

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

October/November 2015

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

**Happy Birthday**

Ray	44
Shelli	35
Rochelle	17
Judy E.	10
Jamie G.	6
Megan H.	3
Pam	2

**Celebrating 117 years of recovery!**

## CALENDAR

October	5	Board Meeting
October	19	Delegates Meeting
October	25	Workshop
November	2	Board Meeting
November	16	Delegates Meeting
November	26	Thanksgiving Marathon



We are fortunate to have a beautiful office and meeting room in Woodland Hills!

- It comfortably provides us with space for weekly meetings, however, when there is a Weekend Workshop seating space is at a premium.
- Based on the current fire code, the maximum room capacity is 60.
- When attending a Workshop, PLEASE plan to arrive at least 15 minutes early to secure your seat.!

*Thank You!*

## OA OFFICE HOURS

**Monday** 6:45 - 7:15 pm

Open before the Delegate's Mtg., (3<sup>rd</sup> Monday of the month)

**Tuesday** 3:00 - 6:00 pm

**Wednesday** 3:00 - 7:00 pm

**Thursday** 3:00 - 6:00 pm

**Saturday** 11:30 - 1:30 pm

## The Recovery Corner

### PICK UP A PAMPHLET

*What have you got to lose?*

A fellow recently mentioned that she found such helpful information in OA pamphlets! What a concept! She had been a member for many years, but never really took the time to review what is available.

Here is just a tiny sample of what might interest you and provide support for your recovery:



*Let Literature Carry the Message, Too.*

- A Commitment to Abstinence
- A Guide for Sponsors
- A Plan of Eating
- About OA
- Anonymity
- Before You Take that First Bite
- Dignity of Choice
- Fifteen Questions
- If God Spoke to OA
- Is Food a Problem for You
- Maintaining a Healthy Weight
- Many Symptoms One Solution
- Members in Relapse
- OA Members in All Sizes
- Questions and Answers
- Recovery Checklist
- Etc. Etc. Etc.

*Pamphlets are available at meetings or from the OA Office.  
What Have You Got to Lose?*

## EVENTS

### 12 Step Within Workshops

"SOBRIETY WITH FOOD" Sunday, October 25, 2015, 2:00 - 4:00 pm,  
OA Office, \$5.00 suggested donation



# OASFVI SERVICE BOARD

# OUTREACH CONTACTS



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### 5th TRADITION EDITOR

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### AD HOC POSITION DELEGATE COORDINATOR

Janine (818) 307-0918  
[j9regal@gmail.com](mailto:j9regal@gmail.com)

## DID YOU KNOW

- **Help is needed in the OA Office!**  
If you have time to be of service please call Janet, in the OA Office (818) 888-4776
- **When Meeting information changes.** Meeting Secretaries, **PLEASE** make changes by e-mail to:
  - 5th Tradition Editor: [doritt@diamondcreative.com](mailto:doritt@diamondcreative.com), AND
  - OASFVI website: [hilaschurr@gmail.com](mailto:hilaschurr@gmail.com) AND
  - World Service website: <http://www.oa.org/edit-a-meeting/>
- **OA Literature** may be purchased in the OA Office or by Phone (818) 888-4776 or Email [oasfvalley@gmail.com](mailto:oasfvalley@gmail.com)
- **Overeaters Anonymous** is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.
- **Abstinence** is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the **Overeaters Anonymous** Twelve-Step program.



### 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
Terri	(805) 495-8881

### SPECIFIED HOURS

Carla	(818) 642-8543 (M) Until 8:00 PM
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
Jacqui	(818) 346-1941 Day time only
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

### SERVICE OPPORTUNITIES

**OA Young Persons**  
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)

### EMAIL

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Steve  
[SeeSteve@yahoo.com](mailto:SeeSteve@yahoo.com)

### A POEM from a fellow...

Hello God, it's me again, Ray,  
It's my O.A. Birthday,  
And I've lots to say.  
You promised to help me,  
You've shown me the way,  
To stop Overeating,  
And locate O.A.

You've given me Steps,  
For 44 years,  
That have gladdened my heart,  
And flushed away tears.  
A "Vision for You,"  
Has taught me to be,  
A member of the Program,  
With honest humility.

The "Promises" come through,  
Year by year,  
When I listened and learned,  
While you stayed near.  
So Dear God,  
Along my gratitude way,  
Thank you for being,  
With me in O.A.

