

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

FEBRUARY - MARCH 2019

When we deal in feelings, we tend to come to know ourselves and each other much better.

Page 419, AA Big Book

## COMING EVENTS

### BODY IMAGE WORKSHOP – Self Acceptance

Saturday, February 16, 2019 from 1:30pm to 4:30 pm.

How do you see your body image? Our perceptions of ourselves and situations change on a daily basis. Join us for this popular workshop to help you see your body with increased love and acceptance. Bring a pen and paper. Please no beverages other than water inside the room. This event will be held at the OA SFV office, 20121 Ventura Blvd, 3<sup>rd</sup> floor (elevator access), Woodland Hills. The event is free, but we'll practice the 7<sup>th</sup> tradition. If you have any questions, please call Linda S. (818) 802-0497.

### UNITY DAY

Sunday, February 24, 2019 at 11:25 AM. Two speakers will share about the importance of unity in OA and why we celebrate it each year. At 11:30 AM PST, we will join hands and other OA's around the world for a minute of silence. Please no beverages other than water inside the room. This event will be held at the OA SFV office, 20121 Ventura Blvd, 3<sup>rd</sup> floor (elevator access), Woodland Hills. The event is free, but we'll practice the 7<sup>th</sup> tradition. If you have any questions, please call Linda S. (818) 802-0497.

### NEW MEETING SECRETARIES AND DELEGATES

Please send in your new meeting secretary and delegates' contact information (e.g., first name, last initial, phone number and email address) to [chair@oasfvalley.org](mailto:chair@oasfvalley.org) and [office@oasfvalley.org](mailto:office@oasfvalley.org) so that your secretaries and delegates may receive monthly delegate meeting information.

### INTERESTED IN SERVING ON THE OA BOARD

If you have at least 1-year of abstinence and have 6-months of service above the meeting level, consider taking on a role of an OA Board Member. We are currently looking for a Secretary and Public Outreach. Contact Bonnie at [chair@oasfvalley.org](mailto:chair@oasfvalley.org) for more information.

### OA San Fernando Valley Intergroup (OASFVI) OFFICE:

20121 Ventura Blvd., #315 • Woodland Hills, CA 91364 [www.oasfvalley.org](http://www.oasfvalley.org)  
email: [office@oasfvalley.org](mailto:office@oasfvalley.org) (818) 888-4776 (General Information), (818) 888-4775 (Fax)  
**HOURS:** Monday, Tuesday and Thursday, 10:00 AM – 5:30 PM; Saturday, 11:30 AM – 12:30 PM (**always** call before coming!), and the 3<sup>rd</sup> Monday of the month, before the Delegates Meeting, 6:45 PM – 7:15 PM.



Cindy S.	1 year
Heidi H.	2 years
Ivy S.	2 years
Jonathan B.	4 years
Rosie K.	5 years
Miriam G.	15 years

### Celebrating 29 years of recovery!

If you've had a birthday, send your name and years of recovery to [editor@oasfvalley.org](mailto:editor@oasfvalley.org).

### CALENDAR

Feb 4	Board Meeting
Feb 16	Body Image Workshop
Feb 18	Delegates Meeting
Feb 24	Unity Day
Mar 4	Board Meeting
Mar 18	Delegates Meeting

### MEETING SPOTLIGHT

Are you available this Friday night? Need a meeting? The Friday night, 7:30 PM meeting in the OA office needs your support.

### WORLD SERVICE CHANGE OF ADDRESS

World Service Office, PO Box 44727,  
Rio Rancho, NM 87174-4727



## 2019 OASFVI SERVICE BOARD

### BOARD CHAIR

Bonnie K. (714) 235-3026  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org)

### VICE CHAIR

Jeanne B. (818) 424-4001  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

TBD (xxx) xxx-xxxx  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

Jonathan S. (661) 714-4707  
[treasurer@oasfvalley.org](mailto:treasurer@oasfvalley.org)

### SPECIAL EVENTS & FUNDRAISING

Lital Z. (714) 244-2495  
Jessica F. (626) 224-4290  
[intergroupdev@oasfvalley.org](mailto:intergroupdev@oasfvalley.org)

### LITERATURE & DIGITAL RESOURCES

Nora K. (317) 418-3247  
[literature@oasfvalley.org](mailto:literature@oasfvalley.org)

### PUBLIC OUTREACH

TBD (xxx) xxx-xxxx  
[publicinfo@oasfvalley.org](mailto:publicinfo@oasfvalley.org)

### REGION 2 REP

Hank N. (818) 939-4232  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497  
Leore B. (818) 384-9979  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Gunit K. (818) 923-8520  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### NEWSLETTER

Alessandra M. (310) 993-5343  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### DELEGATE COORDINATOR

[delegates@oasfvalley.org](mailto:delegates@oasfvalley.org)



## OUTREACH CONTACTS



### 24 HOUR HOTLINE

Bernice (818) 763-6387  
Hank N. (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

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Steve  
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...the AA way of life is a blessing  
and a privilege beyond estimate.  
Page 451, AA Big Book.

Service in OA has been a  
surprisingly powerful factor in  
our recovery. Simple actions  
which seemed unimportant  
when we took them have  
turned out to have profound  
effects on us and on others.  
Page 101, OA 12 & 12

### NEW YOUNG PERSON'S PHONE MEETING

There's a new young person's phone  
meeting on Thursdays at 7:00 PM  
dedicated to all OA members from 18 to  
30-years old. Phone (605) 472-5395,  
ID #378978

When I focus on what's good  
today, I have a good day, and  
when I focus on what's bad, I have  
a bad day. If I focus on a problem  
the problem increases; if I focus  
on the answer, the answer  
increases  
Page 419, AA Big Book

### EQUAL OPPORTUNITY ILLNESS

...alcoholism as an equal opportunity  
illness, does not discriminate – is not  
restricted to race, creed or geography. At  
last I was released from my bondage of  
uniqueness. Page 480, AA Big Book.

