

The 5th Tradition

JUNE - JULY 2018

H is for Honesty ~ O is for Openness ~ W is for Willingness

(p. 549 AA Big Book, Freedom from Bondage story)

Cut out and laminate for your purse or wallet.



| | |
|--------------|----------|
| Christine B. | 1 year |
| Kim L. | 3 years |
| Miriam H. | 3 years |
| Sam G. | 3 years |
| Jacqui R. | 30 years |
| Ron F. | 30 years |

Celebrating 70 years of recovery!

If you've had a birthday, send your name and years of recovery to editor@oasfvalley.org.

PAY IT FORWARD

Celebrate your birthday by donating a monetary gift to OA. OA relies on the contributions of members. Your contributions help to keep OA paying it forward to all who suffer from the disease of anorexia, bulimia and compulsive overeating.

CALENDAR

| | |
|----------|----------------------|
| June 4 | Board Meeting |
| June 18 | Delegates Meeting |
| June 24 | 12thStepWithin Wkshp |
| July 2 | Board Meeting |
| July 16 | Delegates Meeting |
| August 5 | OA Cabaret |

UPCOMING EVENTS

OA CABARET

presents

A NIGHT OF COMEDY

Sunday, August 5th

from 5pm to 8pm

(Save the Date!)

Corbin Bowl Lounge,

19616 Ventura Blvd., Tarzana, CA
91356 ~ (818) 996-2695

Tickets will be available in June!



OA 12 Steps

| Step | Spiritual Principle |
|---------|---------------------|
| Step 1 | Honesty |
| Step 2 | Hope |
| Step 3 | Faith |
| Step 4 | Courage |
| Step 5 | Integrity |
| Step 6 | Willingness |
| Step 7 | Humility |
| Step 8 | Self Discipline |
| Step 9 | Love |
| Step 10 | Perservance |
| Step 11 | Spiritual Awareness |
| Step 12 | Service |

OA 12 Traditions

| Tradition | Spiritual Principle |
|--------------|---------------------|
| Tradition 1 | Unity |
| Tradition 2 | Trust |
| Tradition 3 | Identity |
| Tradition 4 | Autonomy |
| Tradition 5 | Purpose |
| Tradition 6 | Solidarity |
| Tradition 7 | Responsibility |
| Tradition 8 | Fellowship |
| Tradition 9 | Structure |
| Tradition 10 | Neutrality |
| Tradition 11 | Anonymity |
| Tradition 12 | Spirituality |



What is 60 / 30 / 10?

After paying monthly room fees and expenses, excess meeting funds are sent to the SFV Intergroup (60%), World Services (30%) and Region 2 of OA (10%).

FOOD REBOOT – A 12TH STEP WITHIN WORKSHOP

Sunday, June 24th, 2 pm to 5 pm at the OA SFV Office. This workshop is about designing a mindful practice that keeps our food choices in step with our spiritual and emotional recovery.

CALLING ALL CRAFTERS

If anyone is interested in hosting a craft afternoon or evening, please contact Miriam H. at intergroupdev@oasfvalley.org

SPONSORSHIP WORKSHOP

July 14th, 12 pm to 2 pm
SGVIE OA Meeting Room
1157 East Arrow Highway, Suite #4.
Glendora, CA. 91740, \$10 donation
Call: Sandy (626) 272-7708 oasgvie.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, 6:45pm – 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

TREASURER

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

SPECIAL EVENTS & FUNDRAISING

Miriam H. (805) 791-4659
intergroupdev@oasfvalley.org

LITERATURE & DIGITAL RESOURCES

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

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

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
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

READING, WRITING, MEDITATION, PRAYER
Saturday, August 4th,
10 am to 12 pm ~ SGVIE OA Meeting Room, 1157 East Arrow Highway, Suite #4, Glendora, CA 91740, Suggested donation \$10
Call: Sandy (626) 272-7708

“If you have a resentment you want to be free of, if you pray for the person or the thing that you resent, you will be free.” -AA Big Book page 552

SAVE THE DATES!

Dec. 18th, Candlelight Promises
Jan. 18-20, 2019 OA Birthday Party

Commitment and Service = RECOVERY
“Don’t give up until the miracle happens.”
- AA Big Book, page 445.

Calling all those who entered recovery between 18-30. The OA World Service Young People Committee is looking for members to share their stories in written articles. For more information and/or questions, email youngpersons@oa.org

“Resentment is the number one offender.
It destroys more alcoholics than anything else.
From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.”
-AA Big Book, page 64.

BODY IMAGE WORKSHOP

Saturday, June 23rd,
1:30 pm to 3:30 pm
OAsis, 8825 Aero Drive, San Diego, CA 92123
Call: Elyesse U.
(858) 531-0045



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 LA TAL | (310) 922-5661 (714) 244-2495 | 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) | 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 (1st floor - 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 | | | | | |
| 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 | (818) 923-8520 | 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 (SATURDAY SHARING) 2394 Erringer Road, Room 11 | CHAS F. | (805) 587-3416 | LS, P, C, HC |
| 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) 986-9922 | S, P, C |

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