

The 5th Tradition

APRIL/MAY 2018

Adopt an attitude of gratitude ~ Service is its own reward ~ One day at a time

Cut out and laminate your favorite prayers for your purse or wallet



Jeanne	1 year
Jae	6 years
ME	47 years
Casey	47 year

Celebrating 101 years of recovery!

If you've had a birthday, send your name and years of recovery to editor@oasfvalley.org. Share YOUR experience, strength and hope!

CALENDAR

April 2	Board Meeting
April 16	Delegates Meeting
April 22	12thStepW/inWorkshop
April 24	Health Q&A Workshop
May 5	OA Game Night
May 7	Board Meeting
May 21	Delegates Meeting

UPCOMING EVENTS

Self-Care, Self-Talk, Self-Worth Workshop, April 22nd, OA Office, 2PM-4PM

Health Q & A Professional Workshop, April 24th, OA Office – see page 2 for more details

UPCOMING RETREAT IN SAN DIEGO COUNTY INTERGROUP

175TH Serenity Retreat,
September 21-23, 2018

A wonderful weekend of recovery. For additional information contact Regina E at 619-952-3903 or at regina.eldred@gmail.com

3rd Step Prayer –

God, I offer myself to thee- to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always!

7th Step Prayer –

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

Amen.

11th Step Prayer –

God, I'm agitated and doubtful right now, help me to stop and remember that I have made a decision to let YOU be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self pity or foolish decisions that YOUR will not mine be done.

AA Big Book Pages

Chapter 3 (More about Alcoholism) - Page 30-31
 Chapter 5 (How it Works) - Page 59-60
 A Vision for You - Page 164, last 2 paragraphs
 The Promises – Page 83-84
 On Awakening – Page 86-88
 As we retire at night – Page 86
 Thy will, not mine, be done – Page 85
 Commitment and Service are part of Recovery – Page 345
 Willingness and Action – Page 317
 Serenity Prayer -Page 357

Do you have a favorite OA passage, prayer or Big Book slogan that you think that others would benefit from? Or is there something you feel is missing from the 5th Tradition?

Send your favorite OA 12/12 or AA Big Book passage or suggestion to the editor@oasfvalley.org

OASFVI OFFICE: 20121 Ventura Blvd., # 315 • Woodland Hills, CA 91364 • www.oasfvalley.org
email: office@oasfvalley.org • (818) 888-4776 (General Information) • (818) 888-4775 (Fax)
HOURS: Monday, 10 am – 6 pm; Saturday, 11:30 am – 12:30 pm (always call before coming!)
Also the 3rd Monday of the month, before the Delegates Meeting, 6:45 – 7:15 pm



2018 OASFVI SERVICE BOARD

BOARD CHAIR

Bonnie K. (714) 235-3026
chair@oasfvalley.org

VICE CHAIR

Jo H. (818) 736-7325
vicechair@oasfvalley.org

SECRETARY

Diane P. (323) 906-9309
secretary@oasfvalley.org

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Jonathan S. (661) 714-4707
treasurer@oasfvalley.org

SPECIAL EVENTS & FUNDRAISING

Position Open
intergroupdev@oasfvalley.org

LITERATURE & DIGITAL RESOURCES

Matt A. (310) 701-3677
literature@oasfvalley.org

PUBLIC OUTREACH

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12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497
Alison M. (818) 983-2855
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WORLD SERVICE REP

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wsorep@oasfvalley.org

NEWSLETTER

Jeanne B. (818) 424-4001
editor@oasfvalley.org

DELEGATE COORDINATOR

Tiana M. (818) 644-7017
delegates@oasfvalley.org



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 P. (818) 848-2994
Steve (818) 298-8002
Terri (805) 495-8881

SPECIFIED HOURS

Carla (818) 642-8543 (M)
Until 8:00 PM
Cindy S. (818) 406-1310 (M)
5 AM – 3 PM
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
Jacqui (818) 346-1941
Day time only
Jodi (661) 313-2661
3 PM - 10:00 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

EMAIL

Carla
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Shirley W-M.
wittmiya@aol.com

Steve
SeeSteve@yahoo.com

NEW OA LITERATURE IS AVAILABLE:

Newcomer Packets for Anorexic-Bulimia for \$3.25 each.
There is also a new OA 12/12 book available for \$19.60 (with tax).

SAVE THE DATE !

**Cinco de Mayo (May 5) –
Game Night
5PM-7PM at the OA Office**

Isolation is not a tool of recovery

Workshop – Health Professional Q & A

There is a Health Professional Workshop on Tuesday, April 24th, from 6:00 PM to 7:00 PM at the OA Office (20121 Ventura Blvd., Suite 315., Woodland Hills, CA 91364) for all SFV health professionals who work with or come in contact with compulsive overeaters, anorexics and bulimics. If you know a health professional (Doctor, therapist, nutritionist, or any other health professional) who may benefit from learning about OA please encourage them to attend this event. If the health professional is unavailable on April 24th, please have them email their contact information to Leore and Jae at publicinfo@oasfvalley.org for more information.



