

EMAIL OUTREACH

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If you would like to add your email address to the list, email morell321@gmail.com

OA San Fernando Valley Intergroup Service Board

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cmb4252@ca.rr.com

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12th Step Within
Kim K. 818.317.5593
krkrug@msn.com

Outreach Contact Information

Before that first compulsive bite, call or email instead. ABSTINENCE is the MOST IMPORTANT THING ...without exception!

24 HOUR HOTLINE

Bernice 818.763.6387
Dan L. 818.884.6379 (M)
Ira H. 818.222.4116 (M)
Mary Ann 818.652.6124
Mary P. 818.848.2994
Paul H. 818.787-0288 or
818.317.5681 (M)
Steve 818.298.8002
Wanda Z. 818.896.7262 (M)
M.E. 805.577.8349
Terri 805.495.8881 (M)
Jim S 805.908.1199
Deon 661.254-7360 (M)
Jodi 661.313-2661
Ric 661.254-7360 (M)
Patricia S. 323.337-4062
Fred V. 323.569-6230
Hank 818-939-4232

SPECIFIED HOURS

Carla 818.642.8543
Leave message
Gail P. 818.769-7506
10AM – 6PM
Shelli 818.294-5837
9AM – 8PM
Susan L. 818.845-1368
9AM – 9PM
Stacie H. 818.645-0146
8AM – 8PM
Shoshanna 805.404-5315
4PM – 9PM
Gail 661.722-5833
7PM – 11PM
Cindy S. 949.370-9453
noon to 3am msg
Liza 818.203-9530
8AM – 9PM

OTHER OA NUMBERS

For meetings outside the Southern California area, call the OA World Service office M-F from 8AM to 4:30PM MT at 505.891.2664, or log onto the Internet and find a meeting at www.oa.org.
Beach Cities (310) 374-8533
Foothill (626) 568-7511
Inland Empire (909) 715-2080
LA Intergroup (323) 653-7652
San Diego (619) 521-2538
San Gabriel (626) 335-3355
Channel Islands (805) 899-3250
South Bay (562) 493-9030
RELATED LINKS
CEA-HOW (310) 364-4359

Did you know?

- OA San Fernando Valley Intergroup (OASVIG), supports all OA meetings from Glendale to Thousand Oaks, from LaCresenta to Santa Clarita and Simi Valley and the entire San Fernando Valley.
- There are currently 58 meetings per week in the OASVIG, 14 of which are held at the Darby location.
- OASVIG is part of Region 2 – which encompasses California, Hawaii, Mexico and Northern Nevada, one of 10 Regions that make up OA World Service that has over 6,500 groups in 60 countries.

SPANISH OUTREACH

Sam J. está disponible para los miembros de habla hispana del OA. Llámelo por favor en (818) 564-4014.

Has your meeting GOT DELEGATE?

Be of service and please attend all delegates meetings, held on the 3rd Monday of the month, at 7:30pm at the OA Darby office. Contact Delegates Coordinator Michele FH, mfh1017@aol.com

OA San Fernando Valley Intergroup • 7133-B Darby Ave • Reseda, CA 91335 • www.oasfvalley.org • email: info@oasfvalley.org
General Info 818.342.2222 • Business Office 818.881.4776 • Hours: Mon, Tues, Thurs 12-3:30pm, 1st Wed 6-7:30pm, 3rd Mon 6-7:30pm

12th Step Within Committee Presents:
PRESCRIPTION FOR RECOVERY WORKSHOP
Sunday, March 25 from 1–3pm at the OA Darby Office, 7133-B Darby Ave, Reseda

Just what the doctor ordered! Join us for a workshop dedicated to discovering *your* daily “medicine” for recovery on Sunday, March 25 from 1 to 3 pm. There is a suggested donation of \$5. Please bring paper and pencil. For more information, contact Kim K. 818.317.5593 or krkrug@msn.com & Abby M. 818.497.3959 or massey.abigail@yahoo.com.

