

The 5th Tradition

JUNE/JULY 2017

Abstinence is the most important thing, without exception!



Karen S	2 years
Gunit K	6 years
Erika S	11 years
Sylvia	22 years

Celebrating 41 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!

JUNE/JULY CALENDAR

June 5	Board Meeting
June 9-11	Region 2 Convention
June 19	Delegates Meeting
June 24	Build-A-Box event
July 3	Board Meeting
July 15	Longtimers Panel
July 17	Delegates Meeting

UPCOMING EVENTS

REGION 2 CONVENTION

June 9-11, Orange County

BUILD-A-BOX (Build a God Box!)

June 24, 2-4 PM at the OA office

LONGTIMERS PANEL

Sat., July 15, 7-9 PM, Church of Christian Science, Studio City

NEW 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!

The Recovery Corner

Our topic this month is **Recovery from Relapse**. Here is some experience, strength, and hope from a fellow.

Relapse was a chronic problem in my recovery before I became fully committed to working the 12 Steps, using the Tools, and being of service. It was not unusual for me to annually lose 50 lbs., then immediately gain 60 lbs. back. Getting my first 30-day chip was easy - I was good at dieting and sacrificing. Then I went out on a binge to celebrate my success! I followed that pattern and dieted to ten 30-day chips in my first year! I was resistant to doing the work the 12 Steps require and being vulnerable with people. I was embarrassed the first time I broke my abstinence, and the second. By the third time, the sting was fading. Normally, the first failure would have been my cue to quit OA because my pride would not let me publicly fail. Fortunately, I was blessed that the members in my home group, Wednesday night's 100-Pounders meeting at the OA office, showed acceptance and never ridiculed or laughed at me. That year, I managed to lose 62 lbs. and had 311 days of freedom from compulsive eating. Progress, not perfection!

When I finally began working the 12 Steps, I learned to manage my compulsive overeating and maintain my weight loss by controlling my emotions, repairing my spiritual deadness, having the courage to eliminate my alcoholic foods, and reaching out to others for help. My path was not a straight one, but I kept coming to meetings and my relapses were shorter. Those setbacks, and seeing the bravery of relapsed members returning to meetings, showed me it's ok to stumble—you just need to get up and keep going. I now have over 5 years of abstinence and am maintaining a weight loss of 170 lbs. My relationship with my HP is restored. I have the tools for continued success and a boat load of new friends, and if I stumble again, I know my only hope is in OA. Keep coming back. Get a sponsor. Be a sponsor. It works if you work it!

Celeste



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

NEW OFFICE HOURS AS OF MAY 1

As of May 1, 2017, the office will be open on Mondays from 10:00 AM – 6:00 PM and Saturdays from 11:30 AM – 12:30 PM. If you need literature, call and leave a message, or send email to office@oasfvalley.com. As always, before coming to the office, call and make sure it is open.

EMAIL

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Steve

SeeSteve@yahoo.com

BUILD-A-BOX (Build a God Box)

Come to the OA office on Saturday, June 24 from 2-4 PM to customize and decorate your God Box! BYOB – bring your own box. This will be an open session to get crafty and artsy with your box. Art materials will be provided, but feel free to bring old cards, photos, magazines, Lifelines, etc. Cost will be \$5.

COMING SOON!

A master list of emails and phone numbers, as well as willingness to serve as a speaker or sponsor or volunteer, is being prepared.

Cabaret OA will be coming into town in August. Stay tuned for more information!



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

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	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			Contact	Phone	Meeting
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			Contact	Phone	Meeting
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	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
7:30 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, 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?

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