DID YOU KNOW



When Meeting information changes, Meeting Secretaries, **PLEASE** make changes by e-mail to:

- 5th Tradition Editor: editor@oasfvalley.org **AND**
- OASFVI website: vicechair@oasfvalley.org **AND**
- World Service website: www.aa.org/edit-a-meeting/

Speaker and Sponsor List: We have an UPDATED Speaker List and a NEW Sponsor List! If you're looking for speakers and/or sponsors, email our OA office, office@oasfvalley.org, and the list will be sent to you! If you would like to be added to either or both lists, let us know. Send email to vicechair@oasfvalley.org with your name, phone number, email address, length of abstinence, focus (A/B, 100#, other), and which list you'd like to be placed on – Speaker, Sponsor, Volunteer, and/or Email.

For the 7th Tradition: Instead of adding to the 'basket' at a meeting you might donate your 7th Tradition with a check covering a few months OR pay your meeting donation via Pay Pal/Credit Card on the OASFVI website.

Phone and Online Meetings can be found on the main OA website: www.aa.org

OA Literature may be purchased in the OA Office or by phone (818) 888-4776 or email office@oasfvalley.org

Meeting

Directory

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

All meetings are 1 hour unless ** indicates that the time is extended. Please note that some **Contact Names** 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.	TIM COLLEEN	(323) 369-8048 (818) 359-8964	S, P, C
9:00 AM	Woodland Hills	SUNDAY MORNING WOMEN'S STAG, OA Office 20121 Ventura Blvd., #315	ALISON M. ANDREA B.	(818) 983-2855 (818) 770-1337	S, P, C, HC **1 ½ hrs.
10:00 AM	Oak Park	FOCUS ON RECOVERY, Mae Boyer Park Rec Center 130 N. Kanan Road	SAMUEL G.	(805) 494-3140	**1¼ hr
5:00 PM	Sherman Oaks	SUNDOWNER'S MEETING, Sherman Oaks Hospital 4929 Van Nuys Blvd. (1st Floor Conference Room)	COLLEEN HELEN D.	(310) 922-5661 (661) 816-0497	S, P, C, HC
Monday			Contact	Phone	Meeting
7:00 AM	Agoura Hills	AA Big Book Study 28720 Roadside Drive, Suite 200 (Enter on West side near dumpster)	MELANIE	(213) 514-2163	LS
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
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 N. Avon St. and Jeffries (Library)	JENNY K.	(510) 333-3708	S, P
7:30 PM	Woodland Hills	THE WHOLE BIG BOOK, United Methodist Church 5650 Shoup Ave.	MARK B.	(818) 399-0890	S, P, BB
7:45 PM	Encino	MONDAY NIGHT MIRACLES, Encino Community Center 4935 Balboa Blvd. (Youth friendly meeting)	HOLLY G.	(818) 970-4686	S, P, C, HC
7:00 PM	Santa Clarita	Monday Night Hour of Recovery (OA 12 & 12), Santa Clarita United Methodist Church 26640 Bouquet Canyon Road	JOAN G.	(661) 714-6068	SS, P, C
Tuesday			Contact	Phone	Meeting
7:30 AM	Studio City	BIG BOOK STUDY, Church of Christian Science 4032 Whitsett Ave.	PEARL JIM	(818) 203-0821 (818) 760-0423	S, P, BB, HC
11:15 AM	Santa Clarita	OA 12 & 12 STEP STUDY, Congregation Beth Shalom 21430 Centre Pointe Parkway	SHARON H.	(661) 305-7373	SS
11:30 AM	Woodland Hills	OA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., #315	KAHALA	(818) 430-5396	LS, SS, P, C
6:00 PM	Sherman Oaks	OA and AA 12 & 12, Steps and Traditions, Sherman Oaks United Methodist Church 14401 Dickens St. (Music Room, Upstairs)	LESLIE	(818) 974-7180	LS, S, SS, P
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N. Buena Vista Ave.	GUNIT RHONDA	(818) 923-8520 (818) 674-2577	BB
7:00 PM	Newhall	OA MEETING, Temple Beth Ami 23023 Hilse Lane (closest cross street is Walnut St.)	SUSIE O.	(661) 373-6497	S, P, C
7:00 PM	Simi Valley	LITERATURE STUDY, United Methodist Church 2394 Erringer (Room 10)	ABBY M.	(818) 497-3950	LS OA 12/12
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 Road	GAIL	(818) 389-9488	S, P, C

GOING TO A MEETING FOR THE FIRST TIME?
Call the Contact to be sure the time and location are up-to-date!