12th Step Within Committee Presents:
RELUCTANT WRITER'S WORKSHOP
Saturday, April 21 from 1–3pm at the OA Darby Office, 7133-B Darby Ave, Reseda

Learning tips and strategies on how to use the tool of writing to enhance your recovery on Saturday, April 21 from 1 to 3 pm. There is a suggested donation of \$5. Please bring paper and pencil. Free parking in the lot across from the OA office, do not use bank lot. For more information, contact Kim K. 818.317.5593 or krkrug@msn.com & Abby M. 818.497.3959 or massey.abigail@yahoo.com.

Intergroup Development Presents:
BINGO FUNDRAISER
Sunday, May 6 from 1–5pm at the Encino Community Center, 4935 Balboa Blvd,

Join in on a day of fun and fellowship while raising money for the OASFVIG. Everyone wins with a Bingo Fundraiser! Advanced ticket sales coming to meetings soon, each ticket purchased in advance receives two free game cards. For more information, contact Joe C. 213.393.8198 or kramden811@aol.com.

12th Step Within Committee Presents:
HELPFUL SLOGANS WORKSHOP
Sunday, May 20 from 1–3pm at the OA Darby Office, 7133-B Darby Ave, Reseda

More will be revealed at this helpful slogans workshop on Sunday, May 20 from 1 to 3 pm. There is a suggested donation of \$5. Please bring paper and pencil. For more information, contact Kim K. 818.317.5593 or krkrug@msn.com & Abby M. 818.497.3959 or massey.abigail@yahoo.com.



OA Related Announcements

A Message from the OA San Fernando Valley Intergroup Service Board:
Has your meeting GOT DELEGATE?
Step up and be of service! Be the voice of your meeting so that all OA groups are represented. Many meetings are without a delegate at this time.

OA San Fernando Valley Intergroup (OASFVIG) delegates represent their OA Group (meeting) at monthly meetings. Delegate meetings are held at 7:30pm on the 3rd Monday of the month at the Darby office. During the meetings, members of the OASFVIG Service Board report to the Delegates on upcoming events within the Intergroup and the operations of the OASFVIG office. Also, if there are matters for OASFVIG to vote on for OA World Service, delegates are the trusted servant of the group they represent. For more information, contact the delegate coordinator Michele FH, mfh1017@aol.com.

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. “A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

Find us online at www.oasfvalley.org • “OASFValley” on Facebook and Twitter

MEETING DIRECTORY

March/April 2012
Newsletter

SUNDAY

7:30 AM	Studio City	Focus On Permanent Recovery, Unitarian Church, 12355 Moorpark, 1st floor	Kevyn Judy	(818) 509-2923*	S, P, C	\$496.61
9:00 AM	Reseda	Sunday Morning Women's Stag, OA Office, 7133-B Darby Ave	Erin	(818) 523-7902	S, P, C, HC	\$1,643.39
9:00 AM	Panorama City	Recovery From Relapse, Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Kim K. Sandra B.	(818) 317-5593 (818) 415-7200	1 hr, S, P, HC	\$1,549.30
10:00 AM	Oak Park	Focus on Recovery, Mae Boyer Park Rec Center, 130 N Kanan Rd	Steve Jim	(818) 515-5773* (818) 796-1019*	1¼ hr	\$1,102.43
5:00 PM	Sherman Oaks	Sundowner's Meeting, SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Anita Rosie	(310) 948-3277 (818) 578-9223	S, P, C, HC	\$853.77
6:00 PM	Reseda	Occupied, OA Office, 7133-B Darby Ave			1.5 hr	
8:00 PM	Reseda	Sunday Night Solutions, OA Office, 7133-B Darby Ave	Mark B	(818) 399-0890*	S, P, C, HC, 1¼ hr	\$1,193.76