### TRAVELING? JUST NEED AN OA MEETING?

Check out the podcasts on the OASFV  
site:  
[http://oasfvalley.org/?page\\_id=1285](http://oasfvalley.org/?page_id=1285)

Many of us would not be alive today if it were not for our OA groups. Here  
is the only place we have found recovery from the devastating disease of  
compulsive eating. If we are to continue to live and recover, we must have  
the continued support of OA groups and the inspiration of our fellow OA  
members.  
Page 109, OA 12 & 12



## DID YOU KNOW



**When Meeting information changes**, Meeting Secretaries,  
**PLEASE** make changes by e-mail to:

- OASFVI website: [vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org) **AND**
- World Service website: [www.aa.org/edit-a-meeting/](http://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](mailto: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 an email to [vicechair@oasfvalley.org](mailto: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 7<sup>th</sup> Tradition:** Instead of adding to the 'basket' at a meeting  
you might donate your 7<sup>th</sup> 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](http://www.aa.org)

**OA Literature** may be purchased in the OA Office or by  
phone (818) 888-4776 or email [office@oasfvalley.org](mailto:office@oasfvalley.org)

# Meeting Directory

All meetings are 1-hour unless \*\* indicates that the time is extended.  
Please note that some Contact Names have been recently updated.

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

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	ROBIN SHELLI	(818) 319-2522 (818) 294-5837	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
5:00 PM	Valley Village	BEGINNER'S MEETING, Faith Presbyterian Church, 5000 Colfax Ave. Patio Room	TIM C.	(323) 369-8048	NC
5:30 PM	Valley Village	STEP STUDY/SPEAKER MEETING, Faith Presbyterian Church, 5000 Colfax Ave., Patio Room	TIM C.	(323) 369-8048	SS, S
Monday					
7:15 AM	Agoura Hills	<b>AA BIG BOOK STUDY</b> 28720 Roadside Drive, Suite 200 (Enter through door marked FRONT near the driveway and call ahead for access info.)	SHARON M.	(310) 383-6572	B, P, WC
7:00 AM	Santa Clarita	AA 12 & 12 BOOK STUDY, Santa Clarita United Methodist Church, Founders Hall or Fireside Chat Room. 26640 Bouquet Canyon Rd.	SANDY Y.	(661) 373-3900	LS, P, SP, SS, W, WC
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
6:00 PM	Agoura Hills	<b>SERENITY THROUGH THE BIG BOOK</b> 28720 Roadside Drive, Suite 200.	MIRIAM G.	(805) 341-1721	BB, LS
7:00 PM	Santa Clarita	Monday Night Hour of Recovery (OA 12 & 12), Santa Clarita United Methodist Church, 26640 Bouquet Canyon Road (Founder's Rm or Fireside Chat Lounge)	JOAN G. SANDY Y.	(661) 714-6068 (661) 373-3900	LS, P, SP, SS, WC
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
Tuesday					
7:30 AM	Studio City	ABC FOCUS - ANOREXIC/BULIMIC EMPHASIS. Unitarian Church 12355 Moorpark St., (2nd floor)	DAN	(323) 708-6753	S, P, C
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	AA BIG BOOK STUDY, Westminster Presbyterian Church 542 N. Buena Vista Ave.	GUNIT	(818) 923-8520	BB
6:30 PM	Agoura Hills	AWAKENING, 28720 Roadside Drive, Suite 200	SHARON M.	(310) 383-6572	B, C, LS P
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
7:00 PM	Santa Clarita	<b>OA MEETING, Kaiser Santa Clarita Medical Offices 2, 26877 Tourney Road, Santa Clarita, 91355</b>	SUSIE O.	(661) 373-6497	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
7:00 PM	Lancaster	OA MEETING Lancaster Alano Club, 104 E. Ave. K-4, Suite J. Lancaster, CA 93535	T-BIRD	(818) 850-9885	LS
7:30 PM	Woodland Hills	100 POUNDER'S MEETING, OA Office 20121 Ventura Blvd., # 315	CELESTE	(818) 300-3098	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)	DAN	(323) 708-6753	S, P, C
12:00 PM	Woodland Hills	LITERATURE STUDY – PARTICIPATION MEETING, OA Office 20121 Ventura Blvd., #315	ANDREA	(310) 266-1282	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	DORRIT MICHELLE	(818) 516-3378 (818) 687-5038	LS, HC, LS, P, SS, C
Friday					
7:15 AM	Agoura Hills	STEP STUDY 28720 Roadside Drive, Suite #200	SHARON M.	(310) 383-6572	P, SS, WC
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
<b>12:00 PM</b>	<b>Woodland Hills</b>	<b>BIG BOOK STUDY, OA Office 20121 Ventura Blvd., # 315</b>	<b>ANDREA</b>	<b>(818) 835-0815</b>	<b>LS</b>
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 <b>*** THIS MEETING NEEDS SUPPORT***</b>	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)	ALICE HOLLY	(970) 667-4967 (818) 970-4686	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	SPEAKER & LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	CECILIA	(661) 310-4361	LS
10:30 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)	ALINE R. NORA K.	(805) 906-9938 (317) 418-3247	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