


The 5th Tradition

APRIL/MAY 2016

Abstinence is the most important thing, without exception!

DO YOU HAVE A STORY?

If you have a 'God Shot', an inspiring project, interaction with a newcomer, or a meaningful story to share, please submit it to the 5th Tradition Editor (100 words or less). We would love to share it right here in our Recovery Corner... 

Happy Birthday

Casey	45 years
ME	45 years
Hank	27 years
Peggy	12 years
Janice B.	7 years
Anita	1 year
Stephanie	1 year

Celebrating 138 years of recovery!

CALENDAR

April	4	Board Meeting
April	18	Delegates Meeting
May	2	Board Meeting
May	16	Delegates Meeting



GIFT CERTIFICATES

Looking for a special gift for a fellow for an OA Birthday or any special occasion or 'just because.' An **OA Gift Certificate**, for Literature, is a gift of love and of recovery!

Now available on our website:
www.oasfvalley.org

OA OFFICE HOURS

Monday 6:45 - 7:15 pm

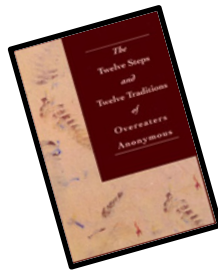
Open before the Delegates Mtg. (3rd Monday of the month)

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

WE HAVE MADE A DISCOVERY!

At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have found that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: **there is a proven, workable method by which we can arrest our illness.**

Can we guarantee you this recovery? The answer is simple. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

We are not a "diet and calories" club. We do not endorse any particular plan of eating. We practice abstinence by staying away from eating between planned meals and from all individual binge foods. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it—in essence, a new way of living.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more. (*Our Invitation to You*, OA World Service)

Welcome to Overeaters Anonymous. Welcome Home!

2016 EVENTS

BINGO - Saturday, April 16, 1:00 - 4:00 pm, Encino Community Center, 4935 Balboa Blvd., Encino

SPONSORSHIP WORKSHOP - Saturday, May 21, 2:00 - 4:00 PM, OA Office

WOMEN'S RETREAT - "Join us on the Magic Carpet Ride," July 22 - 24, \$200

Holy Spirit Retreat Center, Questions? ME 805.791.6160

OASFVI OFFICE: 20121 Ventura Blvd., # 315 • Woodland Hills, CA 91364 • www.oasfvalley.org
email: office@oasfvalley.org • (818) 888-4776 (General Information) • (818) 888-4775 (Fax)



OASFVI SERVICE BOARD

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AD HOC POSITION

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Karen M. (805) 368-7803
delegate@oasfvalley.org



DID YOU KNOW

- **When Meeting information changes**, Meeting Secretaries, **PLEASE** make changes by e-mail to:
 - 5th Tradition Editor: editor@oasfvalley.com, **AND**
 - OASFVI website: vicechair@oasfvalley.com **AND**
 - World Service website: 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
- **OA Literature** may be purchased in the OA Office or by **Phone** (818) 888-4776 or **Email** 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

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
wsorep@oasfvalley.com



EMAIL

Carla
pc5965@yahoo.com

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Steve
SeeSteve@yahoo.com

SPIRITUAL PRINCIPLES IN THE 12 STEPS

Step One:	Honesty
Step Two:	Hope
Step Three:	Faith
Step Four:	Courage
Step Five:	Integrity
Step Six:	Willingness
Step Seven:	Humility
Step Eight:	Self-discipline
Step Nine:	Love
Step Ten:	Perseverance
Step Eleven:	Spiritual Awareness
Step Twelve:	Service

