

The 5th Tradition

FEBRUARY/MARCH 2018

Abstinence is the most important thing, without exception!



Linda	1 year
Ivy S	1 year
Marchand	3 years
Heather	3 years
Adela	4 years
Joan	4 years
Alison M	5 years
Miriam	19 years
Linda S	21 years
Randy M	29 years

Celebrating 90 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

February 5	Board Meeting
February 11	Sex in Recovery
February 12	Delegates Meeting (early, due to President's Day holiday)
February 24	Unity Day
March 5	Board Meeting
March 19	Delegates Meeting

UPCOMING EVENTS

Sex in Recovery workshop, Feb. 11, 1:00 – 4:00 pm, at the OA office, 20121 Ventura Blvd., #315, Woodland Hills. See p. 2 for more information.

Unity Day, February 24, 11:30 am. See p. 2 for more information.

Big Book Comes Alive Retreat, April 6-8, 2018, in Port Hueneme. See p. 2 for more information.

NEW MEETINGS

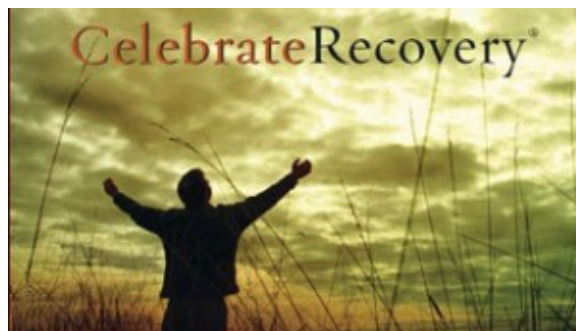
Simi Valley United Methodist Church, Saturday 9:00 am.

Santa Clarita Mental Health Center in Valencia, Friday 12:00 pm.

For more information about these meetings, see the Meeting List.

How do YOU work the 10th step?

"Continued to take personal inventory and when we were wrong, promptly admitted it."



This month, we'll look at the 10th step. How do some of your OA fellows work this step? Here are several examples!

Fellow #1: Each night I email my sponsor:

- If my food changed from what I pre-committed, I report it.
- List out ASSETS. These are things that I did well today and what tools of the program I used.
- List out any RESENTMENTS.
- List out FEARS.
- I am also on a Gratitude List email with other women in program. I make sure to list 5 things per day.

Fellow #2: For my 10th step, I fill out this information:

- God I have a resentment:
- God I have a fear:
- My assets today were:
- My liabilities today were:
- Then I pray: God, I am now entirely ready for you to remove these fears and resentments. Please remove them now. I pray only for the knowledge of your will for me and the power to carry it out.
- Gratitude:

Fellow #3: Here's another method used by some people - the **Vowels!**:

- **A** = Have I been **A**bstinent today?
- **E** = Have I **E**xercised today? [Or the **E** can be for **E**motion]
- **I** = What have I **I** done for myself today?
- **O** = What have I done for **O**thers today?
- **U** = Am I holding on to **U**nexpressed emotions today?
[Or possibly "Did I have a new **U**nderstanding or **U**ncovering?"]
- **Y** = **Y**eah (or **Y**ippy!) What is something good that happened today?

So you can see there are a variety of ways to do the 10th Step. The important thing is to just do it, and to share it with another person. Another technique for strengthening your recovery!

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 CHAIR

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

VICE CHAIR

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

SECRETARY

Diane P. (310) 780-7222
secretary@oasfvalley.org

TREASURER

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

SPECIAL EVENTS AND FUNDRAISING

Position open
intergroupdev@oasfvalley.org

LITERATURE AND

DIGITAL RESOURCES

Position open
literature@oasfvalley.org

BOARD PUBLIC OUTREACH

Leore B. (818) 384-9979
Jae F. (661) 373-9463
publicinfo@oasfvalley.org

REGION 2 REP

Janet Z. (818) 298-7461
r2rep@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497
Alison M. (818) 983-2855
workshops@oasfvalley.org

WORLD SERVICE REP

Gunit K. (818) 923-8520
wsorep@oasfvalley.org

NEWSLETTER

Matt A. (310) 701-3677
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
pc5965@yahoo.com
Denise B.
dbillings@roadrunner.com
Heather HT.
hlhgraphics@gmail.com
Jacqui
glitzie2@gmail.com
Linda S.
lindavoic23@gmail.com
Ray J.
rayjoseph32253@gmail.com
Shirley W-M.
wittmiya@aol.com
Steve
SeeSteve@yahoo.com

The Big Book Comes Alive Retreat

The Channel Islands Intergroup is putting on this retreat, April 6-8, at the Holiday Inn Express, 350 E. Port Hueneme Road in Port Hueneme.. Look for the flyer and registration form at your meetings, or use the link on our website, <http://oasfvalley.org/>.

Workshop – Sex in Recovery

A workshop will be offered, for women only, called “Everything (about sex) that Mommy didn’t tell you!” This will be led by one of our fellows on Sunday, February 11 in the OA Office from 1-4 pm. Contact Linda and Alison at workshops@oasfvalley.org for more info.

Unity Day

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February (the 24th), at 11:30 am Pacific Standard Time, OA members pause to reaffirm the strength inherent in OA’s unity.

A Few Words from the Chair

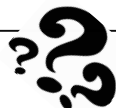
Welcome to 2018 and your new Board! You can see the names, phone numbers, and email addresses on this page. We are all here to serve you, our SFV Intergroup fellowship, so feel free to let us know of any concerns or suggestions you might have.

I am honored to serve as your Chair for 2018. May we all work together to find ways of strengthening our individual recovery and our group solidarity. Principles Before Personalities!

Bonnie K., Chair, 2018



DID YOU KNOW



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

- 5th Tradition Editor: editor@oasfvalley.com **AND**
- OASFVI website: vicechair@oasfvalley.com **AND**
- World Service website: www.oa.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.oa.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. **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.	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 DORITT	(818) 292-4698 (818) 222-6365	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)	IRIS GUNIT	(818) 394-9973 (818) 923-8520	S, P, C, HC
Monday					
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')	PEARL	(818) 203-0821	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, Room 9 2420 E. Hillcrest Drive	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.	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
8:00 PM	Santa Clarita	OA 12 & 12, Santa Clarita United Methodist Church 26640 Bouquet Canyon Road	JONATHAN S.	(661) 714-4707	SS, P, C
Tuesday					
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?

Please call the Contact Person 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 MATT A	(818) 309-3308 (310) 701-3677	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	WOMEN'S STAG, 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
NOTE: New start time, meeting is now 1 hour					
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	LINDA S.	(818) 383-2536	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.	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	JO CASEY J.	(818) 995-6950	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK, Studio City Park 12621 Rye St. (Recreation Bldg.)	MAGGIE F. IRA H.	(818) 970-9551 (323) 222-4116	S, P, C

GOING TO A MEETING FOR THE FIRST TIME?

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