterson Trail, Louisville, KY 40223	5th Tuesday
WED	4:30 PM	Lourdes Hospital, Nemer Building	1530 Lone Oak Rd., Paducah, KY 42003	5th Wednesday
WED	5:30 PM	St. Matthews Baptist Ch. - Rm. 111	3515 Grandview Ave., Louisville, KY 40207	3rd Wednesday
THU	10:00 AM	J-town Christian Ch.	10631 Taylorsville Rd, Louisville, KY 40299	2nd Thursday
THU	6:30 PM	Advent Episcopal Ch.	901 Baxter Ave., Louisville, KY 40204	5th Thursday
SAT	9:30 AM	St. Andrews Episcopal Ch. - Rm. 105	2233 Woodbourne Ave., Louisville, KY 40205	1st Saturday
SUN	2:00 PM	2nd Presbyterian Ch. - Rm. 170	3701 Old Brownsboro Rd., Louisville, KY 40207	2nd Sunday
SUN	6:30 PM	Token 3 Club - Service Room	3439 Breckenridge Ln., Louisville, KY 40220	Last Sunday