

THE 5TH TRADITION

OA San Fernando Valley Intergroup • 7133-B Darby Ave • Reseda, CA 91335 • www.oasfvalley.org • email: info@oasfvalley.org
General Info 818.342.2222 • Business Office 818.881.4776 • Hours: Mon, Tues, Thurs 12-3:30pm, 1st Wed 6-7:30pm, 3rd Mon 6-7:30pm

12th Step Within Committee Presents:

FIND YOUR PATH TO FREEDOM

Saturday, January 26 from 2-4pm at the OA Darby Office, 7133-B Darby Ave, Reseda

Let 2013 be freeing! Explore what keeps you in bondage to the food and find ways to work a spiritual program to free yourself from that. Come to the Find Your Path to Freedom Workshop on Saturday, January 26 from 2 to 4 pm. There is a suggested donation of \$7. Please bring paper and pencil. Free parking in the lot across from the OA office, do not use bank lot. For more information, contact Abby M. 818.497.3959 or massey.abigail@yahoo.com or Gunit 818.923.8520 or gunitkb@gmail.com.

12th Step Within Committee Presents:

LOVE YOURSELF- SELF CARE STARTS WITH YOU

Sunday, February 17 from 2-4pm at the OA Darby Office, 7133-B Darby Ave, Reseda

Develop ways to love and take care of yourself. Come to the Love Yourself- Self Care Starts With You Workshop on Sunday, February 17 from 2 to 4 pm. There is a suggested donation of \$7. Please bring paper and pencil. For more information, contact Abby M. 818.497.3959 or massey.abigail@yahoo.com or Gunit 818.923.8520 or gunitkb@gmail.com.

Intergroup Development Presents:

OA UNITY DAY

Saturday, February 23 from 11am-3pm at Woodley Park Section 1, 6335 Woodley Ave, Van Nuys

Please join us for OA Unity Day on Saturday, February 23 from 11am to 3pm. Go for a walk, enjoy fellowship, bring your own lunch, and hear great speakers share on the topic of OA unity. There is a suggested donation of \$5. Picnic tables available or bring your own chair. For more information or to volunteer to help, contact Joanne S. 818.939.4105 or jvsilva19@hotmail.com.

SPECIAL UNITY DAY OPPORTUNITY! WE ARE OFFERING A NEW STARBUCKS VERISMO MACHINE (VALUE \$200)

Only 50 tickets will be sold at \$10 a ticket. We will pick the winning ticket at the Unity Day Event. You do not need to be there to win, but we hope you are there! Tickets will be available January 26 at the "Find Your Path to Freedom" Workshop from Board Members and at the February Delegates Meeting until tickets run out.



OA Related Announcements

NEW MEETING LOCATIONS & A NEW OA MEETING

The Tuesday, Wednesday, Friday, and Sunday 7:30am meetings, located at the Unitarian Universalist Church in Studio City will be moving, effective February 1, 2013. The new location is 4032 Whitsett Ave, Studio City at the Studio City Church of Christian Science. Access parking lot from Valleyheart. Enter the building through the 'Children's Room'.

Thursday 7:30pm, Woodland Hills There is a Solution AA 12 & 12 Book Study has moved to Kaiser Permanente Woodland Hills, 5601 DeSoto Avenue, Entrance 5, Auditorium B.

A new meeting has started in the West San Fernando Valley on Tuesday mornings. The Sunshine OA 12 & 12 Book Study meets at 7:00am in the Woodland Hills Community Church, 21338 Dumetz Road.

BIRTHDAYS

1 Year	Marti
1 Year	Shannon
3 Years	Anita
3 Years	Chas
4 Years	Kristen
6 Years	Jill

If you have a birthday coming up, please email morell321@gmail.com.

CALENDAR

Jan 26	Find Your Path to Freedom Workshop
Feb 4	Board Meeting
Feb 17	Love Yourself-Self Care Starts With You Workshop
Feb 18	Delegates Meeting
Feb 23	Unity Day Event

LITERATURE CORNER

CDs from OA workshops are a great deal, many are only \$10 each. Get your copies now!

Go to www.oasfvalley.org, contact the OA office, or see your literature representative for an order form.

