

The 5th Tradition

August/September 2015

Abstinence is the most important thing, without exception!

Happy Birthday

Kim	44 years
Ron	34 years
Jennie	7 years
Doritt	6 years
Marilyn	6 years
Michelle	6 years
Sig	6 years
Joanne	4 years
Shari M.	2 years

Celebrating 115 years of recovery!

CALENDAR

August	3	Board Meeting
August	14	Men's Retreat
August	14	Women's Retreat
August	17	Delegate's Meeting
August	22	Game Night
September	7	Board Meeting
September	21	Delegate's Meeting
September	27	Workshop

NEWSLETTER

If you are reading this, you are reading YOUR OA NEWSLETTER!

- This newsletter is printed six times each year.
- Meeting Delegates receive copies to bring to and distribute at meetings.
- If your meeting does not have a delegate, be sure to come to the OA office to get your copies!!!

OA OFFICE HOURS

Monday	6:45 - 7:15 pm
Tuesday	3:00 - 6:00 pm
Wednesday	3:00 - 7:00 pm
Thursday	3:00 - 6:00 pm
Saturday	11:30 - 1:30 pm

Open before the Delegate's Mtg., (3rd Monday of the month)

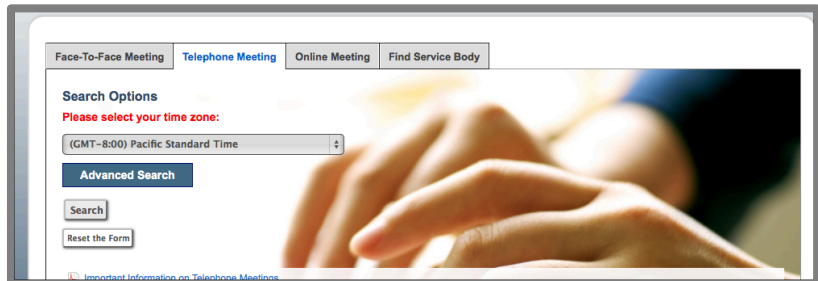
The Recovery Corner

PHONE and ONLINE MEETINGS

Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. Often, if we can't physically get to a meeting we might say, "I can't go, I'll go tomorrow!" Instead of 'going tomorrow' here is a great alternative...

It is as easy as 1 - 2 - 3

1. **GO** to: www.oa.org. Click on **Meetings**. Go to **TELEPHONE** meetings. Select our Time Zone (Pacific) and search for a Meeting. Do the same for **ONLINE** meetings!



2. **CALL** or **LOGIN** to the meeting that works for you and
3. **ENJOY** the benefits of Recovery 24/7!

EVENTS and NEWS

MEN'S RETREAT

"28th ANNUAL SO. CAL. MEN'S STAG RETREAT"

Friday - Sunday, Aug. 14 - 16, 2015
La Casa de Maria, Santa Barbara, Cost: \$235

WOMEN'S RETREAT

"DON'T DELAY START YOUR RECOVERY TODAY"

Friday - Sunday, Aug. 14 - 16, 2015
Holy Spirit Retreat Center, Encino, Cost: \$190

GAME NIGHT

Saturday, Aug. 22, 2015, 6:00-9:00 pm
15101 Magnolia Blvd., Sherman Oaks, Cost: \$10 (\$12 at the door)

12 STEP WITHIN WORKSHOP*

"120 MINUTES OF CONSCIOUS CONTACT WITH YOUR HIGHER POWER"
Sunday, September 27, 2015, 2:00 - 4:00 pm, OA Office, Cost: No Charge

***PLEASE plan to arrive 15 minutes before the Workshop as seating is limited.**



OASFVI SERVICE BOARD

BOARD CHAIR

Kim K. (818) 317-5593
krkrug@msn.com

VICE CHAIR

Hila S. (818) 489-1039
hilaschurr@gmail.com

SECRETARY

Michelle GW. (818) 687-5038
morell321@gmail.com

TREASURER

Erika S. (818) 414-0192
oasfvtreasurer@gmail.com

INTERGROUP DEVELOPMENT

Kathy R. (917) 604-2568
kittykat668@aol.com
Toni P. (818) 419-6399
mamamia14@aol.com

LITERATURE

Caitlyn (818) 397-9388
wngdewolf@yahoo.com
Robin N. (805) 823-3569
robanic@yahoo.com

5th TRADITION EDITOR

Doritt (818) 222-6365
doritt@diamondcreative.com

PROFESSIONAL OUTREACH

Rhory (805) 660-5437
thewritersdiner@gmail.com
Shari M. (818) 522-2217
sharemc8@gmail.com

