

# The 5<sup>th</sup> Tradition

February/March, 2015

**Abstinence is the most important thing, without exception!**



## OA

### BIRTHDAYS!

Carla	15 years
Theresa	12 years
Kim K	6 years
Chris D	5 years
Alison	2 years
Maggie	2 years
Molly	2 years

**Celebrating 44 years of recovery!.**

If you have a birthday coming up,  
PLEASE contact the 5<sup>th</sup> Tradition Editor.

## CALENDAR

Feb. 2	Board Meeting
Feb. 7	12 Step Within Workshop
Feb. 16	Delegate's Meeting
Feb. 28	Unity Day
Mar. 2	Board Meeting
Mar. 16	Delegate's Meeting



## ...WATER...WATER...

We have water for you in our little OA Office  
Fridge, \$1.00 per bottle. Please leave your  
\$\$\$ in the Cash Box!

### OFFICE HOURS

<b>Mon.</b>	6:45 - 7:30 pm (before Delegate's Mtg.)
<b>Tues.</b>	12:00 - 3:30 pm
<b>Wed.</b>	4:00 - 7:00 pm
<b>Thurs.</b>	12:00 - 3:30 pm
<b>Sat.</b>	11:30 - 1:00 pm
<b>Sat.</b>	(½ hour before each OA Workshop)

## OUR RECOVERY CORNER

If you have a 'God Shot', an inspiring interaction with a newcomer, or a story to share, please submit it to the 5<sup>th</sup> Tradition Editor (100 words or less). We would Love to share your story with our fellowship!  
A member submitted the following:



**Each day, we face challenges and conflicts that can develop into opportunities for growth and recovery. Here is an 'oldie but a goodie' ... My A,E,I,O,U' s, and sometimes Y...**

- A** – **Abstinence** - *What did I eat today?*
- E** – **Exercise** - *What did I do for my bodily health?*
- I** – **(me)** - *What did I do for myself?*
- O** – **Others** - *What did I do for others?*
- U** – **Uncover** - *What do I need to look at today? ... And*
- Y** – **You, God** - *What did I do to strengthen my connection with God today?*

## EVENTS & NEWS

### 12 Step Within Workshop

- **Transitions (Abstaining Through Transitions)**  
Feb. 7, 2015, 2:00 - 4:00 pm, OA Office, Workshop Price: FREE!

### Delegate News

- Delegate's Meetings are held the 3<sup>rd</sup> Monday of each month, 7:30 pm., in the OA Office.
- So that we can provide an accurate Meeting Directory, please collect 'new' Secretary info from your meeting and send to the 5<sup>th</sup> Tradition Editor.

### Literature News

- Great News! OA Literature Orders can be placed as follows:
  - Call - 818.888.4776
  - Fax - 818.888.4775
  - Email - [oasfvalley@gmail.com](mailto:oasfvalley@gmail.com)

### Meetings Needing Support

- **Sunday, 9:00 am, RECOVERY FROM RELAPSE**  
Kaiser Permanente, Panorama City
- **Tuesday, 6:00 pm, AA 12 & 12**  
United Methodist Church, Sherman Oaks



## OASFVI SERVICE BOARD

### BOARD CHAIR

Kim K. (818) 317-5593  
[krkrug@msn.com](mailto:krkrug@msn.com)

### VICE CHAIR

OPEN...

### SECRETARY

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### REGION 2 REP

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[alison.p.sullivan@gmail.com](mailto:alison.p.sullivan@gmail.com)

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### WORLD SERVICE REP

Matt S.  
(310) 990-4972  
[m.adamshepherd@gmail.com](mailto:m.adamshepherd@gmail.com)



## OUTREACH CONTACTS

(Updated 1/1/15)



### 24 HOUR HOTLINE

Bernice (818) 763.6387  
Hank (818) 939.4232  
Ira H. (818) 222.4116 (M)  
Jim S (805) 908.1199  
Mary Ann (818) 652.6124  
Mary P. (818) 848.2994  
ME (805) 577.8349  
Paul H. (818) 317.5681 (M)  
Steve (818) 298.8002

### SPECIFIED HOURS

Carla (818) 642-8543 (M)  
Cindy S. (818) 406-1310 (M)  
5 AM - 3 AM  
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  
Jodi (661) 313-2661  
6 AM - 9:30 PM  
Liza (818) 203-9530  
8 AM - 9 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

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### DID YOU KNOW

- **BACK BY POPULAR DEMAND**, this is a 4 page 5<sup>th</sup> Tradition, including the MEETING DIRECTORY (at no extra charge.) It is set to be published 6 times a year, every other month, beginning in Feb. 2015!
- All meetings are NON-SMOKING.
- We love pets, but not at meetings, unless your pet is a SERVICE DOG.
- The OA San Fernando Valley Intergroup (OASFVI), supports all OA meetings from Glendale to Thousand Oaks, from La Crescenta to Santa Clarita, Simi Valley and the entire San Fernando Valley.
- You can find us online at OASFValley on Facebook and Twitter.
- It is the policy of OASFVI 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.

