

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

DECEMBER 2016/JANUARY 2017

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



Sharon	37 years
Shelli	36 years
Denise	15 years
Holly	14 years
Celeste	5 years
Adele	3 years

**Celebrating 110 years of recovery!**

### CALENDAR

DECEMBER	5	Board Meeting
DECEMBER	17	Candlelight Promises Mtg.
DECEMBER	19	Delegates Meeting
JANUARY	9	Board Meeting
JANUARY	16	Delegates Meeting

### CREATIVE RECOVERY

Do you have a poem, a 'God Shot', an inspiring project, interaction with a newcomer, or a meaningful story to share? If so, please submit it to the 5<sup>th</sup> Tradition Editor (100 words or less). We would love to share it right here...



### EVENT



#### CANDLELIGHT PROMISES MEETING

**Sat. Dec. 17, 2016, 7:30 pm**

Church of Christian Science  
4032 Whitsett Ave., Studio City

### OA OFFICE HOURS

**Monday** 12:00 to 5:00 pm  
6:45 to 7:15 pm

Open before the Delegates Mtg. (3<sup>rd</sup> Mon. each month)

**Friday** 12:00 to 5:00 pm

**Saturday** 11:30 am to 12:30 pm

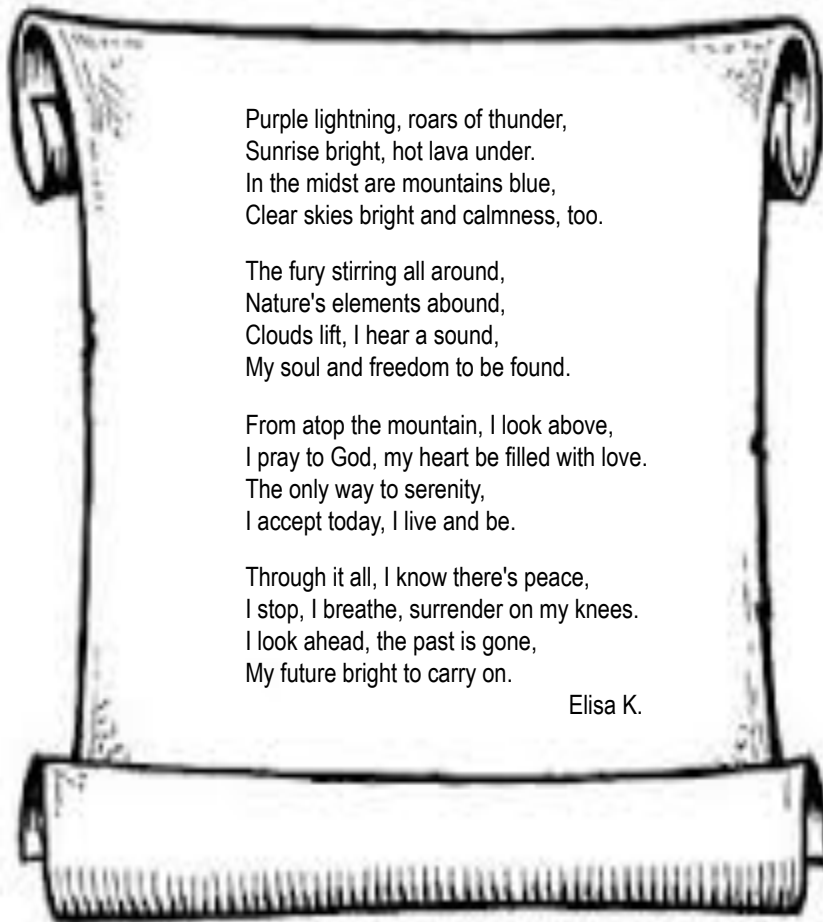
\*Please call prior to coming to the office to be sure it is open!

### The Recovery Corner

### POETRY

Poetry is defined as "literary work in which special intensity is given to the expression of feelings and ideas by the use of distinctive style and rhythm."

In program, we learn that writing enhances our recovery. A talented member of our Intergroup shared this lovely poem she wrote after viewing the photo of powerful natural wonders.



Purple lightning, roars of thunder,  
Sunrise bright, hot lava under.  
In the midst are mountains blue,  
Clear skies bright and calmness, too.

The fury stirring all around,  
Nature's elements abound,  
Clouds lift, I hear a sound,  
My soul and freedom to be found.

From atop the mountain, I look above,  
I pray to God, my heart be filled with love.  
The only way to serenity,  
I accept today, I live and be.

Through it all, I know there's peace,  
I stop, I breathe, surrender on my knees.  
I look ahead, the past is gone,  
My future bright to carry on.

Elisa K.

