

The 5th Tradition

OCTOBER / NOVEMBER 2017

Abstinence is the most important thing, without exception!



Andrea	1 year
Laura	2 years
Karen	2 years
Julie G	2 years
Diane P	4 years
Sharon M	6 years
Cathy	6 years
Holly G	15 years
Susan	18 years
Rochelle	19 years

Celebrating 75 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!

OCTOBER/NOVEMBER CALENDAR

October 1	Workshop
October 2	Board Meeting
Oct. 14-15	Women's Expo
October 16	Delegates Meeting
October 21	Bingo Fun Night
November 6	Board Meeting
November 20	Delegates Meeting
November 23	Thanksgiving Marathon

UPCOMING EVENTS

Beyond Acceptance: A Body Positive Workshop: Sunday, Oct. 1, from 2-4 pm at the OA Office

Women's Expo: Oct. 14-15, at the Los Angeles Convention Center. Looking for volunteers!

Bingo Fun Night: Saturday, Oct. 21, 5-7 pm, at the OA Office

Thanksgiving Marathon: Thursday, Nov. 23, all day at the OA office.

An Important Message from the Chair

Many of you know that I'll be moving to Philadelphia in mid-November. I'll be near my family and becoming a new home owner. This decision was not taken lightly. However, it came about quite divinely and quickly!

I feel fortunate and sad at the same time. Sad that I'm leaving a different family here. I've been in OA for over 12 years – the longest I've ever stayed with any one group. I'm a runner, you see. I used to run from people, places and things that brought about conflict or even just an uncomfortable feeling. I have many, many people to thank for helping me to stay. Through the good, bad, and ugly. I couldn't and wouldn't have done it without you.

I've enjoyed my time serving on the San Fernando Valley Intergroup Board and collaborating with other dedicated service-oriented fellows. The Board has brought great workshops, outreach, and special events. It has represented our Intergroup well at the Region and World Service level. It has kept our Intergroup humming and going. And best of all, it kept me in the middle of the herd. I joined at a time where I experienced a great loss and came to a juncture in life's journey path. Was I in or was I out? I chose to dive in and am forever grateful.

With that, I'm making a shout-out for a new Chair of the SFVI Board for 2018. Requirements include 3 years of abstinence, 6 months of service above the meeting level, working the 12 Steps and regular attendance at meetings. The Chair presides at all regular & special meetings of the Intergroup, is a co-signer of all Intergroup bank accounts, serves as an ex-officio member to all committees, and is the liaison to Intergroup employee(s).

Elections will be held at the October's Delegates meeting so there will be time for the transition. If you're looking to boost your recovery or just want to dive into the herd, please consider stepping up and joining the Board. We'd love to have you!

It has been an honor and privilege to serve.

Wishing you all the best,
Shari B.
2017 OA SFVI Board Chair

OASFVI OFFICE: 20121 Ventura Blvd., # 315 • Woodland Hills, CA 91364 • www.oasfvalley.org
email: office@oasfvalley.org • (818) 888-4776 (General Information) • (818) 888-4775 (Fax)
HOURS: Monday, 10 am – 6 pm; Saturday, 11:30 am – 12:30 pm (call before coming!)
Also the 3rd Monday of the month, before the Delegates Meeting, 6:45 – 7:15 pm



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
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

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Denise B.

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Heather HT.

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Ray J.

rayjoseph32253@gmail.com

Shirley W-M.

wittmiya@aol.com

Steve

SeeSteve@yahoo.com

BINGO FUN NIGHT

Mark your calendar on Saturday, Oct. 21, for a fun night of Bingo, with prizes and fellowship. Come to the OA Office in Woodland Hills, 5–7 pm. Tickets are \$10 – pre-purchase them and get 3 free Bingo cards! At the door, get 1 free Bingo card. Come in costume and get 2 free EXTRA Bingo cards!

WOMEN'S EXPO NEEDS VOLUNTEERS

Volunteers are needed to work at the Women's Expo at the LA Convention Center, October 14–15. Volunteers should be currently working the 12 Steps, working toward or maintaining a healthy body weight, and have been in Program for at least 1 year. 2-hour shifts are available on Saturday (10am–5pm) and Sunday (11am–5pm). Contact Leore or Jae if you are interested: publicinfo@oasfvalley.org

THANKSGIVING DAY MARATHON

Supporting each other during the holidays is an important part of our recovery. On Nov. 23, the San Fernando Valley Intergroup will hold meetings at the OA Office every hour from 7:00am - 9:00pm. Please **SIGN UP** your meeting to participate and take a group conscience to select a time slot and secretary. Time slots will be distributed on a first come/first served basis! Contact: Julie G. or Jessica F. at workshops@oasfvalley.org

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 (enter on West side near dumpster)	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')	JANICE MATT A	(818) 309-3308 (310) 701-3677	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 NOTE: New start time	CELESTE	(818) 300-3098	S, P, C, HC **1 ½ hrs.
Thursday			Contact	Phone	Meeting
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			Contact	Phone	Meeting
7:00 AM	Agoura Hills	AA STEP STUDY 28720 Roadside Drive, Suite #200 (enter on West side near dumpster)	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			Contact	Phone	Meeting
7:30 AM	Burbank	SPIRITWORKS CENTER FOR SPIRITUAL LIVING 260 N Pass Avenue (just North of the 134, across from Vons)	KEN BONNIE	(818) 726-5250 (714) 235-3026	S, P, HC, C
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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