### SERVICE OPPORTUNITIES

#### Board Vice Chair

We are seeking a Board Vice Chair. If you are interested, and you have a year of abstinence, 6 months of service above the meeting level, and good computer skills, please call Kim!

#### Young People in OA

If you are seeking resources for young people, or wish to provide support, please contact:  
Matt S. (310) 990-4972  
[m.adamshepherd@gmail.com](mailto:m.adamshepherd@gmail.com)

### OA TOOLS

Literature  
Sponsorship  
Action  
Anonymity  
Service  
Writing  
of  
Telephone Meetings  
eating Plan

# Meeting Directory

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

**All meetings are 1 hour unless the time is extended, which is indicated with \*\*  
(Contact names in ALL CAPS have been recently updated.)**

Sunday			Contact	Phone	Meeting
7:30 AM	Studio City	<b>FOCUS ON PERMANENT RECOVERY</b> Studio City Church of Christian Science, 4032 Whitsett Ave	SUSAN G. JEFF	(818) 219-4122 (310) 210-6475	S, P, C
9:00 AM	Woodland Hills	<b>SUNDAY MORNING WOMEN'S STAG,</b> OA Office, 20121 Ventura Blvd., #315	JULES	(818) 632-7330	S, P, C, HC, **1 ½ hrs.
9:00 AM	Panorama City	<b>RECOVERY FROM RELAPSE,</b> Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Alison S. Elisa K.	(818) 292-4698 (818) 983-8339	S, P, HC
10:00 AM	Oak Park	<b>FOCUS ON RECOVERY</b> Mae Boyer Park Rec Center, 130 N Kanan Rd	Trisha Diana	(805) 990-5549 (805) 496-9394	**1¼ hr
5:00 PM	Sherman Oaks	<b>SUNDOWNER'S MEETING</b> SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	GUNIT MARCI	(818) 923-8520 (310) 720-9788	S, P, C, HC
8:00 PM	Santa Clarita	<b>LITERATURE STUDY/MEDITATION,</b> Santa Clarita Methodist Church, Small World Preschool Teacher's Lounge, 26640 Bouquet Canyon Rd	Jessica	(661) 297-2252	LS
Monday			Contact	Phone	Meeting
7:30 AM	Studio City	<b>FOCUS ON PERMANENT RECOVERY,</b> Studio City Church of Christian Science, 4032 Whitsett Ave, (enter through the 'Children's Room')	Julee Hank	(818) 648-3666 (818) 939-4232	S, P, LS
12:30 PM	Woodland Hills	<b>LITERATURE - OA 12&amp;12</b> OA Office, 20121 Ventura Blvd.. #315	Frank LINDA J.,	(818) 376-0502 (818) 882-8640	LS
6:00 PM	Thousand Oaks	<b>LITERATURE STUDY, Temple Adat Elohim,</b> 2420 E. Hillcrest Dr., Thousand Oaks	Lisa	(805) 231-0124	LS
7:30 PM	Burbank	<b>SPEAKER/PARTICIPATION, Little White Chapel,</b> 1711 Avon, @ Jeffries	Angel	(323) 664-4655	S, P
7:30 PM	Woodland Hills	<b>THE WHOLE BIG BOOK,</b> United Methodist Church, 5650 Shoup Ave	MARK	(818) 399-0890	S, P, BB
7:45 PM	Encino	<b>MONDAY NIGHT MIRACLES</b> Encino Community Center, 4935 Balboa Blvd. (Youth friendly meeting)	DINA	(818) 621-7472	S, P, C, HC
8:00 PM	Santa Clarita	<b>OA 12 &amp; 12,</b> Santa Clarita Methodist Church, 26640 Bouquet Canyon Rd	Gina	(661) 993-1770	SS, S, P, C
Tuesday			Contact	Phone	Meeting
7:00 AM	Woodland Hills	<b>SUNSHINE OA 12 &amp; 12 BOOK STUDY,</b> OA Office, 20121 Ventura Blvd.. #315	JON	(818) 268-2945	LS
7:30 AM	Studio City	<b>BIG BOOK STUDY,</b> Church of Christian Science, 4032 Whitsett Ave.	Craig K.	(818) 679-7875	S, P, BB, HC
11:15 AM	Santa Clarita	<b>OA 12 &amp; 12 STEP STUDY,</b> 21430 Centre Pointe Parkway	Marianna	(661) 645-0604	SS,
11:30 AM	Woodland Hills	<b>AA 12 &amp; 12, OA Office,</b> 20121 Ventura Blvd., #315	Susan L.	(818) 845-1368	P
6:00 PM	Sherman Oaks	<b>AA 12 &amp; 12,</b> Sherman Oaks Methodist Church, Sonshine Room (downstairs), 14401 Dickens St.	JOANNA	(310) 775-1533	LS
6:30 PM	Burbank	<b>BIG BOOK STUDY,</b> Westminster Presbyterian Church, 542 N Buena Vista	Kimberly	(818) 326-6525	BB
7:00 PM	Newhall	<b>SPEAKER MEETING, Temple Beth Ami</b> 23023 Hilse Lane (Closest Cross-St is Walnut St)	Natalie	(661) 618-2116	S, P, C
7:00 PM	Simi Valley	<b>LITERATURE STUDY, United Methodist Church,</b> 2394 Erringer, Room 10	Robin N.	(805) 823-3569	LS
7:30 PM	Lancaster	<b>PARTICIPATION MEETING, Lutheran Church,</b> 1821 W Lancaster Blvd	Gail	(661) 772-5833	P
7:30 PM	Oak Park	<b>SPEAKER MEETING Mae Boyer Park,</b> 130 N Kanan Road	Gail S.	(818) 389-9488*	S, P, C
8:00 PM	Woodland Hills	<b>CAME TO BELIEVE,</b> OA Office, 20121 Ventura Blvd., #315	Mike M. Tianna	(626) 710-8663 (818) 644-7017	LS, S, P, HC

