

THE 5TH TRADITION

OA San Fernando Valley Intergroup • 20121 Ventura Blvd., # 315 • Woodland Hills, CA 91364 • www.oasfvalley.org • email: info@oasfvalley.org
General Info 818.342.2222 • Business Office 818.888.4776 • Hours: Tues. and Thurs. 12 p.m.-3:30 p.m., Wed. 3 p.m.-6:30 p.m.,
3rd Mon. of the month (office opens before Delegates Meeting, 6:30 p.m. -7:30 p.m.)

Literature Chair Presents:

Workshops available to listen

The ABC's of Abstinence is now available as a free podcast on our website. Also available are Freedom from Bondage Workshop, Granada Hills (5 hours), OA 49th Birthday Celebration (12 Hours), Big Book Boot Camp with Harlan G (5 hours), and Food School (3 hours). For more information, please contact Chas, chas.ferry@mac.com, 805.583.3600.

LA Intergroup Presents:

55th OA Birthday Party Celebration, "Free"

January 23-25, 2015, at the LAX Hilton, 5711 West Century Blvd., LA, CA 90045

To register, go to oabirthday.com. Make a whole weekend of fun and stay at the Hilton at low negotiated rate, \$109/night up to 4 people. Join hundreds of compulsive overeaters from across the United States, Canada and other countries gather in LA for a weekend of recovery and fellowship. The party is the main Special Event of the year for the LA Intergroup. Its purpose is to enhance personal recovery in OA, raise funds to keep the intergroup thriving, and highlight fellowship and service. Questions or more information, please contact Naomi, stevenson.naomi@gmail.com.

OA RELATED ANNOUNCEMENTS - MEETING CHANGES

OA Intergroup Office: We have a new home! 20121 Ventura Blvd., # 315, Woodland Hills, 818.888.4776

New Meeting: Fridays, 7 a.m., AA12 and 12 Step Study, at the new OA office in Woodland Hills. Questions, call Mike F., 818-398-2091.

Friday night North Hills meeting, "Acceptance is the Key", will now be starting at 6:30 p.m. instead of 7 p.m. Questions, please contact Heather 818.203.9665.

Wednesday, 6 p.m. First Step of Recovery meeting has moved to new OA office, no longer at Kaiser Permanente.

Thursday, 7:30 p.m., Woodland Hills meeting has now moved to new OA office, no longer at Kaiser Permanente.

Wednesday, 6:00 p.m., Newbury Park meeting has now moved to 3327 Old Conejo Road, 91320. Questions, please contact Rhory 805.906.9938.

Thursday, 7:00 a.m., Dumetz meeting in Woodland Hills, will be moving to the OA office in Woodland Hills starting January 1st, 2015. Questions, please contact joannaj@me.com.

Tuesday, 7:00 a.m., Sunshine meeting in Woodland Hills, will be moving to the OA office in Woodland Hills starting January 1st, 2015. Questions, please contact John E. 818.268.2945.

Note to those attending a new meeting: Advisable to please call the meeting contact prior to attending the meeting to make sure the meeting is still taking place.

BIRTHDAYS

1 Year	Susan
1 Year	Adela G.
2 Years	Joe
2 Years	Melody B.
3 Years	Andrea
16 Years	Adam
17 Years	Rhennetta W.

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

CALENDAR

Jan. 5	Board Meeting, 7:30 p.m.
Jan. 19	Delegate Meeting, 7:30pm
Jan. 23-25	OA Birthday Party

LITERATURE CORNER

Literature Chair Requests Service...

Help your own recovery and others... Willing to help get CDs onto website and podcast? Learn how to rip audio from our CD library and upload it to our website. Chas will show you how.... Contact him at 805.587.3416, or chas.ferry@mac.com

CONTACT INFORMATION

EMAIL OUTREACH

Carla N
pc5965@yahoo.com

Cindy S
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Steve
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Ray J.
rayjoseph32253@gmail.com

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

Make use of our fridge with bottles of water. Honor system to please leave \$1 for your water. Drink lots of water!!!

OA San Fernando Valley Intergroup Service Board

Board Chair
Holly G. 818.970.4686
hgrasso@att.net

Vice Chair
Susan 818.219.4122
iaminrecoverytoday@gmail.com

Treasurer
Anita M. 310.948.3277
oa2012treasurer@gmail.com

Secretary
Kathy R. 917.604.2568
kittykat668@aol.com

Professional Outreach
Carol B. 818.370.3602
cmb4252@ca.rr.com

12th Step Within
Pearl 818.203.0821;
pearl.ricci@gmail.com

Jim 818.760.0423

5th Tradition
Gunit 818.923.8520
gunitkb@gmail.com

Literature-Lifeline
Chas F. 805.583.3600
chas.ferry@mac.com

World Service Representative
Matt S. 310.990.4972
m.adamshepherd@gmail.com

Region 2 Representative
Alison S. 818.292.4698
alison.p.sullivan@gmail.com

Public Information
Elisa K. 818.983.8339
wrlptrvrr@hotmail.com

Intergroup Development
Heather HT. 818.203.9665
hlhgraphics@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

Bernice 818.763.6387
Dan L. 818.309.9294 (M)
Ira H. 818.222.4116 (M)
Mary Ann 818.652.6124
Mary P. 818.848.2994
Paul H. 818.787.0288 or
818.317.5681 (M)
Steve 818.298.8002
Wanda Z. 818.896.7262 (M)
M.E. 805.577.8349
Terri 805.495.8881 (M)
Jim S 805.908.1199
Deon 661.254.7360 (M)
Jodi 661.313.2661
Ric 661.254.7360 (M)
Patricia S. 818.564.8154
Fred V. 323.569.6230
Hank 818-939.4232

SPECIFIED HOURS

Carla 818.642.8543
Leave message
Gail P. 818.769.7506
10AM – 6PM
Shellie 818.294.5837
9AM – 8PM
Susan L. 818.845.1368
9AM – 9PM
Stacie H. 818.645.0146
8AM – 8PM
Shoshanna 805.404.5315
4PM – 9PM
Gail 661.722.5833
7PM – 11PM
Cindy S. 818.406.1310
noon to 3am msg
Liza 818.203.9530
8AM – 9PM
Ray J. 818.200.9576
9AM-8PM

OTHER OA NUMBERS

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.

Beach Cities (310) 374.8533
Foothill (626) 568.7511
Inland Empire (909) 715.2080
LA Intergroup (323) 653.7652
San Diego (619) 521.2538
San Gabriel (626) 335.3355
Channel Islands (805) 899.3250
South Bay (562) 493.9030

RELATED NUMBERS
CEA-HOW (310) 364.4359

Did you know?

- OA San Fernando Valley Intergroup (OASVIG), supports all OA meetings from Glendale to Thousand Oaks, from La Crescenta to Santa Clarita and Simi Valley and the entire San Fernando Valley.
- There are currently 56 meetings per week in the OASVIG, 11 of which are held at the Woodland Hills Headquarters.
- 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? If not, you might be missing out on great info.

Be of service and please attend all delegates meetings, held on the 3rd Monday of the month, 7:30pm at the OA Woodland Hills office. Contact Delegates Coordinator Kim K. 818.318.5593 or krkrug@msn.com

SERVICE OPPORTUNITIES

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.

Professional Outreach is looking for speakers to share experience, strength and hope. If you're willing to be of service, please contact Carol B., cmb4252@ca.rr.com