

The 5th Tradition

AUGUST/SEPTEMBER 2017

Abstinence is the most important thing, without exception!



Bonnie K	7 years
Marilyn	8 years
Doritt D	8 years
Sig D	8 years
Shirley W/M	25 years
Ray J	46 years

Celebrating 102 years of recovery!

If you've had a birthday, send your name and years of recovery to editor@oasfvalley.org. Share YOUR experience, strength and hope!

AUGUST/SEPTEMBER CALENDAR

August 7	Board Meeting
August 21	Delegates Meeting
Sept 11	Board Meeting
Sept 18	Delegates Meeting

UPCOMING EVENTS

Cabaret OA: Sunday, August 6, 5:00–7:30 pm at Corbin Bowl. See next page for more details.

“OA-Anon”: Sunday, August 20, 3:00-5:00 pm, Church of the Chimes, 14115 W Magnolia Blvd., Sherman Oaks. More details on the next page.

LAIG Retreat: “Food – Write – God” Sat. Sept. 9. See www.oalaig.org for more information.

OA OFFICE HOURS

Monday 10:00 – 6:00 pm
6:45 – 7:15 pm*

*3rd Monday of the month only,
before the Delegates Meeting

Saturday 11:30 am – 12:30 pm

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

Recovery from Relapse in Four Stages

I am returned; the soft eyes of a fallen child.
I am empty; God pours through me like water.
I am listening; God echoes in my silence.
I am burning; God's wick dipped in wax,
a light for you in the darkness.

Molly K.

Upon Awakening

Here is one OA fellow's morning routine they call their “Recipe For Recovery”. The ingredients are a hybrid of their sponsor's morning meditation and their own additions.

The Serenity Prayer – twice!

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Step One – *We admitted we were powerless over food – that our lives had become unmanageable.*

Step Two – *Came to believe that a power greater than ourselves could restore us to sanity.*

Step Three – *Made a decision to turn our will and our lives over to the care of God as we understood him.*

My list of Character Defects

7th Step Prayer – *My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.*

My Mantra – The peace of God is in me now.

My Sign off to HP – I love you, I trust you, I thank you.

On Awakening – read from page 86 of the AA Big Book, if time permits.

Do you have any personal techniques for working your program, or stories or poetry, that you'd like to share with your fellows? Send them to editor@oasfvalley.org.



OUTREACH CONTACTS



OASFVI SERVICE BOARD

BOARD CHAIR

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

VICE CHAIR

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

SECRETARY

Molly K. (818) 809-6524
secretary@oasfvalley.org

TREASURER

Position open
treasurer@oasfvalley.org

SPECIAL EVENTS AND FUNDRAISING

Jo H. (818) 736-7325
intergroupdev@oasfvalley.org

LITERATURE AND DIGITAL RESOURCES

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

PUBLIC OUTREACH

Leore B. (818) 384-9979
Jae F. (661) 373-9463
publicinfo@oasfvalley.org

REGION 2 REP

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

12th STEP WITHIN/WORKSHOPS

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

WORLD SERVICE REP

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

NEWSLETTER

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

DELEGATE COORDINATOR

Tiana M. (818) 644-7017
delegates@oasfvalley.org

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
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.

linkavoice23@gmail.com

Liza

ladue22@yahoo.com

Ray J.

rayjoseph32253@gmail.com

Shirley W-M.

wittmiya@aol.com

Steve

SeeSteve@yahoo.com

CABARET OA!

Cabaret OA will be at the Corbin Bowl, 19616 Ventura Blvd in Tarzana on Sunday, August 6, 5:00–7:30 pm. Donation is \$12 in advance, \$15 at the door, for an evening of fun, fellowship, and fundraising! Come and see what a talented bunch of fellow OAers we have here, and help raise some funds for the San Fernando Valley Intergroup!

“OA-ANON” – What is this?

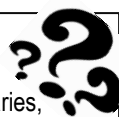
Sunday, August 20 at the Church of the Chimes in Sherman Oaks, a panel of OA'ers and their family and friends will share and answer questions about OA and on living and relating to OA members before and after coming into the rooms. Bring your family and friends and help them learn more about OA. They're not alone!

CELEBRATE YOUR ABSTINENCE!

Honor your abstinence! Make a donation of \$1, \$2, or \$3 per year of abstinence to help keep the Intergroup up and running to support fellows like yourself and those outside of the rooms. Won't you extend a hand and make your donation today?



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 and Sponsor List: We have an UPDATED Speaker List and a NEW Sponsor List! If you're looking for speakers and/or sponsors, email our OA office, office@oasfvalley.org, and the list will be sent to you! If you would like to be added to either or both lists, let us know. Send email to vicechair@oasfvalley.org with your name, phone number, email address, length of abstinence, focus (A/B, 100#, other), and which list you'd like to be placed on – Speaker, Sponsor, Volunteer, and/or Email.

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

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.	TIM COLLEEN	(323) 369-8048 (818) 359-8964	S, P, C
9:00 AM	Woodland Hills	SUNDAY MORNING WOMEN'S STAG, OA Office 20121 Ventura Blvd., #315	ALISON DORITT	(818) 292-4698 (818) 222-6365	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					
7:00 AM	Agoura Hills	AA Big Book Study 28720 Roadside Drive, Suite 200	MELANIE	(213) 514-2163	LS
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	OA and AA 12 & 12, Steps and Traditions, 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	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	Woodland Hills	CAME TO BELIEVE, OA Office 20121 Ventura Blvd., #315 NOTE: New start time	TIANA	(818) 644-7017	LS, S, P, HC
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	LS,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
7:15 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, C
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 (downstairs, far back room – look for signs)	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

GOING TO A MEETING FOR THE FIRST TIME?

Please call the Contact Person to be sure the time and location are up to date!