PUBLIC INFORMATION

Gunit (818) 923-8520
gunitkb@gmail.com
Barbara O. (818) 585-2384
barbara@hobermaninsurance.com

REGION 2 REP

Alison S. (818) 292-4698
alison.p.sullivan@gmail.com

12 STEP WITHIN

Marilyn W. (818) 762-7364
marilynwoods@prodigy.net
Sig (818) 222-6365
sigd@jobbersmeat.com

WORLD SERVICE REP

Matt S. (310) 990-4972
m.adamshepherd@gmail.com

OUTREACH CONTACTS



24 HOUR HOTLINE

Bernice (818) 763-6387
Hank (818) 939-4232
Ira H. (818) 222-4116 (M)
Jim S. (805) 908-1199
Mary Ann (818) 652-6124
Mary P. (818) 848-2994
ME (805) 577-8349
Paul H. (818) 317-5681 (M)
Steve (818) 298-8002

SPECIFIED HOURS

Carla (818) 642-8543 (M)
Until 8:00 PM
Cindy S. (818) 406-1310 (M)
5 AM - 3 AM
Gail (661) 722-5833
9 AM - 10 PM
Gail P. (818) 769-7506
10 AM - 6 PM
Gloria A. (818) 585-6772
9 AM - 9 PM
Jodi (661) 313-2661
6 AM - 9:30 PM
Liza (818) 203-9530
8 AM - 9 PM
Shelli (818) 294-5837
9 AM - 8 PM
Susan L. (818) 845-1368
9 AM - 9 PM
Ray J. (818) 200-9576
9 AM - 8 PM

(M) = Leave a message

SERVICE OPPORTUNITIES

OA Young Persons

If you are seeking resources for young people, or wish to provide support, please contact:
Matt S. (310) 990-4972
m.adamshepherd@gmail.com

EMAIL

Carla
pc5965@yahoo.com
Heather HT.
hlhgraphics@gmail.com
Linda S.
lindavoic23@gmail.com
Liza
ladius22@yahoo.com
Ray J.
rayjoseph32253@gmail.com
Roz G.
roz2000@roadrunner.com
Shirley WM.
wittmiya@aol.com
Steve
SeeSteve@yahoo.com

DID YOU KNOW

• When Meeting information changes, Meeting Secretaries, **PLEASE** make changes by e-mail or phone!

1. **5th Tradition:**
doritt@diamondcreative.com or 818.516.3378
2. **OASFVI website:**
hilaschurr@gmail.com or 818.489.1039
3. **World Service website:**
<http://www.oa.org/edit-a-meeting/>

- OA Literature Orders may be placed in the **Office** or by: **Phone** (818) 888-4776 or **Email** oasfvalley@gmail.com.
- It is the policy of OASFVI that ALL compulsive eaters ARE WELCOME at any and all OA meetings and do not have to meet the suggested emphasis of any of the meetings. The San Fernando Valley Intergroup endorses the policy of the 1987 World Services Conference, that it is a violation of Tradition Ten to offer any food plan at OA meetings. Accordingly, no food plan should be used, sold, or given away at any meeting held by any group in the San Fernando Valley Intergroup.

OA Wisdom

I came for the **Vanity**,
I stayed for the **Sanity**!



A mind is like a parachute,
It only works when it is open!



We may not enjoy
the process, but
We do enjoy the benefit!



OA is not for people
who need it,
it is not for people
who want it,
it is for people
who **Do It!**

Meeting Directory

BB = Big Book Study
 C = Chips given for lengths of abstinence
 HC = Handicapped Facilities
 LS = Literature Study
 NC = Newcomer's (½ hr. before mtg.)
 P = Participation
 Q&A = Questions and Answers
 S = Speakers
 SS = Step Study
 W = Writing
 ** = meeting longer than 1 hour

All meetings are 1 hour unless ** indicates that the time is extended. Contact names in *THIS FONT* have been recently updated.