MONDAY

7:30 AM	Studio City	Focus On Permanent Recovery, Unitarian Church, 12355 Moorpark, 1st floor	Joe C Tim C	(213) 393-8198	S, P, LS	\$407.51
12:30 PM	Reseda	Literature-OA 12&12, OA Office, 7133-B Darby Ave	Frank Linda	(818) 376-0502* (818) 882-8640*	1 hr, LS	\$529.65
6:00 PM	Thousand Oaks	La Ventana Treatment, 275 E. Hillcrest Drive, Suite 125	Eileen	(805) 402-7126*		
6:00 PM	Reseda	Occupied, OA Office, 7133-B Darby Ave			1.5 hr	
7:30 PM	Burbank	Little White Chapel, 1711 Avon, @ Jeffries	Angel	(323) 664-4655*	S, P	
7:30 PM	Woodland Hills	The Whole Big Book, United Methodist Church, 5650 Shoup Ave	Sig	(818) 222-6365*	S, P, BB	\$420.90
8:00 PM	Valencia	OA 12 & 12, Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Gina	(661) 993-1770	SS, S, P, C	\$148.00
8:00 PM	Encino	Monday Night Miracles, Encino Community Center, 4935 Balboa Blvd. Youth friendly meeting	Nancy	(818) 625-9822	S, P, C, HC, 1hr	\$1,359.34

TUESDAY

7:30 AM	Studio City	Big Book Study, Unitarian Church, 12355 Moorpark, 1st Floor	Cherie Winnie	(818) 456-7710* (818) 726-4359*	S, P, BB, HC	\$523.86
11:15 AM	Santa Clarita	OA 12 & 12 Step Study, 21430 Centre Pointe Parkway	Marianna	(661) 645-0604	SS, 1hr	\$20.10
11:30 AM	Reseda	AA 12 & 12, OA Office, 7133-B Darby Ave	Tiana	(818) 644-7017	P, 1hr	\$689.94
6:00 PM	North Hollywood	AA 12 & 12, Spirit of Studio 12, 6006 Laurel Canyon	Sandy S	(818) 982-2392*	SS, 1hr	\$410.00
6:30 PM	Reseda	Big Book Study, OA Office, 7133-B Darby Ave	Bob R	*	BB, HC, 1hr	\$278.90
7:00 PM	Newhall	Barnabus House, 24417 Chestnut Street	Judy Deon	(818) 618-2387 (661) 252-5333	S, P, C	\$270.00
7:00 PM	Simi Valley	United Methodist Church, 2394 Erringer, Room 10	Karen	(805) 584-6098	LS	\$175.00
7:30 PM	Lancaster	Lutheran Church, 1821 W Lancaster Blvd	Gail	(661) 772-5833*	P	
7:30 PM	Oak Park	Mae Boyer Park, 130 N Kanan Road	Felice R	(818) 889-0930*	S, P, C	\$314.14
8:00 PM	Reseda	Came To Believe, OA Office, 7133-B Darby Ave	Heather HT	(818) 203-9665	LS, S, P, HC	\$880.82

*Please call to confirm time and location of this meeting. If you attend this meeting, please update secretary name and phone number to 5th Tradition editor.

All meeting contributions are year to date as of year end 2011. Meeting Treasurers: Please reconcile your 7th Tradition and distribute monthly! A current Form 990 is available in the OA Reseda Darby office and available to our members. Our 7th Tradition states: "Every OA group ought to be fully self supporting, declining outside contributions." Please consider a \$3.00 donation per meeting to help in our goal to carry the message!

All format emphasis of the groups listed are for the convenience of the fellowship. It is the policy of Overeaters Anonymous and the San Fernando Valley Intergroup that ALL compulsive eaters ARE WELCOME at any and all OA meetings and do not have to meet the suggested emphasis of any of the meetings. The San Fernando Valley Intergroup endorses the policy of the 1987 World Services Conference, that it is a violation of Tradition Ten to offer any food plan at OA meetings. Accordingly, no food plan should be used, sold, or given away at any meeting held by any group in the San Fernando Valley Intergroup.

MEETING CODES: BB = Big Book study, C = Chips given for lengths of abstinence, HC = Handicapped facilities available, HOW = Structured suggestions for recovery, LS = Literature Study, NC = Newcomer's Meeting (usually ½ hour before the meeting begins), P = Participation meeting, Q&A = Questions and Answers, S = Speakers Meeting, SS = Step Study, W = Writing Meeting. All Meetings are Non-Smoking.