Find us online at www.oasfvalley.org • "OASFValley" on Facebook and Twitter

MEETING DIRECTORY

SUNDAY

7:30 AM	Studio City	Focus On Permanent Recovery , Unitarian Church, 12355 Moorpark, 1st floor. New location effective February 1: Studio City Church of Christian Science, 4023 Whitsett Ave	Kevyn Judy	(818) 509-2923*	S, P, C	\$496.61
9:00 AM	Reseda	Sunday Morning Women's Stag , OA Office, 7133-B Darby Ave	Sandy	(818) 326-1388*	S, P, C, HC	\$1,643.39
9:00 AM	Panorama City	Recovery From Relapse , Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Alison S. Elisa K.	(818) 292-4698 (818) 983-8339	1 hr, S, P, HC	\$1,549.30
10:00 AM	Oak Park	Focus on Recovery , Mae Boyer Park Rec Center, 130 N Kanan Rd	Trisha Diana	(805) 990-5549* (805) 496-9394*	1¼ hr	\$1,102.43
5:00 PM	Sherman Oaks	Sundowner's Meeting , SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Rochelle	(818) 986-9922*	S, P, C, HC	\$853.77
8:00 PM	Santa Clarita	Santa Clarita Methodist Church , Small World Preschool Teacher's Lounge, 26640 Bouquet Canyon Rd	Jessica Ingrid Randy	(661) 297-2252* (818) 535-1838* (661) 312-9868*		
8:00 PM	Reseda	Sunday Night Solutions , OA Office, 7133-B Darby Ave	Mark B.	(818) 399-0890*	S, P, C, HC, 1¼ hr	\$1,193.76

MONDAY

7:30 AM	Studio City	Focus On Permanent Recovery , Studio City Church of Christian Science, 4023 Whitsett Ave, enter through the 'Children's Room'	Rhoda Shari	(805) 509-2230 (310) 880-4750	S, P, LS	\$407.51
12:30 PM	Reseda	Literature-OA 12&12 , OA Office, 7133-B Darby Ave	Frank Linda	(818) 376-0502* (818) 882-8640*	1 hr, LS	\$529.65
6:00 PM	Thousand Oaks	La Ventana Treatment , 275 E. Hillcrest Drive, Suite 125				
7:30 PM	Burbank	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	Kelley S.	(818) 284-5524	S, P, BB	\$420.90
8:00 PM	Valencia	OA 12 & 12 , Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Gina	(661) 993-1770*	SS, S, P, C	\$148.00
8:00 PM	Encino	Monday Night Miracles , Encino Community Center, 4935 Balboa Blvd. Youth friendly meeting	Mike	(818) 422-6453	S, P, C, HC, 1hr	\$1,359.34

TUESDAY

7:00 AM	Woodland Hills	Sunshine OA 12 & 12 Book Study , Woodland Hills Community Church, 21338 Dumetz Rd	Dan Vladka	(818) 309-9294 (818) 807-4523		
7:30 AM	Studio City	Big Book Study , Unitarian Church, 12355 Moorpark, 1st floor. New location effective February 1: Studio City Church of Christian Science, 4023 Whitsett Ave, enter through the 'Children's Room'	Beverly Katie	(818) 687-4942 (818) 519-6540	S, P, BB, HC	\$523.86
11:15 AM	Santa Clarita	OA 12 & 12 Step Study , 21430 Centre Pointe Parkway	Marianna	(661) 645-0604*	SS, 1hr	\$20.10
11:30 AM	Reseda	AA 12 & 12 , OA Office, 7133-B Darby Ave	Tiana	(818) 644-7017*	P, 1hr	\$689.94
6:00 PM	Van Nuys	AA 12 & 12 , St Mark's Episcopal Church, 14646 Sherman Way	Sandy S.	(818) 982-2392*	SS, 1hr	\$410.00
6:30 PM	Reseda	Big Book Study , OA Office, 7133-B Darby Ave	Debbie M.	(818) 426-1052	BB, HC, 1hr	\$278.90
7:00 PM	Newhall	Barnabus House , NEW LOCATION: 23023 Hilse Lane (Closest Cross-Street is Walnut Street)	Judy Deon	(818) 618-2387 (661) 252-5333	S, P, C	\$270.00
7:00 PM	Simi Valley	United Methodist Church , 2394 Erringer, Room 10	Karen	(805) 584-6098*	LS	\$175.00
7:30 PM	Lancaster	Lutheran Church, 1821 W Lancaster Blvd	Gail	(661) 772-5833*	P	
7:30 PM	Oak Park	Mae Boyer Park , 130 N Kanan Road	Felice R.	(818) 889-0930*	S, P, C	\$314.14
8:00 PM	Reseda	Came To Believe , OA Office, 7133-B Darby Ave	Connie	(323) 856-3060	LS, S, P, HC	\$880.82

*Please call to confirm time and location of this meeting. If you attend this meeting, please update secretary name and phone number to 5th Tradition editor.

