

The 5th Tradition

AUGUST/SEPTEMBER 2016

Abstinence is the most important thing, without exception!



RON	35 years
ANITA	29 years
JACQUI	28 years
DORITT	7 years
MARILYN	7 years
MICHELLE	7 years
SIG	7 years
SHARON	5 years

Celebrating **125** years of recovery!



CABARET OA - Sunday, August 21

Corbin Bowl, 19616 Ventura Blvd. Tarzana, 5:00-8:00 pm

(See flyer at our website)

GAME NIGHT – September,

Date/location TBD

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... →

AUGUST/SEPTEMBER CALENDAR

August	1	Board Meeting
August	15	Delegates Meeting
August	21	Cabaret OA
September	5	Board Meeting
September	19	Delegates Meeting



...WATER...

When it spills it is only water!

PLEASE, please, please remember to drink WATER and ONLY WATER in the Meeting Room! It is good for YOU and good for the Office!

* OA OFFICE HOURS

(effective as of Aug. 1, 2016)

Monday Noon - 5:00 pm
6:45 - 7:15 pm

Open before Delegates Meeting (3rd Monday)

Friday Noon - 5:00 pm

Saturday 11:30 am - ?

*Please call prior to coming to the office to be sure it is open!

The Recovery Corner



OA SLOGANS

The Merriam Webster Dictionary defines a **SLOGAN** as:
"A word or phrase used to express a characteristic position or stand or a goal to be achieved, a brief attention-getting phrase."

We love slogans! They are a quick way to say something that has great meaning and immediate impact. Howard, one of our OA fellows, has zillions that he has shared with us, and here are just a few. How about checking off the ones you like and if you have another one, that you especially like, please submit it and we will share it with our fellowship!

- If I have a problem, and eat over it, then I have two problems.
- My disease is an elephant. As long as I remember it is there, I won't get stepped on.
- I go to sleep in recovery and awake the next morning as a compulsive overeater.
- OA adds years to your life and life to your years.
- Anger is but one letter away from 'Danger.'
- Take the message to the meeting, take the mess to your sponsor.
- You received without cost, now give without charge
- Change is a process, not an event
- The only way to fail is to quit. Don't quit before the miracle happens!

Why not write about a slogan? What do you have to lose?



OASFVI SERVICE BOARD

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AD HOC POSITION

DELEGATE COORDINATOR

Heidi R. (818) 337-9167
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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/

Speaker's List: If you are the "speaker seeker" for a meeting and you are looking for Speakers, just email our OA office, office@oasfvalley.org, and a list will be sent to you! AND, if you would like to be added to the list, please let us know! (1 yr. Abstinence required). Please provide your: Name, Phone, Email, Abstinence date, Focus (CO,A,B,R, 100#) Willing to travel?

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 office@oasfvalley.org

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

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Steve

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SPIRITUAL PRINCIPLES in the TWELVE TRADITIONS

Tradition One:	Unity
Tradition Two:	Trust
Tradition Three:	Identity
Tradition Four:	Autonomy
Tradition Five:	Purpose
Tradition Six:	Solidarity
Tradition Seven:	Responsibility
Tradition Eight:	Fellowship
Tradition Nine:	Structure
Tradition Ten:	Neutrality
Tradition Eleven:	Anonymity
Tradition Twelve:	Spirituality

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 = Speaker
- 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	ROBIN E.	(818) 319-2522	S, P, C, HC **1 ½ hrs.
10:00 AM	Oak Park	FOCUS ON RECOVERY, Mae Boyer Park Rec Center 130 N Kanan Rd.	STEVE	(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 MIRIAM	(818) 384-9979 (818) 621-5282	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)	MAGGIE	(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')	PEARL	(818) 203-0821	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	Thousand Oaks	OA MEETING, Temple Adat Elohim, Room 9 2420 E. Hillcrest Dr.	LISA	(805) 231-0124	LS
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 No. Avon, St., @ Jeffries (upstairs)	ANGEL	(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, P, C
Tuesday					
7:00 AM	Woodland Hills	SUNSHINE OA 12 & 12 BOOK STUDY, OA Office 20121 Ventura Blvd., #315	NANCY S.	(818) 347-4375	LS
7:30 AM	Studio City	BIG BOOK STUDY, Church of Christian Science 4032 Whitsett Ave.	TIZA	(323) 640-1413	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., (Music Room, Upstairs)	MOLLY C. LEORE	(818) 437-4281 (818) 384-9979	LS, S, SS, P
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N Buena Vista Ave.	LESLIE	(323) 938-8247	BB
7:00 PM	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315	TIANA	(818) 644-7017	LS, S, P, HC
7:00 PM	Newhall	OA MEETING, Temple Beth Ami 23023 Hilse 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)	MARILYN	(805) 400-0312	LS
7:30 PM	Lancaster	PARTICIPATION MEETING, Lutheran Church 1821 W Lancaster Blvd.	GAIL	(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	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.	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)	MARCY	(805) 499-1053	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			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)	ME SIMMS	(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	HOLLY G.	(818) 970-4686	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
11:30 AM	Woodland Hills	BIG BOOK STUDY, OA Office 20121 Ventura Blvd., # 315	SAM	(310) 993-5606	LS
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. KEN	(323) 906-9309 (818) 726-5250	S, P, HC,
9:30 AM	Canyon Country	LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	CECILIA	(661) 310-4361	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 ½ 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	ROBIN N.	(805) 823-3569	S, P, C

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