Sunday			Contact	Phone	Meeting
7:30 AM	Studio City	FOCUS ON PERMANENT RECOVERY, Studio City Church of Christian Science 4032 Whitsett Ave.	SUSAN G. JEFF	(818) 219-4122 (310) 210-6475	S, P, C
9:00 AM	Woodland Hills	SUNDAY MORNING WOMEN' S STAG, OA Office 20121 Ventura Blvd., #315	ROBIN E. SHARON B.	(818) 319-2522 (818) 307- 1499	S, P, C, HC **1 ½ hrs.
9:00 AM	Panorama City	RECOVERY FROM RELAPSE, Kaiser Permanente Medical Center 13652 Cantara St. (Oasis Cafeteria)	JENNIE	(310) 717-7710	S, P, HC
10:00 AM	Oak Park	FOCUS ON RECOVERY, Mae Boyer Park Rec Center 130 N Kanan Rd.	STEVE	(818) 515-5773	**1¼ hr
5:00 PM	Sherman Oaks	SUNDOWNER' S MEETING, Sherman Oaks Hospital 4929 Van Nuys Blvd, (1st Floor Conference Room)	GWENDYLYN	(323) 630-5969	S, P, C, HC
8:00 PM	Santa Clarita	LITERATURE STUDY/MEDITATION, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd., (Small World Preschool Teachers Lounge)	MAGGIE	(661) 753-7480	LS
Monday					
7:30 AM	Studio City	MONDAY MORNING MEDITATION, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	DIANE P.	(323) 906--9309	S, P, LS
12:30 PM	Woodland Hills	OA 12 & 12, OA Office 20121 Ventura Blvd., #315	LINDA J.	(818) 882-8640	LS
6:00 PM	Thousand Oaks	OA MEETING, Temple Adat Elohim 2420 E. Hillcrest Dr.	Lisa	(805) 231-0124	LS
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 No. Avon, St. @ Jeffries (upstairs)	Angel	(323) 664-4655	S, P
7:30 PM	Woodland Hills	THE WHOLE BIG BOOK, United Methodist Church 5650 Shoup Ave.	JOANNE	(818) 939-4105	S, P, BB
7:45 PM	Encino	MONDAY NIGHT MIRACLES, Encino Community Center 4935 Balboa Blvd. (Youth friendly meeting)	JANINE R.	(818) 307-0918	S, P, C, HC
8:00 PM	Santa Clarita	OA 12 & 12, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd.	GINA	(661) 993-1770	SS, S, P, C
Tuesday					
7:00 AM	Woodland Hills	SUNSHINE OA 12 & 12 BOOK STUDY, OA Office 20121 Ventura Blvd., #315	JON	(818) 268-2945	LS
7:30 AM	Studio City	BIG BOOK STUDY, Church of Christian Science 4032 Whitsett Ave.	MIRIAM I.	(818) 636-7773	S, P, BB, HC
11:15 AM	Santa Clarita	OA 12 & 12 STEP STUDY 21430 Centre Pointe Parkway	JESSICA	(661) 297-2252	SS
11:30 AM	Woodland Hills	STEP STUDY AA 12 & 12, OA 12 & 12, OA Office 20121 Ventura Blvd., #315	JUNE M.	(818) 521-9707	LS, SS, P, C
6:00 PM	Sherman Oaks	AA 12 & 12, Sherman Oaks United Methodist Church 14401 Dickens St., (Son Shine Room - downstairs)	JOANNA	(310) 773-1533	LS
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N Buena Vista Ave.			BB
7:00 PM	Newhall	OA MEETING, Temple Beth Ami 23023 Hilse Lane (closest cross street is Walnut St.)	Natalie	(661) 618-2116	S, P, C
7:00 PM	Simi Valley	LITERATURE STUDY, United Methodist Church 2394 Erringer, (Room 10)	MARILYN	(805) 581-2296	LS
7:30 PM	Lancaster	PARTICIPATION MEETING, Lutheran Church 1821 W Lancaster Blvd.	Gail	(661) 772-5833	P
7:30 PM	Oak Park	SPEAKER MEETING, Mae Boyer Park 130 N Kanan Rd.	GAIL S.	(818) 389-9488	S, P, C
8:00 PM	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315	CONNIE	323) 856-3060	LS, S, P, HC

GOING TO A MEETING FOR THE FIRST TIME?

Please call the Contact Person to be sure the time and location are up to date!