# Meeting Directory

BB = Big Book Study  
 C = Chips given for lengths of abstinence  
 HC = Handicapped Facilities  
 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 \*\* 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.	<b>SUSAN G. JEFF</b>	(818) 219-4122 (310) 210-6475	S, P, C
9:00 AM	Woodland Hills	SUNDAY MORNING WOMEN' S STAG, OA Office 20121 Ventura Blvd., #315	<i>ROBIN E. SHARON B.</i>	(818) 319-2522 (818) 307- 1499	S, P, C, HC **1 ½ hrs.
9:00 AM	Panorama City	RECOVERY FROM RELAPSE, Kaiser Permanente Medical Center 13652 Cantara St. (Oasis Cafeteria)	<i>JENNIE</i>	(310) 717-7710	S, P, HC
10:00 AM	Oak Park	FOCUS ON RECOVERY, Mae Boyer Park Rec Center 130 N Kanan Rd.	<b>STEVE</b>	(818) 515-5773	**1¼ hr
5:00 PM	Sherman Oaks	SUNDOWNER' S MEETING, Sherman Oaks Hospital 4929 Van Nuys Blvd, (1st Floor Conference Room)	<i>GWENDYLYN</i>	(323) 630-5969	S, P, C, HC
8:00 PM	Santa Clarita	LITERATURE STUDY/MEDITATION, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd., (Small World Preschool Teachers Lounge)	<b>MAGGIE</b>	(661) 753-7480	LS
Monday					
7:30 AM	Studio City	MONDAY MORNING MEDITATION, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room' )	<i>DIANE P.</i>	(323) 906--9309	S, P, LS
12:30 PM	Woodland Hills	OA 12 & 12, OA Office 20121 Ventura Blvd., #315	<b>LINDA J.</b>	(818) 882-8640	LS
6:00 PM	Thousand Oaks	OA MEETING, Temple Adat Elohim 2420 E. Hillcrest Dr.	<b>Lisa</b>	(805) 231-0124	LS
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 No. Avon, St., @ Jeffries (upstairs)	<b>Angel</b>	(323) 664-4655	S, P
7:30 PM	Woodland Hills	THE WHOLE BIG BOOK, United Methodist Church 5650 Shoup Ave.	<i>JOANNE</i>	(818) 939-4105	S, P, BB
7:45 PM	Encino	MONDAY NIGHT MIRACLES, Encino Community Center 4935 Balboa Blvd. (Youth friendly meeting)	<b>JANINE R.</b>	(818) 307-0918	S, P, C, HC
8:00 PM	Santa Clarita	OA 12 & 12, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd.	<b>GINA</b>	(661) 993-1770	SS, S, P, C
Tuesday					
7:00 AM	Woodland Hills	SUNSHINE OA 12 & 12 BOOK STUDY, OA Office 20121 Ventura Blvd., #315	<i>NANCY S.</i>	(818) 347-4375	LS
7:30 AM	Studio City	BIG BOOK STUDY, Church of Christian Science 4032 Whitsett Ave.	<b>MIRIAM I.</b>	(818) 636-7773	S, P, BB, HC
11:15 AM	Santa Clarita	OA 12 & 12 STEP STUDY 21430 Centre Pointe Parkway	<b>JESSICA</b>	(661) 297-2252	SS
11:30 AM	Woodland Hills	STEP STUDY AA 12 & 12, OA 12 & 12, OA Office 20121 Ventura Blvd., #315	<i>SUSAN R.</i>	(818) 514-6825	LS, SS, P, C
6:00 PM	Sherman Oaks	AA 12 & 12, Sherman Oaks United Methodist Church 14401 Dickens St., (Son Shine Room - downstairs)	<i>HEIDI</i>	(818) 337-9167	LS
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N Buena Vista Ave.	<i>KEN GUNIT</i>	(818) 726-5240 (818) 923-8520	BB
7:00 PM	Newhall	OA MEETING, Temple Beth Ami 23023 Hilse Lane (closest cross street is Walnut St.)	<i>SUSAN</i>	(661) 609-1450	S, P, C
7:00 PM	Simi Valley	LITERATURE STUDY, United Methodist Church 2394 Erringer, (Room 10)	<i>MARILYN</i>	(805) 581-2296	LS
7:30 PM	Lancaster	PARTICIPATION MEETING, Lutheran Church 1821 W Lancaster Blvd.	<b>Gail</b>	(661) 772-5833	P
7:30 PM	Oak Park	SPEAKER MEETING, Mae Boyer Park 130 N Kanan Rd.	<i>DIANA C. JOAN H.</i>	(805) 496-9394 (805) 338-6782	S, P, C
8:00 PM	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315	<b>LB</b>	(818) 795- 9332	LS, S, P, HC