*Why not write a poem? What do you have to lose?*



## OASFVI SERVICE BOARD

### BOARD CHAIR

Shari B. (310) 880-4750  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org)

### VICE CHAIR

Sig D. (818) 222-6365  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

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Leore B. (818) 384-9979  
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### TREASURER

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### INTERGROUP DEVELOPMENT

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### LITERATURE

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

### PROFESSIONAL OUTREACH

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Sharon M. (818) 427-7031  
[profoutreach@oasfvalley.org](mailto:profoutreach@oasfvalley.org)

### PUBLIC INFORMATION

Susan C. (818) 817-1480  
Elisa K. (818) 983-8339  
[publicinfo@oasfvalley.org](mailto:publicinfo@oasfvalley.org)

### REGION 2 REP

Alison S. (818) 292-4698  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12 STEP WITHIN WORKSHOPS

Joanne S. (818) 939-4105  
Carla (818) 642-8543  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Matt S. (310) 990-4972  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### 5<sup>th</sup> TRADITION EDITOR

Doritt (818) 222-6365  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### AD HOC POSITION

#### DELEGATES COORDINATOR

Heidi R. (818) 337-9167  
[delegates@oasfvalley.org](mailto:delegates@oasfvalley.org)

## DID YOU KNOW

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

- 5<sup>th</sup> Tradition Editor: [editor@oasfvalley.com](mailto:editor@oasfvalley.com) AND
- OASFVI website: [vicechair@oasfvalley.com](mailto:vicechair@oasfvalley.com) AND
- World Service website: [www.oa.org/edit-a-meeting/](http://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](mailto: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! (One year of Abstinence required.) Please provide the following info: Name, Phone, Email, Abstinence date, Focus (A/B, 100#, Women's Stag, Men's Stag, etc.), and are you willing to travel?

**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.oa.org](http://www.oa.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)

## 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:

ME S. (805) 791-6160  
Matt S. (310) 990-4972  
[wsorep@oasfvalley.com](mailto:wsorep@oasfvalley.com)



### EMAIL

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Steve  
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### "NEW" SERVICE BOARD POSITIONS

Elections have been held for our 2017 Service Board positions, however, the information was not available at the time of our printing deadline.

Updated names and contact information will be provided in the February/March 2017 issue of the 5<sup>th</sup> Tradition.

# 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	<b>ROBIN E.</b>	(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.	<b>SAMUEL G.</b>	(805) 494-3140	**1¼ hr
5:00 PM	Sherman Oaks	SUNDOWNER'S MEETING, Sherman Oaks Hospital 4929 Van Nuys Blvd, (1st Floor Conference Room)	<b>IRIS GUNIT</b>	(818) 394-9973 (818) 923-8520	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	<b>LINDA J.</b>	(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.	<b>JONATHAN</b>	(661) 714-4707	SS, P, C
Tuesday					
7:30 AM	Studio City	BIG BOOK STUDY, Church of Christian Science 4032 Whitsett Ave.	<b>PEARL JIM</b>	(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	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)	<b>LESLIE</b>	(818) 974-7180	LS, S, SS, P
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N Buena Vista Ave.	<b>GUNIT RHONDA</b>	(818) 923-8520 (818) 674-2577	BB
7:00 PM	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315	<b>TIANA</b>	(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.)	<b>SUSIE O.</b>	(661) 373-6497	S, P, C
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
7:30 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	<b>SUSAN C.</b>	(818) 772-5777	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)	<b>MARCY</b>	(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	<b>CELESTE</b>	(818) 300-3098	S, P, C, HC **1 ½ hrs.
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' )	<b>HELEN JANICE</b>	(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)	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	<b>SAM</b>	(310) 993-5606	LS, P, S
7:00 PM	Simi Valley	SPEAKER MEETING, United Methodist Church 2394 Erringer Ave., (Room 11)	<b>ME S.</b>	(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	<b>MELISSA</b>	(818) 416-7548	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
12:00 NOON	Woodland Hills	BIG BOOK STUDY, OA Office 20121 Ventura Blvd., # 315	<b>SAM</b>	(310) 993-5606	LS
6:30 PM	La Crescenta	LITERATURE STUDY, Church of Religious Science 4845 Dunsmore Ave., (@ Santa Carlotta)	<b>SHIRLEY WM.</b>	(818) 951-1605	C, LS, SS, P
6:30 PM	Burbank	LITERATURE STUDY/PARTICIPATION, Little White Chapel 1711 No. Avon, St., @ Jeffries (upstairs)	<b>KRYSTYNA</b>	(814) 242-5185	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 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.)	<b>MAGGIE F IRA H.</b>	(818) 970-9551 (323) 222-4116	S, P, C
7:00 PM	Woodland Hills	SATURDAY NIGHT LIVE, OA Office 20121 Ventura Blvd., #315	<b>ROBIN N. TIANA</b>	(805) 823-3569 (818) 644-7017	S, P, C

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