All meeting contributions are year to date as of year end 2011. Meeting Treasurers: Please reconcile your 7th Tradition and distribute monthly! A current Form 990 is available in the OA Reseda Darby office and available to our members. Our 7th Tradition states: "Every OA group ought to be fully self supporting, declining outside contributions." **Please consider a \$3.00 donation per meeting to help in our goal to carry the message!**

All format emphasis of the groups listed are for the convenience of the fellowship. It is the policy of Overeaters Anonymous and the San Fernando Valley Intergroup 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.

MEETING CODES: BB = Big Book study, C = Chips given for lengths of abstinence, HC = Handicapped facilities available, HOW = Structured suggestions for recovery, LS = Literature Study, NC = Newcomer's Meeting (usually ½ hour before the meeting begins), P = Participation meeting, Q&A = Questions and Answers, S = Speakers Meeting, SS = Step Study, W = Writing Meeting. All Meetings are Non-Smoking.

WEDNESDAY

7:30 AM	Studio City	OA Stories & Abstinence , Unitarian Church, 12355 Moorpark, 1st floor. New location effective February 1: Studio City Church of Christian Science, 4023 Whitsett Ave, enter through the 'Children's Room'	Chris V. Janice	(818) 845-8646 (818) 309-3308	S, P, LS	\$243.15
10:15 AM	Studio City	Woman's Stag , Call for Location	Rhoda S.	(818) 766-2863*		
10:30 AM	Reseda	The Word On Recovery , OA Office, 7133-B Darby Ave	Robin	(818) 515-9365*	LS, P, HC, 1hr	\$2,135.94
6:00 PM	Woodland Hills	Overeaters Anonymous, The First Step in Recovery , Kaiser Permanente Woodland Hills, 5601 De Soto Ave, Various rooms, please contact alison.p.sullivan@gmail.com OR visit the info desk at Entrance 4	Alison	(818) 292-4698	LS, Q&A, 1 hr	
6:00 PM	Studio City	No Matter What , Unitarian Church, 12355 Moorpark	Hila Sheila	(818) 766-4201* (818) 762-7688*	S, P	\$38.69
6:00 PM	Thousand Oaks	Literature Study , 275 E. Hillcrest Drive, Suite 125	Aline	(805) 906-9938*	P	\$163.58
7:00 PM	Valencia	Santa Clarita Methodist Church , 26640 Bouquet Cyn Rd	Linda	(661) 607-6536	BB,S,P,LS 1hr	
8:00 PM	Reseda	100 Pounder's Meeting , OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Chris	(818) 609-9382*	S, P, C, HC	\$2,063.17
8:00 PM	La Crescenta	12 Steps & 12 Traditions Study , Living Stones SDA Church, 6235 Honolulu Avenue	Cathy	(818) 352-5415*	SS, 1hr	

