

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

APRIL - MAY 2019

...It took me and it made me better. For that I am eternally grateful.

Page 431, AA Big Book

## COMING EVENTS

### STEP 10 DAILY INVENTORY "WEEDING OUT THE GARDEN"

Sunday, April 28th, 2019 from 1:30 pm to 4:30 pm. Let's explore different ways to clear out our personal garden and make amends where necessary. When the garden is free from weeds, we can be our happy, joyous and free selves! Bring pen and paper. Please no beverages other than water inside the room. This event will be held at the OA SFV office, 20121 Ventura Blvd, 3<sup>rd</sup> floor (elevator access), Woodland Hills. The event is free, but we'll practice the 7<sup>th</sup> tradition. If you have any questions, please call Linda S. (818) 802-0497 or Leore B. (818) 384-9979.

### BUILD-A-BOX B.Y.O.B

Saturday, May 4<sup>th</sup>, 2019 from 2:00 pm to 4:00 pm. Bedazzle your God box with us, art supplies and other materials will be provided, bring the God box you want to decorate. Please no beverages other than water inside the room. This event will be held at the OA SFV office, 20121 Ventura Blvd, 3<sup>rd</sup> floor (elevator access), Woodland Hills. The event is free, but we'll practice the 7<sup>th</sup> tradition. If you have any questions, please call Lital Z. (714) 244-2495.

### EMOTIONAL SOBRIETY WORKSHOP

Saturday, June 8<sup>th</sup>, 2019

**Save the date**

### INTERESTED IN BEING OF SERVICE?

If you are interested in sponsoring, volunteering, speaking and more fill out the San Fernando Valley Intergroup survey at this link:

<https://www.surveymonkey.com/r/QDJTGB>

### WHERE YOU 18-30 YEARS OLD WHEN YOU CAME FIRST TO OA?

OA World Service is looking for recovery stories from people age 18-30, for a new pamphlet. The deadline is April 1<sup>st</sup> you may submit your story at [yp@oa.org](mailto:yp@oa.org)



Nora K. 1 year  
Alessandra M. 2 years  
Kevin C. 3 years  
Jeff F. 5 years  
Linda V. 8 years  
Mary S. 12 years

### **Celebrating 31 years of recovery!**

If you've had a birthday, send your name and years of recovery to [editor@oasfvalley.org](mailto:editor@oasfvalley.org).

### CALENDAR

Apr 1 Board Meeting  
Apr 15 Delegates Meeting  
Apr 28 Step 10 Workshop  
May 4 Build-A-Box Workshop  
May 6 Board Meeting  
May 20 Delegates Meeting

### MEETING SPOTLIGHT

Need a meeting? The Monday night, 6:00 pm in Agoura Hills and Friday afternoon, 12:00 pm meeting in the OA office needs your support.

### WORLD SERVICE CHANGE OF ADDRESS

World Service Office,  
PO Box 44727,  
Rio Rancho, NM 87174-4727

### **OA San Fernando Valley Intergroup (OASFVI) OFFICE:**

20121 Ventura Blvd., #315 • Woodland Hills, CA 91364 [www.oasfvalley.org](http://www.oasfvalley.org)  
email: [office@oasfvalley.org](mailto:office@oasfvalley.org) (818) 888-4776 (General Information), (818) 888-4775 (Fax)  
**HOURS:** Monday, Tuesday and Thursday, 10:00 AM – 5:30 PM; Saturday, 11:30 AM – 12:30 PM (**always** call before coming!), and the 3<sup>rd</sup> Monday of the month, before the Delegates Meeting, 6:45 PM – 7:15 PM.