Please provide CURRENT MEETING CONTACT INFORMATION to Doritt, [doritt@diamondcreative.com](mailto:doritt@diamondcreative.com)

Wednesday			Contact	Phone	Meeting
7:00 AM	Santa Clarita	??? NO MEETING INFORMATION...			
7:30 AM	Studio City	<b>OA Stories &amp; Abstinence</b> , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Ron	(818) 309-3309	S, P, LS
10:30 AM	Woodland Hills	<b>THE WORD ON RECOVERY</b> , OA Office, 20121 Ventura Blvd., # 315	SANDI SUSAN W,	(818)990-1084 (818) 274-8048	LS, P, HC,
6:00 PM	Woodland Hills	<b>OVEREATERS ANONYMOUS, THE FIRST STEP IN RECOVERY</b> OA Office, 20121 Ventura Blvd., # 315	ROCHELLE	(818) 292-4698	LS, Q&A,
6:00 PM	Studio City	<b>NO MATTER WHAT</b> , Unitarian Church, 12355 Moorpark	Hila	(818) 766-4201	S, P
6:00 PM	Newbury Park	<b>LITERATURE STUDY</b> , Unitarian Universalist Church, 3331 Old Conejo Rd., (upstairs in Teen Room)	Aline	(805) 906-9938	LS, P
7:00 PM	Valencia	<b>WOMEN'S STAG</b> , Santa Clarita United Methodist Church, 26640 Bouquet Cyn Rd	Adela	(310) 430-0336	BB
8:00 PM	Woodland Hills	<b>100 POUNDER'S MEETING</b> , OA Office, 20121 Ventura Blvd., # 315 (Newcomers 7:30 PM)	LINDA K.	(818) 522-4202	S, P, C, HC **1 ½ hrs.
8:00 PM	La Crescenta	<b>12 STEPS &amp; 12 TRADITIONS STUDY</b> , Living Stones SDA Church, 6235 Honolulu Avenue	Cathy	(818) 352-5415	SS,
Thursday					
7:00 AM	Newhall	<b>OA MEETING</b> , Barnabus House, 24417 Chestnut Street	Deon	(661) 252-5333	P
7:00 AM	Woodland Hills	<b>SUNSHINE BIG BOOK STUDY</b> OA Office, 20121 Ventura Blvd., #315	JOANNA	(310) 773-1533	BB
7:30 AM	Studio City	<b>OA 12 STEP STUDY</b> , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Janice	(818) 309-3308	LS, SS, P, S,C
7:30 AM	Studio City	<b>ANOREXIC/BULIMIC EMPHASIS</b> Unitarian Church, 12355 Moorpark, 2nd floor	Traci Stephanie	(818) 427-3331 (818) 802-1148	S, P, C
12:00 PM	Woodland Hills	<b>OA LITERATURE STUDY/PARTICIPATION MEETING</b> OA Office, 20121 Ventura Blvd., #315	Kim Susan	(661) 733-0390 (818) 772-5777	LS, P, S
7:00 PM	Lancaster	<b>BIG BOOK STUDY</b> , (Call to confirm the time and location of a meeting.)	Theresa Corine	(661) 948-7015 (661) 722-9381	BB
7:00 PM	Simi Valley	<b>SPEAKER MEETING United Methodist Church</b> ,, 2394 Erringer Ave, Room 11,	Kathy	(805) 404-0955	S, P, HC, C
7:15 PM	Valley Village	<b>PRIMARY PURPOSE WOMEN'S MEETING</b> , Faith Presbyterian Church of Valley Village, 5000 Colfax Ave., in the Choir Room	Hila	(818) 766-4201	S, P, C