THURSDAY

7:00 AM	Woodland Hills	Sunshine Big Book Study , Woodland Hills Community Church, 21338 Dumetz Rd	Barbara O. Alison S.	(818) 585-2384 (818) 292-4698	BB	
7:00 AM	Newhall	Barnabus House , 24417 Chestnut St	Deon	(661) 252-5333		
7:30 AM	Studio City	OA 12 Step Study , Studio City Church of Christian Science, 4023 Whitsett Ave, enter through the 'Children's Room'	Julee Hila	(818) 648-3666 (818) 489-1039	LS, SS, P, S,C	\$239.35
7:30 AM	Studio City	Anorexic/Bulimic Emphasis , Unitarian Church, 12355 Moorpark, 2nd floor	Angie* Eva*	(818) 294-8196* (818) 486-3802*	S, P, C	
12:00 PM	Reseda	OA Literature Study/Participation Meeting , OA Office, 7133-B Darby Ave (please, no parking in bank parking lot)	Connie*	(323) 856-3060	LS, P, 1 hr	\$655.58
7:00 PM	Lancaster	Big Book Study , Call for location.	Theresa* Corine*	(661) 948-7015 (661) 722-9381		
7:00 PM	Simi Valley	United Methodist Church , 2394 Erringer Ave, Room 11, <i>Speaker meeting except first Thursday of the month is on a Step</i>	Kathy	(805) 404-0955	S, P, HC, C	\$783.20
7:15 PM	Studio City	Primary Purpose Women's Meeting , Little Brown Church, 4418 Coldwater Canyon	Kim* Chantel*	(818) 317-5593 (303) 919-8566	1 hr, S, P	\$381.33
7:30 PM	Woodland Hills	There is a Solution , AA 12 & 12 Meeting, Kaiser Permanente Woodland Hills, 5601 De Soto Ave, Auditorium B	Michelle G.	(818) 687-5038	LS, HC, LS, P, SS	\$622.00
9:30 PM	Reseda	Late Night Recovery , OA Office, 7133-B Darby Ave	Gregg	(818) 510-4762*	1 hr, L	\$823.06

FRIDAY

7:30 AM	Studio City	Focus on Permanent Recovery , Unitarian Church, 12355 Moorpark, 1st floor. New location effective February 1: Studio City Church of Christian Science, 4023 Whitsett Ave, enter through the 'Children's Room'	Maegan	(917) 622-7906*	SS, (AA), P	\$490.00
12:00 PM	Thousand Oaks	Anorexic/Bulimic/COE Emphasis , Christian Church of Thousand Oaks, 301. W. Avenida de Las Flores	Diana	(805) 496-9394*	LS, Brown Bag, Closed Meeting	
6:30 PM	La Crescenta	Church of Religious Science , 4845 Dunsmore Ave (@ Santa Carlotta)	Shirley W-M	(818) 951-1605*	C, SS, P, 1 hr	\$60.00
6:30 PM	Burbank	Speaker/Step Study , Little White Chapel, 1711 Avon Ave (upstairs)	Sara V	(818) 766-0583*	SS, S, P, 1 hr	\$175.00
7:00 PM	North Hills	Acceptance is the Key , Unitarian/Universalist Church, 9550 Haskell Ave	Heather HT	(818) 203-9665	S, SS, C, 1 hr	
7:30 PM	Reseda	Jump Start Your Weekend , OA Office, 7133-B Darby Ave	Connie Linda	(323) 856-3060* (818) 383-2536*	1 hr	\$931.77

SATURDAY

7:30 AM	Burbank	Westminster Presbyterian Church , 542 N Buena Vista (no child care)	Jennie	(310) 717-7710	S, P, HC, 1 hr	\$2,065.51
8:30 AM	Reseda	OA 12 & 12 Study , OA Office, 7133-B Darby Ave		*	SS, HC, 1hr	\$222.15
9:30 AM	Canyon Country	Book Study , "The Cocoon" Mini Mall, 27013 Langside Ave, Suite L	Judy A. Jodi	(818) 618-2387* (661) 313-2661*	LS	
10:00 AM	Burbank	United Methodist Church , 2828 Magnolia Blvd	Charlee	(818) 980-7939*	C, HC, S, SS	\$640.00
10:00 AM	Thousand Oaks	Women's Stag , 275 E. Hillcrest Drive, Suite 125 (parking & entrance is in the back of the building)	Kelley S.	(818) 284-5524*	S, P, HC	\$847.27
10:00 AM	Reseda	Spiritual Maintainers , OA Office, 7133-B Darby (please, no parking in bank parking lot)	Carolyn Linda	(818) 645-3791* (818) 383-2536*	S, P, HC, 1.5 hrs	\$2,980.42
11:00 AM	Agoura Hills	New Hope Lutheran Church 29295 Agoura Rd	Rose	(818) 879-0914*		
2:30 PM	Studio City	Studio City Park , 12621 Rye Street (Recreation Bldg.)	Rochelle	(818) 986-9922*	S, P, C, 1hr	\$1,116.79
6:30 PM	Reseda	Saturday Night's Alright for Recovery! OA Office, 7133-B Darby Ave	Sonia	(818) 786-9113*		\$13.50

CONTACT INFORMATION

EMAIL OUTREACH

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If you would like to add your email address to the list, email morell321@gmail.com

Make use of our donated soda machine with sugar-free sodas and large bottles of water. Drink lots of water!!!