## 2019 OASFVI SERVICE BOARD

### BOARD CHAIR

Bonnie K. (714) 235-3026  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org)

### VICE CHAIR

Jeanne B. (818) 424-4001  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

Doritt D. (818) 516-3378  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

Jonathan S. (661) 714-4707  
[treasurer@oasfvalley.org](mailto:treasurer@oasfvalley.org)

### SPECIAL EVENTS & FUNDRAISING

Lital Z. (714) 244-2495  
[intergroupdev@oasfvalley.org](mailto:intergroupdev@oasfvalley.org)

### LITERATURE &

### DIGITAL RESOURCES

Samuel G. (805) 341-1694  
Nora K. (317) 418-3247  
[literature@oasfvalley.org](mailto:literature@oasfvalley.org)

### PUBLIC OUTREACH

Tim C. (323) 369-8048  
[publicinfo@oasfvalley.org](mailto:publicinfo@oasfvalley.org)

### REGION 2 REP

Hank N. (818) 939-4232  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497  
Leore B. (818) 384-9979  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Gunit K. (818) 923-8520  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### NEWSLETTER

Alessandra M. (310) 993-5343  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### DELEGATE COORDINATOR

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



## OUTREACH CONTACTS



### 24 HOUR HOTLINE

Bernice (818) 763-6387  
Hank N. (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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Shirley W-M.

[wittmiya@aol.com](mailto:wittmiya@aol.com)

Steve

[SeeSteve@yahoo.com](mailto:SeeSteve@yahoo.com)

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.  
Page 75, AA Big Book.

Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war the victory only *seemed* to win. Our moments of triumphs were short-lived.

Page 66, AA Big Book

As we took an honest look at the past, at who we'd been and what we'd done, we began to understand ourselves better.

Page 29, OA 12 & 12

### TRAVELING? JUST NEED AN OA MEETING?

Check out the podcasts on the OASFV site:

[http://oasfvalley.org/?page\\_id=1285](http://oasfvalley.org/?page_id=1285)

### NEW YOUNG PEOPLE MEETING!

The Young People Committee at World Service has formed a weekly phone meeting for young people.

It is dedicated to all OA members from 18 to 30 years old. On Thursdays at 7:00 pm PST. Phone (605) 472-5395.

ID #378978

We now say yes to this Power, deciding from here on to follow spiritual guidance in making every decision.

Page 19, OA 12 & 12

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

Page 64, AA Big Book



### DID YOU KNOW



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

- OASFVI website: [office@oasfvalley.org](mailto:office@oasfvalley.org) **AND**
- World Service website: [www.aa.org/edit-a-meeting/](http://www.aa.org/edit-a-meeting/)

If you're looking for speakers and/or sponsors, email our OA office, [office@oasfvalley.org](mailto: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 an email to [vicechair@oasfvalley.org](mailto: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 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.aa.org](http://www.aa.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)

# Meeting Directory

All meetings are 1-hour unless \*\* indicates that the time is extended.  
Please note that some Contact Names have been recently updated.

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

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	ROBIN SHELLI	(818) 319-2522 (818) 294-5837	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)	COLLEEN LITAL	(310) 922-5661 (714) 244-2495	S, P, C, HC
5:00 PM	Valley Village	BEGINNER'S MEETING, Faith Presbyterian Church, 5000 Colfax Ave. Patio Room	TIM C.	(323) 369-8048	NC
5:30 PM	Valley Village	STEP STUDY/SPEAKER MEETING, Faith Presbyterian Church, 5000 Colfax Ave., Patio Room	TIM C.	(323) 369-8048	SS, S
Monday					
7:15 AM	Agoura Hills	AA BIG BOOK STUDY 28720 Roadside Drive, Suite 200 .	SHARON M.	(310) 383-6572	B, P, WC
7:00 AM	Santa Clarita	AA 12 & 12 BOOK STUDY, Santa Clarita United Methodist Church, Founders Hall or Fireside Chat Room. 26640 Bouquet Canyon Rd.	SANDY Y.	(661) 373-3900	LS, P, SP, SS, W, WC
7:30 AM	Studio City	MONDAY MORNING MEDITATION, Studio City Church of Christian Science 4032 Whitsett Ave. (Enter through the Children's Room)	DIANE P.	(323) 906-9309	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	Agoura Hills	SERENITY THROUGH THE BIG BOOK 28720 Roadside Drive, Suite 200.	MIRIAM G.	(805) 341-1721	BB, LS
7:00 PM	Santa Clarita	Monday Night Hour of Recovery (OA 12 & 12), Santa Clarita United Methodist Church, 26640 Bouquet Canyon Road (Founder's Rm or Fireside Chat Lounge)	JOAN G. SANDY Y.	(661) 714-6068 (661) 373-3900	LS, P, SP, SS, WC
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 N. Avon St. and Jeffries (1st floor - Library)	JENNY K.	(510) 333-3708	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
Tuesday					
7:30 AM	Studio City	ABC FOCUS - ANOREXIC/BULIMIC EMPHASIS. Unitarian Church 12355 Moorpark St., (2nd floor)	DAN	(323) 708-6753	S, P, C
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	KAHALA	(818) 430-5396	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	AA BIG BOOK STUDY, Westminster Presbyterian Church 542 N. Buena Vista Ave.	GUNIT	(818) 923-8520	BB
6:30 PM	Agoura Hills	AWAKENING, 28720 Roadside Drive, Suite 200	SHARON M.	(310) 383-6572	B, C, LS P
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
7:00 PM	Santa Clarita	OA MEETING, Kaiser Santa Clarita Medical Offices 2, 26877 Tournay Road, Santa Clarita. 91355	SUSIE O.	(661) 373-6497	S, P, C