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.	KIM C. ROB	(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	ALISON M. MOLLY C.	(818) 983-2855 (818) 437-4281	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)	JENNIE	(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)	LEORE KELLEY	(818) 384-9979 (818) 284-5524	S, P, C, HC
Monday					
7:30 AM	Studio City	MONDAY MORNING MEDITATION, Studio City Church of Christian Science 4032 Whitsett Ave, (enter through the 'Children's Room')	PEARL	(818) 203-0821	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.	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
8:00 PM	Santa Clarita	OA 12 & 12, Santa Clarita Methodist Church 26640 Bouquet Canyon Rd.	JOAN G.	(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.	KAREN	(805) 368-7803	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	SUSAN C.	(818) 772-5777	LS, SS, P, C
6:00 PM	Sherman Oaks	AA 12 & 12, Sherman Oaks United Methodist Church 14401 Dickens St., (Son Shine Room - downstairs)	MOLLY C. LEORE	(818) 437-4281 (818) 384-9979	LS
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N Buena Vista Ave.	TIANA	(818) 644.701	BB
6:45 PM	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315	CONNIE	(323) 856-3060	LS, S, P, HC
7:00 PM	Newhall	OA MEETING, Temple Beth Ami 23023 Hulse Lane (closest cross street is Walnut St.)	JOY	(818) 635-4892	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.	ELLEN	(805)390-5454	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')	DENISE CHRIS	(818) 620-0464 (818) 429-1339	S, P, LS
10:30 AM	Woodland Hills	THE WORD ON RECOVERY, OA Office 20121 Ventura Blvd., # 315	<i>CHRISTINE K. LINDA J.</i>	(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.	DANIELLE DEVONNA	(818) 383-3150 (812) 598-8004	S, P
6:00 PM	Newbury Park	LITERATURE STUDY, Unitarian Universalist Church 3331 Old Conejo Rd., (upstairs in the Teen Room)	<i>KIM K.</i>	(805) 469-1982	LS, P
7:00 PM	Santa Clarita	WOMEN'S STAG, Santa Clarita United Methodist Church 26640 Bouquet Canyon Rd.	ADELA	(310) 430-0336	LS
7:30 PM	Woodland Hills	100 POUNDER' S MEETING, OA Office 20121 Ventura Blvd., # 315	SETAREH	(818) 585-7477	S, P, C, HC **1 ½ hrs.
Thursday					
7:00 AM	Woodland Hills	SUNSHINE BIG BOOK STUDY, OA Office 20121 Ventura Blvd., #315	DAN	(818)309-9294	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	RICHARD	(310) 720-3234	LS, P, S
7:00 PM	Simi Valley	SPEAKER MEETING, United Methodist Church 2394 Erringer Ave., (Room 11)	<i>ME SIMMS</i>	(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)	<i>HILA</i>	(818) 766-4201	S, P, C
7:30 PM	Woodland Hills	THERE IS A SOLUTION, OA Office 20121 Ventura Blvd., #315	HOLLY G.	(818) 970-4686	LS, HC, LS, P, SS
Friday					
7:00 AM	Agoura Hills	AA STEP STUDY 28720 Roadside Dr., Suite #200	<i>MELANIE</i>	(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)	<i>SHIRLEY W-M. YVONNE S.</i>	(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)	<i>JEENIE</i>	(818) 424-4001	SS, S, P,
7:30 PM	Woodland Hills	JUMP START YOUR WEEKEND, OA Office 20121 Ventura Blvd., # 315	<i>LINDA S.</i>	(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)	<i>JANINE R. KATHY R.</i>	(323) 906-9309 (818) 681-6622	S, P, HC,
9:30 AM	Canyon Country	LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	<i>JOAN</i>	(661) 714-6068	LS
10:00 AM	Burbank	LITERATURE STUDY, United Methodist Church 2828 Magnolia Blvd.	<i>CHARLEE E.</i>	(818) 980-7939	C, HC, S, SS
10:00 AM	Thousand Oaks	WOMEN'S STAG, Ascension Lutheran Church 1600 E. Hillcrest Dr., (in Library)	<i>MARILYN</i>	(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.)	BILL S. JESSICA S.	(818) 894-5093 (323) 605-5689	S, P, C
7:00 PM	Woodland Hills	SATURDAY NIGHT LIVE, OA Office 20121 Ventura Blvd., #315	<i>ROBIN N.</i>	(805) 823-3569	S, P, C

Please provide **CURRENT MEETING CONTACT INFORMATION** to Doritt... editor@oasfvalley.com