

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

TWELVE STEPPER

July 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

TryCity Retreat 2019 is a Stepping Success

The annual TryCity Retreat held by the Louisville Metro Intergroup was a resounding success. A near-capacity number of attendees enjoyed 3 days of recovery, comraderie and growth as the group went through the Twelve Steps and the spiritual principles associated with each. Our keynote speaker was entertaining and insightful with a wealth of experience, strength and hope to share. The entertainment on Saturday night was lively, with musical performances, skits, stand-up comedy and a heart-felt poetry reading. Newcomers and long-standing members alike were given the opportunity to grow individually as well as coming closer together as a community. Chris T. found the Night Owl meetings on Friday and Saturday to be highlights as attendees were able to share on the discussion of the day and how the topics meshed with their everyday experiences. One point of discussion was so popular that it was distributed to all participants after the retreat, reproduced here:

Welcome Home (abridged)

Have you ever wished you could lose ten pounds (5 kg)? Twenty (9 kg)? Forty (18kg)? A hundred (45kg) or more?

Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belonged?

Welcome to OA; welcome home!

Have you ever wished your family would get to work or school so you could get busy eating? Welcome to OA; welcome home!

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!

Have you ever looked up at the stars and wondered what an insignificant person like you is doing in the world anyway?

Welcome to OA; welcome home!

Have you ever cooked, bought, or baked for your family and then eaten everything yourself so you wouldn't have to share?

We know you in OA because we are you. Welcome to OA; welcome home!

Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? Welcome to OA; welcome home!

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet, or the car so that you could eat without anyone seeing you? Welcome to OA; welcome home!

Have you ever been angry, resentful, defiant—toward God, your mate, your doctor, your mother, your father, your friends, your children, the salespeople in stores whose looks spoke a thousand words as you tried on clothes—because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!

Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home!

—A Taste of Lifeline, pp. xiii–xvi

Survey Collection Deadline Extended

Many groups have not been able to get all of their surveys filled out due to summer travel, holidays and other facts of summer life. As such, the survey committee has extended the deadline for the surveys to be turned in until August 15th. They do stress that all surveys be in at that point to allow for preparation of the survey presentation in September. Thanks for your input!

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!**

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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

Pitch Your Idea for OA's Next Book Cover

The OA Board of Trustees is asking for help. They need ideas for the cover of OA's forthcoming book, Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous. It's important to note this is not a contest but a search for creative ideas that will interpret and inspire an attractive book cover. To learn more and send your ideas, download the flyer and release form at this link: <https://oa.org/files/pdf/book-cover-release.pdf>. The deadline for submissions is July 31, 2019. Thank you for your service!

Focus on Anorexia and Bulimia Packet Updated

Providing hope and a solution through OA's Twelve Steps, this packet has been refreshed with new stories from Lifeline magazine and includes the pamphlets OA Members Come in All Sizes and Many Symptoms, One Solution. Find the packet (item #725) at bookstore.oa.org.

WSBC 2017 Forum Podcasts

Nine podcast recordings featuring eighteen speakers from the WSBC 2017 Forum, "Passport to Unity," are now available for download. Find them at oa.org/podcasts.

Suggested Reading and Writing Meeting Format

Our newest meeting format, the Suggested Reading and Writing Meeting Format focuses on reading OA-approved literature, writing, and then sharing what was written. If you haven't tried a reading and writing meeting, start here! Find the format at oa.org/documents under "Meeting Formats."

New Social Media Channel

Get inspiration and share information about OA at https://www.instagram.com/overeatersanonymous_official/

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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!

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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

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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