## 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
7:30 AM	Studio City	OA STORIES & ABSTINENCE, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	JANICE	(818) 309-3308	S, P, LS
10:30 AM	Woodland Hills	THE WORD ON RECOVERY, OA Office 20121 Ventura Blvd., # 315	CHRISTINE K. LINDA J.	(310) 804-8336 (818) 882-8640	LS, P, HC
6:00 PM	Woodland Hills	OVEREATERS ANONYMOUS, THE FIRST STEP IN RECOVERY, OA Office 20121 Ventura Blvd., # 315	ROCHELLE M.	(818) 585-6908	LS, Q&A
6:00 PM	Studio City	NO MATTER WHAT, Unitarian Church 12355 Moorpark St.	MOLLY C. LYNETTE	(818) 437-4281 (818) 681-6622	S, P
6:00 PM	Newbury Park	LITERATURE STUDY, Unitarian Universalist Church 3331 Old Conejo Rd., (upstairs in the Teen Room)	ALINE	(805) 906-9938	LS, P
7:00 PM	Saugus	WOMEN'S STAG, Santa Clarita United Methodist Church 26640 Bouquet Canyon Rd.	MARCHAND	(661) 713-1427	BB
8:00 PM	Woodland Hills	100 POUNDER' S MEETING, OA Office 20121 Ventura Blvd., # 315	CELESTE	(818) 300-3098	S, P, C, HC **1 ½ hrs.
8:00 PM	La Crescenta	12 STEPS & 12 TRADITIONS STUDY, Living Stones SDA Church 6235 Honolulu Ave.			SS
Thursday					
7:00 AM	Woodland Hills	SUNSHINE BIG BOOK STUDY OA Office, 20121 Ventura Blvd., #315	JOANNA	(310) 773-1533	BB
7:30 AM	Studio City	OA 12 STEP STUDY, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	KATHRYN	(818) 929-6929	LS, SS, P, S,C
7:30 AM	Studio City	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	MARIA	(818) 998-6590	LS, P, S
7:00 PM	Simi Valley	SPEAKER MEETING, United Methodist Church 2394 Erringer Ave., (Room 11)	ME SIMMS	(805) 791-6160 (805) 577-8349	S, P, HC, C
7:15 PM	Valley Village	PRIMARY PURPOSE WOMEN'S MEETING, 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	THERE IS A SOLUTION, OA Office 20121 Ventura Blvd., #315	JOANNE S.	(818) 939-4105	LS, HC, LS, P, SS
Friday					
7:00 AM	Agoura Hills	AA STEP STUDY 28720 Roadside Dr., Suite #200	MELANIE	(213) 514-2163	LS
7:00 AM	Woodland Hills	AA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., # 315	BARBARA	(818) 585-2384	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
6:30 PM	La Crescenta	LITERATURE STUDY/PARTICIPATION, Church of Religious Science 4845 Dunsmore Ave. (@ Santa Carlotta)	SHIRLEY W-M. YVONNE S.	(818) 522-9977 (818) 400-0414	C, LS, SS, P
6:30 PM	Burbank	LITERATURE STUDY/PARTICIPATION, Little White Chapel 1711 No. Avon, St., @ Jeffries (upstairs)	JEENIE	(818) 424-4001	SS, S, 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	FOCUS ON PERMANENT RECOVERY, Westminster Presbyterian Church 542 N Buena Vista St. (no child care)	JANINE R. KATHY R	(323) 906-9309 (818) 681-6622	S, P, HC,
9:30 AM	Canyon Country	LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	JOAN	(661) 714-6068	LS
10:00 AM	Burbank	LITERATURE STUDY, United Methodist Church 2828 Magnolia Blvd.	CHARLEE E.	(818) 980-7939	C, HC, S, SS
10:00 AM	Thousand Oaks	WOMEN' S STAG, Ascension Lutheran Church 1600 E. Hillcrest Dr., (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	LINDA S. SHARON B.	(818) 383-2536 (818) 307-1499	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK 12621 Rye St. (Recreation Bldg.)	IRA H. MAGGIE F.	(818) 222-4116 (818) 970-9551	S, P, C

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