7:30 PM	Woodland Hills	<b>THERE IS A SOLUTION</b> , AA 12 & 12 Meeting OA Office, 20121 Ventura Blvd., #315	Jill S.	(818) 456-9874	LS, HC,LS, P, SS
9:30 PM	Woodland Hills	<b>LATE NIGHT RECOVERY</b> , OA Office, 20121 Ventura Blvd., # 315	TIANA	(818) 644-7017	L
Friday					
7:00 AM	Woodland Hills	<b>LITERATURE STUDY</b> , OA Office, 20121 Ventura Blvd., # 315	MIKE F,	(818) 398-2091	LS
7:30 AM	Studio City	<b>FOCUS ON PERMANENT RECOVERY</b> , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Miriam I. Jim	(818) 636-7773 (818) 356-5084	SS, (AA), P
12:00 PM	Thousand Oaks	<b>12 &amp; 12 STUDY</b> , CHRISTIAN CHURCH OF THOUSAND OAKS, 301. W. Avenida de las Flores	Judith	(805) 603-8947	LS, Brown Bag, Closed Meeting
6:30 PM	La Crescenta	<b>SPEAKER/LITERATURE STUDY</b> <b>Church of Religious Science</b> , 4845 Dunsmore Ave (@ Santa Carlotta)	SHIRLEY W-M. YVONNE S.	(818) 522-9977 (818) 400-0414	C, SS, P,
6:30 PM	Burbank	<b>SPEAKER/STEP STUDY</b> , Little White Chapel, 1711 Avon Ave (upstairs)	Scott P.	(310) 948-3383	SS, S, P,
7:00 PM	North Hills	<b>ACCEPTANCE IS THE KEY</b> , Unitarian/Universalist Church, 9550 Haskell Ave	Heather HT	(818) 203-9665	S, SS, C,
7:30 PM	Woodland Hills	<b>JUMP START YOUR WEEKEND</b> , OA Office, 20121 Ventura Blvd., # 315	AMY	(609) 864-8169	LS, S
Saturday					
7:30 AM	Burbank	<b>FOCUS ON PERMANENT RECOVERY</b> , Westminster Presbyterian Church, 542 N Buena Vista St. (no child care)	Deborah Michael	(818) 528-3668 (323) 599-0601	S, P, HC,
9:30 AM	Canyon Country	<b>BOOK STUDY</b> , "The Cocoon" Mini Mall, 27013 Langside Ave, Suite L	Judy A. Jodi	(818) 618-2387 (661) 313-2661	LS
10:00 AM	Burbank	<b>SPEAKER/STEP STUDY MEETING</b> , <b>United Methodist Church</b> , 2828 Magnolia Blvd	CHARLEE E.	(818) 980-7939	C, HC, S, SS
10:00 AM	Thousand Oaks	<b>WOMEN'S STAG</b> , Ascension Lutheran Church, 1600 E. Hillcrest Drive, (in Library)	Aline	(805) 906-9938	S, P, HC
10:00 AM	Woodland Hills	<b>SPIRITUAL MAINTAINERS</b> , OA Office, 20121 Ventura Blvd., #315	SUSAN C.	(818) 772-5777	S, P, HC, **1 1/2 hrs
2:30 PM	Studio City	<b>OA SATURDAY IN THE PARK</b> , 12621 Rye Street (Recreation Bldg.)	Bill Molly	(818) 970-5809 (818) 809-6524	S, P, C
7:00 PM	Woodland Hills	<b>SATURDAY NIGHT LIVE!</b> , OA Office, 20121 Ventura Blvd., #315	ROBIN N.	(805) 823-3569	LS