OA San Fernando Valley Intergroup Service Board

Board Chair Holly G. 818.970.4686 hgrasso@att.net	12th Step Within Abby M. 818.497.3950 massey.abigail@yahoo.com	Region 2 Representative Alison S. 818.292.4698 alison.p.sullivan@gmail.com
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Secretary Kim K. 818.317.5593 krkrug@msn.com	Literature-Lifeline Chas F. 805.583.3600 chas.ferry@mac.com	Intergroup Development Joanne S. 818.939.4105 jvsilva19@hotmail.com
Professional Outreach Carol B. 818.370.3602 cmb4252@ca.rr.com	World Service Representative Matt S. 310.990.4972 m.adamshepherd@gmail.com	

Outreach Contact Information

Before that first compulsive bite, call or email instead. ABSTINENCE is the MOST IMPORTANT THING ...without exception!

24 HOUR HOTLINE	SPECIFIED HOURS	OTHER OA NUMBERS
Bernice 818.763.6387	Carla 818.642.8543	For meetings outside the Southern California area, call the OA World Service office M-F from 8AM to 4:30PM MT at 505.891.2664, or log onto the Internet and find a meeting at www.oa.org .
Dan L. 818.309.9294 (M)	Leave message	Beach Cities (310) 374-8533
Ira H. 818.222.4116 (M)	Gail P. 818.769.7506	Foothill (626) 568-7511
Mary Ann 818.652.6124	10AM – 6PM	Inland Empire (909) 715-2080
Mary P. 818.848.2994	Shellie 818.294.5837	LA Intergroup (323) 653-7652
Paul H. 818.787.0288 or	9AM – 8PM	San Diego (619) 521-2538
818.317.5681 (M)	Susan L. 818.845.1368	San Gabriel (626) 335-3355
Steve 818.298.8002	9AM – 9PM	Channel Islands (805) 899-3250
Wanda Z. 818.896.7262 (M)	8AM – 8PM	South Bay (562) 493-9030
M.E. 805.577.8349	Shoshanna 805.404.5315	RELATED NUMBERS
Terri 805.495.8881 (M)	4PM – 9PM	CEA-HOW (310) 364-4359
Jim S 805.908.1199	Gail 661.722.5833	
Deon 661.254.7360 (M)	7PM – 11PM	
Jodi 661.313.2661	Cindy S. 949.370.9453	
Ric 661.254.7360 (M)	noon to 3am msg	
Patricia S. 818.564.8154	Liza 818.203.9530	
Fred V. 323.569.6230	8AM – 9PM	
Hank 818.939.4232		

Did you know?

- OA San Fernando Valley Intergroup (OASVIG), supports all OA meetings from Glendale to Thousand Oaks, from LaCrescenta to Santa Clarita and Simi Valley and the entire San Fernando Valley.
- There are currently 59 meetings per week in the OASVIG, 14 of which are held at the Darby location.
- OASVIG is part of Region 2 – which encompasses California, Hawaii, Mexico and Northern Nevada, one of 10 Regions that make up OA World Service that has over 6,500 groups in 60 countries.

SPANISH OUTREACH

Sam J. está disponible para los miembros de habla hispana del OA. Llámelo por favor en (818) 564-4014.

Has your meeting GOT DELEGATE?

Be of service and please attend all delegates meetings, held on the 3rd Monday of the month, 7:30pm at the OA Darby office. Contact Delegates Coordinator Erika 818.414.0192 or evsatie@gmail.com

SERVICE OPPORTUNITIES

Want to be a part of the Evolution of Media for the SF Valley Intergroup? We are forming a committee to explore various ways of delivering our digital media to our membership! Please contact Carol B. 818.370.3602 or cmb4252@ca.rr.com to join.

If you would like to help create a home within a home for the young people of OA, contact Matt S. 310.990.4972 or m.adamshepherd@gmail.com to learn how you can be of service.