

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

February/March 2016

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

**Happy Birthday**

Janine R. 7 years  
 Adela 2 years  
 Hila 2 years  
 Joan G. 1 year  
 Heather V. 1 year

**Celebrating 13 years of recovery!**

## CALENDAR

February	1	Board Meeting
February	15	Delegates Meeting
February	27	Unity Day
March	7	Board Meeting
March	21	Delegates Meeting

## WELCOME BACK, WE CARE! PACKET



*In case of relapse, open envelope!*

**Contents:**  
 • Hope  
 • Fellowship  
 • Strength

**OVEREATERS ANONYMOUS**  
 www.oa.org

P.O. Box 44020  
 850 Birch St., 924 9174-4020 USA  
 951-891-2664

## WELCOME BACK PACKET

A Message of Understanding and Support.  
 (Available in our OA Office)

## The Recovery Corner

**Grab a LIFELINE!**



*Lifeline*, OA's international magazine, serves as an indispensable "meeting-on-the-go." Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers. Tucked in a suit pocket, lunch bag or purse, *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed.

The true stories in *Lifeline*, written by OA members, share the challenges and triumphs of recovery from compulsive overeating. *Lifeline* publishes a list of monthly topics and questions to encourage members to share their stories of experience, strength and hope. The Lifeline Writers Guidelines provide additional assistance to would-be writers, describing the submission process and giving guidance on how to write articles. Don't miss the opportunity to laugh, learn and love with OA members in recovery.

*Why not give it a try?  
 What do you have to lose?*

## NEWS

For more than 35 years, The San Fernando Valley Women's Retreat has donated to our Intergroup! This year, their donation is \$1,000! We are deeply grateful!

## OA OFFICE HOURS

**Monday** 6:45 - 7:15 pm  
 Open before the Delegates 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

**OASFVI OFFICE:** 20121 Ventura Blvd., # 315 • Woodland Hills, CA 91364 • [www.oasfvalley.org](http://www.oasfvalley.org)  
 email: [oasfvalley@gmail.com](mailto:oasfvalley@gmail.com) • (818) 888-4776 (General Information) • (818) 888-4775 (Fax)



# OASFVI SERVICE BOARD

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## AD HOC POSITION

### DELEGATE COORDINATOR

Karen M. (805) 368-7803  
[karen.mandel@icloud.com](mailto:karen.mandel@icloud.com)

## DID YOU KNOW

- **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: [www.oa.org/edit-a-meeting/](http://www.oa.org/edit-a-meeting/)
- **For the 7th Tradition**: Instead of adding to the 'basket' at a meeting *you might* donate your 7th 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 our OASFVI website: [www.oasfvalley.org](http://www.oasfvalley.org)
- **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.

# OUTREACH CONTACTS



## 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

## EMAIL

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## MEETINGS NEEDING SUPPORT

**Tuesday/Thursday 7:00 am**  
**SUNSHINE MEETINGS**  
OA Office

**Thursday 7:30 am**  
**ABC FOCUS - ANOREXIC/  
BULIMIC EMPHASIS**  
Unitarian Church  
12355 Moorpark St., (2nd floor)

## 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)



A HUGE Thank You to Michele FH, for carefully and lovingly editing each 5th Tradition! Your 'eagle eyes' see everything and makes this publication as beautiful and accurate as possible. Xxx DD

# 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>KIM C. ROB</b>	(818) 442-1633 (818) 984-7622	S, P, C
9:00 AM	Woodland Hills	SUNDAY MORNING WOMEN'S STAG, OA Office 20121 Ventura Blvd., #315	<b>ALISON M.</b>	(818) 983-2855	S, P, C, HC **1 ½ hrs.
9:00 AM	Panorama City	RECOVERY FROM RELAPSE, Kaiser Permanente Medical Center 13652 Cantara St. (Oasis Cafeteria, Building 3, North parking lot)	<b>JENNIE</b>	(310) 717-7710	S, P, HC
10:00 AM	Oak Park	FOCUS ON RECOVERY, Mae Boyer Park Rec Center 130 N Kanan Rd.	<i>STEVE</i>	(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)	<i>MAGGIE</i>	(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	<i>LINDA J.</i>	(818) 882-8640	LS
6:00 PM	Thousand Oaks	OA MEETING, Temple Adat Elohim 2420 E. Hillcrest Dr.	<i>LISA</i>	(805) 231-0124	LS
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 No. Avon, St., @ Jeffries (upstairs)	<i>ANGEL</i>	(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)	<i>HOLLY G. SHARI B.</i>	(818) 970-4686 (310) 880-4750	S, P, C, HC
8:00 PM	Santa Clarita	OA 12 & 12, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd.	<b>JOAN G.</b>	(661) 714-6068	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.	<i>MIRIAM I.</i>	(818) 636-7773	S, P, BB, HC
11:15 AM	Santa Clarita	OA 12 & 12 STEP STUDY, Congregation Beth Shalom 21430 Centre Pointe Parkway	<i>JESSICA</i>	(661) 297-2252	SS
11:30 AM	Woodland Hills	OA 12 & 12 STEP STUDY, 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
6:45 PM	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315	<b>CONNIE</b>	(323) 856-3060	LS, S, P, HC
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.	<i>GAIL</i>	(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

## 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)	KIM K.	(805) 469-1982	LS, P
7:00 PM	Santa Clarita	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.
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	ABC FOCUS - 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			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	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
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	JO CASEY J.	(818) 995-6950	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK, Studio City Park 12621 Rye St. (Recreation Bldg.)	IRA H. MAGGIE F.	(818) 222-4116 (818) 970-9551	S, P, C
7:00 PM	Woodland Hills	SATURDAY NIGHT LIVE, OA Office 20121 Ventura Blvd., #315	ROBIN N.	(805) 823-3569	S, P, C

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