

The 5th Tradition

June/July 2015

Abstinence is the most important thing, without exception!

**HAPPY
Birthday**

Maxine	51 years
Jacqui R.	27 years
Erika	9 years
Gunit	4 years
Elisa K.	4 years
Linda S.	3 years
Samuel G.	2 years
Robin N.	2 years

Celebrating 102 years of recovery!

CALENDAR

June 1	Board Meeting
June 14	Cabaret OA
June 15	Delegate's Meeting
June 20	12 Step Within Workshop
July 6	Board Meeting
July 20	Delegate's Meeting

MEETING UPDATES

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

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

OFFICE HOURS

Please be sure to call the office,
before coming over, to be sure it is open!

Monday	6:45 - 7:15 pm (before the Delegate's Meeting)
Tuesday	12:00 - 2:00 pm
Wednesday	4:30 - 7:30 pm
Thursday	12:00 - 2:00 pm
Saturday	11:30 - 1:00 pm

The Recovery Corner

PODCASTS

Podcasting is a term that means "to deliver information, audio and video over the Internet." Originally, it became a popular way of describing content that is formatted for portable devices because the iPod was the first portable device to become known and available... similar to how people call tissues, "Kleenex!"

Listening to Podcasts is as easy as 1 - 2 - 3 !

- LISTEN** from our Website, (streaming). Go to: <http://www.oasfvalley.org>. Find Podcasts in the navigation bar at the top of the page. Click on Podcasts and Scroll through the list and find one that sounds interesting. Click and listen to the recording! There are two groups of Podcasts on the page: Top Group - A "player" where you can listen to podcasts! Bottom Group - Search for workshops to listen OR download.
- DOWNLOAD** and save it to your phone, tablet or computer and then you can listen anytime AND you can go backward and forward in the recording! Go to the end of the line of the Podcast you wish to save. Right click on "Right Click Save As Download." Download on iPhones/iPads, use the "Podcasts" app from the App Store. Download on Android phones and tablets use the "Stitcher" app from Google Play.
- ENJOY** the benefits of Recovery 24/7!

EVENTS and NEWS

Intergroup Development Event

"**CABARET OA**" (Music, Comedy, Fellowship)

Sunday, June 14, 2015, 6:00 - 9:00 pm

Corbin Bowl, 19616 Ventura Blvd, Tarzana, Cost: \$10.00

12 Step Within Workshop

"**BODY IMAGE WORKSHOP**"

Saturday, June 20, 2015, 2:00 - 5:00 pm, OA Office, Cost: No Charge!

OA 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

OA Women's Retreat

"**DON'T DELAY START YOUR RECOVERY TODAY**"

Friday - Sunday, Aug. 14 - 16, 2015

Holy Spirit Retreat Center, Encino, Cost: \$190



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12 STEP WITHIN

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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

Young People in OA

If you are seeking resources for young people, or wish to provide support, please contact:

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

OA Office Assistance

Help is needed in our OA Office. If you have time to be of service please call:

OA Office (818) 888-4776

EMAIL

Carla
pc5965@yahoo.com

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hlggraphics@gmail.com

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SeeSteve@yahoo.com



DID YOU KNOW



- The **Tuesday night, 8:00 PM, CAME TO BELIEVE**, (at the OA Office) AND the **Friday night, 6:30, Burbank** meetings need YOUR Support!!!
- **OA Literature Orders** can be ordered by:
Phone (818) 888-4776 or **Email** oasfvalley@gmail.com
- If you are a **Meeting Delegate** with questions, please contact Janine, Delegate Coordinator, (818) 307-0918, she will have the answers!
- We love pets, but not at meetings, unless your pet is a SERVICE DOG.
- 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

HAPPINESS is appreciating what you have, not getting what you want.

Focus on **RECOVERY**, and you will lose weight. Focus on weight and you will lose recovery!

HUMILITY: Not thinking less of myself, but thinking of myself less.

'Sorry' looks back,
'Worry' looks ahead,
'**FAITH**' looks up!

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 ALL CAPS 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	JULES	(818) 632-7330	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)	GUNIT MARCI	(818) 923-8520 (310) 720-9788	S, P, C, HC
8:00 PM	Santa Clarita	LITERATURE STUDY/MEDITATION, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd., (Small World Preschool Teacher's 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')	Julee	(818) 648-3666	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 Avon, @ Jeffries	Angel	(323) 664-4655	S, P
7:30 PM	Woodland Hills	THE WHOLE BIG BOOK, United Methodist Church 5650 Shoup Ave.	MARK	(818) 399-0890	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)	ROBIN N.	(805) 823-3569	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	LB	(818) 795- 9332	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	SANDI SUSAN W,	(818) 990-1084 (818) 274-8048	LS, P, HC
6:00 PM	Woodland Hills	OVEREATERS ANONYMOUS, THE FIRST STEP IN RECOVERY, OA Office 20121 Ventura Blvd., # 315	ROCHELLE M.	(818) 585-6908	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	LINDA K.	(818) 522-4202	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')	KATHRYN	(818) 929-6929	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)	KATHY	(805) 404-0955	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	JOANNE S.	(818) 939-4105	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 Avon Ave. (upstairs)	KEN	(818) 726-5250	SS, S, P,
7:30 PM	Woodland Hills	JUMP START YOUR WEEKEND, OA Office 20121 Ventura Blvd., # 315	AMY E.	(818) 415-6287	LS, S
Saturday					
7:30 AM	Burbank	FOCUS ON PERMANENT RECOVERY, Westminster Presbyterian Church 542 N Buena Vista St. (no child care)	DIANE LYNETTE	(323) 906-9309 (818) 681-6622	S, P, HC,
9:30 AM	Canyon Country	LITERATURE STUDY, "The Cocoon" Mini Mall 27013 Langside Ave., Suite L	JONATHAN S.	(661) 714-4707	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	SUSAN C.	(818) 772-5777	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK 12621 Rye St. (Recreation Bldg.)	JESSICA	(323) 605-5689	S, P, C
7:00 PM	Woodland Hills	SATURDAY NIGHT LIVE!, OA Office 20121 Ventura Blvd., #315	ROBIN N.	(805) 823-3569	LS

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