

TWELVE STEPPER APRIL 2005

Published to share recovery and support within the fellowship of Overeaters Anonymous by the Louisville Metro Intergroup.

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A NEWCOMER'S PERSPECTIVE

I began my journey with Overeater's Anonymous on March 29, 2005, so my admittance of being a compulsive overeater and food addict has not been easy. I am a nighttime eater, subject to bingeing, depending on my emotional status at the time. My happiness has always been based on what food I could have or have had that day. "When is my next meal? What will I have?" The hardest thing to admit is that compulsive overeating is a disease.

I wasn't sure what to expect when I walked into the first meeting in March, but I found other people just like me, going through battles with food, just as I was. I have always known that there were others like me, but only in OA have I been able to share my experience and struggles with others in a non-judgmental setting. Talks of food are vague, so there's not a discussion of what foods you can or cannot have. Members share so that we all may benefit and treat the way we respond to this disease. There is a wonderful feeling of acceptance that has been instrumental in creating a peace for me that has been absent for so long. Because of the lack of peace and happiness I have been missing, it has affected the ones I love. It is a daily prayer for me to change that.

I am currently working on steps one through three with my new sponsor. I will be working through each one as I am ready. It will not be an easy journey, but it will be one worth taking. It will be a continuous journey; one that I hope will be mostly full of love and peace. It will be done no more than one day (or one meal) at a time.

*It is one of the most beautiful
compensations in life...*

*We can never help another
person without helping
ourselves.*

Ralph Waldo Emerson

T., Louisville

When you feel bad,
You need a meeting.
When you feel good,
A meeting needs you

**MEN'S MEETING!
NEW!**

Thursdays @ 6:30 PM
EPWORTH UNITED
METHODIST CHURCH
919 PALATKA RD.

More info:

361-9349

**MEETING HELD AT SAME
TIME AS REGULAR O.A.
MEETING THAT ALL ARE
WELCOME TO ATTEND**

HOPE FOR RECOVERY

I attended my first OA meeting right before Thanksgiving, 2004. I have attended an OA meeting once per week since then. I started attending OA meetings at the direction of my spiritual director. This came about when I told them that I hated the way I looked. We then talked about my dependence on food as a source of comfort when I get frustrated, upset, or discouraged. The one idea I have tried to embrace is, "One day at a time." Some days, I do okay with this idea. Other days, I don't do so well. It is a daily struggle which I'm trying to learn to live with gradually. The OA fellowship is a big help. So, I'll keep going to meetings with the hope of getting my eating problem under control.

- Anonymous, Louisville

WRITE FOR THE 12 STEPPER

We all have experience, whether we are abstinent or in relapse. We never know who will be touched and helped by our words. Someone out there needs to hear what you have to say. It only takes a few minutes to jot down a gratitude list or share what works for you. No article is too small! What's your favorite slogan? How does it help you? All articles can be anonymous (in case you're shy!) So what are you waiting for!? 3 ways to submit articles:

1. 1canine@bellsouth.net
2. Shawna Mills
512 Dale Ave. Louisville, KY
40214
3. Call 361-3105 or 366-8004



*God,
I pray for the awareness of what is
already true... that You (Your love, Your
strength, Your infinite wisdom) are within.
I acknowledge that the only thing
keeping me from this realization is
my belief that I am separate from
You.*

Anonymous