Wednesday			Contact	Phone	Meeting
7:30 AM	Studio City	OA STORIES & ABSTINENCE, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	ROB	(818) 984-7622	S, P, LS
10:30 AM	Woodland Hills	THE WORD ON RECOVERY, OA Office 20121 Ventura Blvd., # 315	CHRISTINE K. LINDA J.	(310) 804-8336 (818) 882-8640	LS, P, HC
6:00 PM	Woodland Hills	OVEREATERS ANONYMOUS, THE FIRST STEP IN RECOVERY, OA Office 20121 Ventura Blvd., # 315	ROCHELLE M. ALLISON S.	(818) 585-6908 (818) 292-4698	LS, Q&A
6:00 PM	Studio City	NO MATTER WHAT, Unitarian Church 12355 Moorpark St.	MOLLY C. LYNETTE	(818) 437-4281 (818) 681-6622	S, P
6:00 PM	Newbury Park	LITERATURE STUDY, Unitarian Universalist Church 3331 Old Conejo Rd., (upstairs in the Teen Room)	ALINE	(805) 906-9938	LS, P
7:00 PM	Valencia	WOMEN'S STAG, Santa Clarita United Methodist Church 26640 Bouquet Canyon Rd.	EMILY	(661) 607-2001	BB
8:00 PM	Woodland Hills	100 POUNDER' S MEETING, OA Office 20121 Ventura Blvd., # 315	CELESTE	(818) 300-3098	S, P, C, HC **1 ½ hrs.
8:00 PM	La Crescenta	12 STEPS & 12 TRADITIONS STUDY, Living Stones SDA Church 6235 Honolulu Ave.			SS
Thursday					
7:00 AM	Woodland Hills	SUNSHINE BIG BOOK STUDY OA Office, 20121 Ventura Blvd., #315	JOANNA	(310) 773-1533	BB
7:30 AM	Studio City	OA 12 STEP STUDY, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	JULEE WENDY B.	(818) 648-3666 (818) 324-0978	LS, SS, P, S,C
7:30 AM	Studio City	ANOREXIC/BULIMIC EMPHASIS. Unitarian Church 12355 Moorpark St., (2nd floor)	TRACI STEPHANIE	(818) 427-3331 (818) 802-1148	S, P, C
12:00 PM	Woodland Hills	LITERATURE STUDY MEETING, OA Office 20121 Ventura Blvd., #315	MARIA	(818) 998-6590	LS, P, S
7:00 PM	Simi Valley	SPEAKER MEETING, United Methodist Church 2394 Erringer Ave., (Room 11)	ME SIMMS	(805) 791-6160	S, P, HC, C
7:15 PM	Valley Village	PRIMARY PURPOSE WOMEN'S MEETING, Faith Presbyterian Church of Valley Village 5000 Colfax Ave., (in the Choir Room)	HILA	(818) 766-4201	S, P, C
7:30 PM	Woodland Hills	THERE IS A SOLUTION, OA Office 20121 Ventura Blvd., #315	CARLA	(818) 642-8543	LS, HC, LS, P, SS
Friday					
7:00 AM	Agoura Hills	AA STEP STUDY 28720 Roadside Dr., Suite #200	MELANIE	(213) 514-2163	LS
7:00 AM	Woodland Hills	LITERATURE STUDY, OA Office 20121 Ventura Blvd., # 315	MIKE F.	(818) 398-2091	LS
7:30 AM	Studio City	FOCUS ON PERMANENT RECOVERY, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	HELEN	(213) 453-8568	SS, (AA), P
6:30 PM	La Crescenta	LITERATURE STUDY/PARTICIPATION, Church of Religious Science 4845 Dunsmore Ave. (@ Santa Carlotta)	SHIRLEY W-M. YVONNE S.	(818) 522-9977 (818) 400-0414	C, LS, SS, P
6:30 PM	Burbank	LITERATURE STUDY/PARTICIPATION, Little White Chapel 1711 No. Avon, St. @ Jeffries (upstairs)	KEN	(818) 726-5250	SS, S, P,
7:30 PM	Woodland Hills	JUMP START YOUR WEEKEND, OA Office 20121 Ventura Blvd., # 315	LINDA S.	(818) 383-2536	LS, S
Saturday					
7:30 AM	Burbank	FOCUS ON PERMANENT RECOVERY, Westminster Presbyterian Church 542 N Buena Vista St. (no child care)	JANINE R. KATHY R.	(818) 307-0918 (917) 604-2568	S, P, HC,
9:30 AM	Canyon Country	LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	JOAN	(661) 714-6068	LS
10:00 AM	Burbank	LITERATURE STUDY, United Methodist Church 2828 Magnolia Blvd.	CHARLEE E.	(818) 980-7939	C, HC, S, SS
10:00 AM	Thousand Oaks	WOMEN' S STAG, Ascension Lutheran Church 1600 E. Hillcrest Dr., (in Library)	ALINE	(805) 906-9938	S, P, HC, **1 ¼ hrs.
10:00 AM	Woodland Hills	SPIRITUAL MAINTAINERS, OA Office 20121 Ventura Blvd., #315	LINDA S. SHARON B.	(818) 383-2536 (818) 307-1499	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK 12621 Rye St. (Recreation Bldg.)	IRA H. MAGGIE F.	(818) 222-4116 (818) 970-9551	S, P, C
7:00 PM	Woodland Hills	SATURDAY NIGHT LIVE!, OA Office 20121 Ventura Blvd., #315	CONNIE	(323) 856-3060	LS

Please provide CURRENT MEETING CONTACT INFORMATION to Doritt... doritt@diamondcreative.com