**GOING TO A MEETING FOR THE FIRST TIME? Call the Contact 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 JOANNE	(818) 309-3308 (818) 430-7871	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	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	LITERATURE MEETING, Santa Clarita United Methodist Church 26640 Bouquet Canyon Road	ADELA	(310) 430-0336	LS
7:00 PM	Lancaster	OA MEETING Lancaster Alano Club, 104 E. Ave. K-4, Suite J. Lancaster, CA 93535	T-BIRD	(818) 850-9885	LS
7:30 PM	Woodland Hills	100 POUNDER'S MEETING, OA Office 20121 Ventura Blvd., # 315	CELESTE	(818) 300-3098	S, P, C, HC
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)	DAN	(323) 708-6753	S, P, C
12:00 PM	Woodland Hills	LITERATURE STUDY – PARTICIPATION MEETING, OA Office 20121 Ventura Blvd., #315	ANDREA	(818) 835-0815	LS, P
7:00 PM	Thousand Oaks	BODY IMAGE FOCUS, St. Patrick's Episcopal Church 1 Church Road, Buena Vista Room (Follow signs for church office)	JENNY H.	(310) 740-7738	S, SS, P, LS, HC
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	DORRIT MICHELLE	(818) 516-3378 (818) 687-5038	LS, HC, LS, P, SS, C
Friday					
7:15 AM	Agoura Hills	STEP STUDY 28720 Roadside Drive, Suite #200	SHARON M.	(310) 383-6572	P, SS, WC
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	SONNY	(310) 749-3630	BB, P, C
12:00 PM	Valencia	LIFELINE STUDY 23501 Cinema Drive #210	MARGARET R.	(661) 252-2385	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
7:30 PM	Woodland Hills	JUMP START YOUR WEEKEND, OA Office 20121 Ventura Blvd., #315 <b>*** THIS MEETING NEEDS SUPPORT***</b>	LISA	(818) 309-6200	LS, S
Saturday					
7:30 AM	Burbank	SPIRITWORKS CENTER FOR SPIRITUAL LIVING 260 N. Pass Avenue (just North of the 134, across from Vons)	ALICE HOLLY	(970) 667-4967 (818) 970-4686	S, P, HC, C
9:00 AM	Simi Valley	SIMI VALLEY UNITED METHODIST CHURCH (SATURDAY SHARING) 2394 Erringer Road, Room 11	CHAS F.	(805) 587-3416	LS, P, C, HC
9:30 AM	Canyon Country	SPEAKER & LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	CECILIA	(661) 310-4361	LS
10:30 AM	North Hollywood	LITERATURE STUDY 10641 Burbank Blvd., Unit A.	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)	ALINE R. NORA K.	(805) 906-9938 (317) 418-3247	S, P, HC, **1 ¼ hrs.
10:00 AM	Woodland Hills	SPIRITUAL MAINTAINERS, OA Office 20121 Ventura Blvd., #315	GLORIA A.	(818) 585-2536	S, P, HC, **1 ½ hrs.
2:30 PM	Studio City	OA SATURDAY IN THE PARK, Studio City Park 12621 Rye St. (Recreation Bldg.)	JESSICA S. ROCHELLE P.	(323) 605-5689 (818) 986-9922	S, P, C