Wednesday			Contact	Phone	Meeting
7:00 AM	Santa Clarita	BIG BOOK STUDY, Santa Clarita United Methodist Church, Pre-school Teacher's Lounge 26640 Bouquet Canyon Road	SANDY Y. TERESA B.	(661) 373-3900 (661) 755-3755	LS,P,SP,SS, W,WC
7:30 AM	Studio City	OA STORIES & ABSTINENCE, Studio City Church of Christian Science 4032 Whitsett Ave. (enter through the Children's Room)	JANICE JOANNE	(818) 309-3308 (818) 430-7871	S, P, LS
10:30 AM	Woodland Hills	THE WORD ON RECOVERY, OA Office 20121 Ventura Blvd., # 315	SUSAN C.	(818) 772-5777	LS, P, HC
6:00 PM	Studio City	NO MATTER WHAT, Unitarian Church 12355 Moorpark St.	DANIELLE DEVONNA	(818) 383-3150 (812) 598-8004	S, P
6:00 PM	Newbury Park	LITERATURE STUDY, Unitarian Universalist Church 3331 Old Conejo Road (Upstairs in the Teen Room)	MARCY	(805) 499-1053	LS, P
7:00 PM	Santa Clarita	LITERATURE MEETING, Santa Clarita United Methodist Church 26640 Bouquet Canyon Road	ADELA	(310) 430-0336	LS
7:30 PM	Woodland Hills	100 POUNDER'S MEETING, OA Office 20121 Ventura Blvd., # 315	KAREN	(213) 393-1262	S, P, C, HC
Thursday					
7:30 AM	Studio City	OA 12 STEP STUDY, Studio City Church of Christian Science 4032 Whitsett Ave. (enter through the 'Children's Room')	HELEN JANICE	(213) 453-8568 (818) 309-3308	LS, SS, P, S,C
7:30 AM	Studio City	ABC FOCUS - 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	SAM	(310) 993-5606	LS, P, S
7:00 PM	Thousand Oaks	BODY IMAGE FOCUS, St. Patrick's Episcopal Church 1 Church Road, Buena Vista Room (Follow signs for church office)	JENNY H.	(310) 740-7738	S, SS, P, LS, HC
7:00 PM	Simi Valley	SPEAKER MEETING, United Methodist Church 2394 Erringer Ave. (Room 11)	ME S.	(805) 791-6160 (805) 577-8349	S, P, HC, C **1 ½ hrs.
7:15 PM	Valley Village	PRIMARY PURPOSE WOMEN'S MEETING, Faith Presbyterian Church of Valley Village 5000 Colfax Ave. (in the Choir Room)	DYAN	(818) 731-3585	S, P, C
7:30 PM	Woodland Hills	THERE IS A SOLUTION, OA Office 20121 Ventura Blvd., #315	HOLLY G.	(818) 970-4686	LS, HC, LS, P, SS, C
Friday					
7:00 AM	Agoura Hills	OA/AA STEP STUDY 28720 Roadside Drive, Suite #200 (Enter on West side near dumpster)	NORA K	(317) 418-3247	LS
7:00 AM	Woodland Hills	AA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., # 315	JANET Z.	(818) 298-7461	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
12:00 PM	Woodland Hills	BIG BOOK STUDY, OA Office 20121 Ventura Blvd., # 315	LAURA C. COLLEEN D.	(818) 359-2002 (310) 922-5661	LS
12:00 PM	Valencia	LIFELINE STUDY 23501 Cinema Drive #210	MARGARET R.	(661) 252-2385	LS
6:30 PM	La Crescenta	LITERATURE STUDY, Church of Religious Science 4845 Dunsmore Ave. (@ Santa Carlotta)	SHIRLEY WM.	(818) 951-1605	C, LS, SS, P
7:30 PM	Woodland Hills	JUMP START YOUR WEEKEND, OA Office 20121 Ventura Blvd., #315	LISA.	(818) 309-6200	LS, S
Saturday					
7:30 AM	Burbank	SPIRITWORKS CENTER FOR SPIRITUAL LIVING 260 N. Pass Avenue (just North of the 134, across from Vons)	KEN	(818) 726-5250	S, P, HC, C
9:00 AM	Simi Valley	SIMI VALLEY UNITED METHODIST CHURCH 2394 Erringer Road, Room 11	CHAS F.	(805) 587-3416	
9:30 AM	Canyon Country	LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	CECILIA	(661) 310-4361	LS
10:00 AM	North Hollywood	LITERATURE STUDY 10641 Burbank Blvd., Unit A.	CHARLEE E.	(818) 980-7939	C, HC, S, SS
10:00 AM	Thousand Oaks	WOMEN'S STAG, Ascension Lutheran Church 1600 E. Hillcrest Drive (in Library)	MARILYN	(805) 501-9335	S, P, HC, **1 ¼ hrs.
10:00 AM	Woodland Hills	SPIRITUAL MAINTAINERS, OA Office 20121 Ventura Blvd., #315	GLORIA A	(818)585-2536	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK, Studio City Park 12621 Rye St. (Recreation Bldg.)	JESSICA S. ROCHELLE P.	(323) 605-5689 (818) 985-9922	S, P, C

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