

The 5th Tradition

FEBRUARY/MARCH 2017

Abstinence is the most important thing, without exception!



Julia F.	1 year
Leore B.	2 years
Shari B.	4 years
Rhennetta	18 years

Celebrating 25 years of recovery!

FEB/MARCH CALENDAR

February 6	Board Meeting
February 13	Newcomers Q&A Night
February 20	Delegates Meeting
March 6	Board Meeting
March 20	Delegates Meeting

CREATIVE RECOVERY

If you have a poem, 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...



EVENTS

A NEW YEAR, A FRESH START
Newcomers Q&A Night (location TBD)
Monday, Feb. 13, 6:00 – 7:30 PM

OA OFFICE HOURS

Monday Noon – 5:00 pm
6:45 – 7:15 pm*
*3rd Monday of the month only,
before the Delegates Meeting

Friday Noon – 5:00 pm

Saturday 11:30 am – 12:30 pm
Please call prior to coming to the office
to be sure it is open!

The Recovery Corner

A NEW YEAR, A FRESH START!



As each year begins, we look ahead with plans, intentions and commitments. Gone are the “I didn’t...” or the “I should’ve...” thoughts and with our new resolve, we trudge forward on our road of recovery. Whether you’ve been in OA for a long time or just joined or are wondering, “Is OA for me?” – we can all get re-committed and welcome fresh starts and new surges of hope!

Our first Intergroup / Public Information event, **A NEW YEAR, A FRESH START**, will be a Newcomers’ Q&A night to be held Monday, February 13th, 2017 from 6:00 – 7:30 pm. (*The location is yet to be determined – we’ll be announcing that once details are finalized.*) A number of speakers will briefly share their experience, strength, and hope as well as answer any questions posed by the audience.

Newcomers: do you ever wonder about the difference between abstinence and a food plan? How to find a sponsor? What is a food sponsor vs. a step sponsor? What is “recreational sugar”?

And for those who have been in OA for a while – you will have a chance to ask and share with others about specific food plans and practical uses of a particular Step or Tool.

We welcome you to join us – whether you’re new or just have burning questions to ask! Stay tuned for more info and news on more upcoming workshops and events throughout the year.

Onwards and upwards we go!

2017 OA SFVI Board



OASFVI SERVICE BOARD

BOARD CHAIR

Shari B. (310) 880-4750
chair@oasfvalley.org

VICE CHAIR

Doritt D. (818) 516-3378
vicechair@oasfvalley.org

SECRETARY

Position open
secretary@oasfvalley.org

TREASURER

Michael F. (818) 642-0822
treasurer@oasfvalley.org

INTERGROUP DEVELOPMENT

Jo H. (818) 995-6950
intergroupdev@oasfvalley.org

LITERATURE

Celeste R. (818) 300-3098
literature@oasfvalley.org

PROFESSIONAL OUTREACH

Position open
profoutreach@oasfvalley.org

PUBLIC INFORMATION

Leore B. (818) 384-9979
publicinfo@oasfvalley.org

REGION 2 REP

Janet Z. (818) 298-7461
r2rep@oasfvalley.org

12th STEP WITHIN

Julie G. (310) 467-3433
Jessica F. (661) 224-4290
workshops@oasfvalley.org

WORLD SERVICE REP

Gunit K. (818) 923-8520
wsorep@oasfvalley.org

5th TRADITION EDITOR

Bonnie K. (714) 235-3026
editor@oasfvalley.org

AD HOC POSITION

DELEGATE COORDINATOR

Tiana M. (818) 644-7017
delegates@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 P.	(818) 848-2994
ME	(805) 577-8349
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
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

Carla
pc5965@yahoo.com

Denise B.
dbillings@roadrunner.com

Heather HT.
hlhgraphics@gmail.com

Jacqui
glitzie2@gmail.com

Linda S.
linedavoice23@gmail.com

Liza
ladue22@yahoo.com

Ray J.
rayjoseph32253@gmail.com

Shirley W-M.
wittmiya@aol.com

Steve
SeeSteve@yahoo.com

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 (A/B, 100#, Women's Stag, Men's Stag), 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 the main OA website: www.oa.org

OA Literature may be purchased in the OA Office or by Phone (818) 888-4776 or Email office@oasfvalley.org

NEW LIFELINE WEBSITE

Lifeline Magazine, our "Meeting on the Go", now has its own website. To subscribe, go to oalifeline.org. You'll get full, unlimited access to every Lifeline story published in 2016, plus new stories every month!

NEW SERVICE BOARD POSITIONS

Elections have been held for our 2017 Service Board positions, and the list on this page has been updated.

The positions of Secretary and Professional Outreach remain open. The current Secretary, Leore B., will continue to fulfill those duties temporarily, until a new Secretary has been elected.

Meeting Directory

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

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 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)	IRIS GUNIT	(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	LINDA J.	(818) 882-8640	LS
6:00 PM	Thousand Oaks	OA MEETING, Temple Adat Elohim, Room 9 2420 E. Hillcrest Drive	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 United Methodist Church 26640 Bouquet Canyon Road	JONATHAN	(661) 714-4707	SS, P, C
Tuesday					
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	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)	LESLIE	(818) 974-7180	LS, S, SS, P
6:30 PM	Burbank	BIG BOOK STUDY, Westminster Presbyterian Church 542 N Buena Vista Ave.	GUNIT RHONDA	(818) 923-8520 (818) 674-2577	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.)	SUSIE O.	(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 Road	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
7:00 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	LI,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')	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	SUSAN C.	(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 Road (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 Road	ADELA	(310) 430-0336	LS
7:30 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					
7:30 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)	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	SAM	(310) 993-5606	LS, P, S
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	HOLLY G.	(818) 970-4686	LS, HC, LS, P, SS
Friday					
7:00 AM	Agoura Hills	AA STEP STUDY 28720 Roadside Drive, Suite #200	MELISSA	(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 PM	Woodland Hills	BIG BOOK STUDY, OA Office 20121 Ventura Blvd., # 315	Laura C. Colleen D.	(818) 359-2002 (310) 922-5661	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
6:30 PM	Burbank	LITERATURE STUDY/PARTICIPATION, Little White Chapel 1711 No. Avon St. @ Jeffries (upstairs)	KRYSTYNA	(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 Drive (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.)	MAGGIE F IRA H.	(818) 970-9551 (323) 222-4116	S, P, C
7:00 PM	Woodland Hills	SATURDAY NIGHT LIVE, OA Office 20121 Ventura Blvd., #315	ROBIN N. TIANA	(805) 823-3569 (818) 644-7017	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!