WEDNESDAY

7:30 AM	Studio City	OA Stories & Abstinence, Unitarian Church, 12355 Moorpark, 1st floor	Beverly Rhoda	(818) 687-4942 (805) 509-2230	S, P, LS	\$243.15
10:15 AM	Studio City	Woman's Stag, Call for Location	Rhoda S	(818) 766-2863*		
10:30 AM	Reseda	The Word On Recovery, OA Office, 7133-B Darby Ave	Robin	(818) 515-9365	LS, P, HC, 1hr	\$2,135.94
12:30 PM	Burbank	Step Study OA 12&12, Magnolia Park United Methodist Church, 2828 W. Magnolia Blvd	Lisa Rachel	(310) 613-9325 (818) 618-6667	LS, 1 hr	
6:00 PM	Woodland Hills	Overeaters Anonymous, The First Step in Recovery, Kaiser Permanente Woodland Hills Northside Building Fishbowl Room, 5601 De Soto Ave	Alison	(818) 292-4698	LS, Q&A, 1 hr	
6:00 PM	Studio City	No Matter What, Unitarian Church, 12355 Moorpark	Hila Sheila	(818) 766-4201 (818) 762-7688	S, P	\$38.69
6:00 PM	Thousand Oaks	Literature Study, 275 E. Hillcrest Drive, Suite 125	Diana	(805) 496-9394	P	\$163.58
6:00 PM	Valencia	Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Tisha Marchand	(661) 713-1427	S,P,LS 1hr	
8:00 PM	Reseda	100 Pounder's Meeting, OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Chris	(818) 609-9382	S, P, C, HC	\$2,063.17
8:00 PM	La Cresenta	12 Steps & 12 Traditions Study, Living Stones SDA Church, 6235 Honolulu Avenue	Cathy	(818) 352-5415*	SS, 1hr	

THURSDAY

7:00 AM	Woodland Hills	Sunshine Big Book Study, Woodland Hills Community Church, 21338 Dumetz Rd	Barbara O Alison S	(818) 585-2384 (818) 292-4698	BB	
7:30 AM	Studio City	OA 12 Step Study, Unitarian Church, 12355 Moorpark, 1st Floor	Ken	(310) 990-4972	LS, SS, P, S,C	\$239.35
7:30 AM	Studio City	Anorexic/Bulimic Emphasis, Unitarian Church, 12355 Moorpark, 2nd floor	Angie Eva	(818) 294-8196* (818) 486-3802*	S, P, C	
12:00 PM	Reseda	OA Literature Study/Participation Meeting, OA Office, 7133-B Darby Ave (please, no parking in bank parking lot)	Connie	(323) 856-3060	LS, P, 1 hr	\$655.58
7:00 PM	Simi Valley	United Methodist Church, 2394 Erringer Ave, Room 11	Anita P	(805) 380-4110*	S, P, HC, C	\$783.20
7:15 PM	Studio City	Primary Purpose Women's Meeting, Little Brown Church, 4418 Coldwater Canyon	Kim Chantel	(818) 317-5593 (303) 919-8566	1 hr, S, P	\$381.33
7:30 PM	Woodland Hills	There is a Solution, AA 12 & 12 Meeting, Woodland Hills Christian Church, 5920 Shoup (near Oxnard), Rm 10	Katie Joanne	(818) 519-6540 (818) 887-5918	LS, HC,LS, P, SS	\$622.00
9:30 PM	Reseda	Late Night Recovery, OA Office, 7133-B Darby Ave	Gregg	(818) 510-4762	1 hr, L	\$823.06

FRIDAY

7:30 AM	Studio City	Focus on Permanent Recovery, Unitarian Church, 12355 Moorpark, 1st Floor	Maegan	(917) 622-7906	SS, (AA), P	\$490.00
11:30 AM	Newhall	Brownbag & Literature Study, Barnabus House, 24417 Chestnut St.	Joan Gloria	(661) 298-7399 (818) 585-6772	LS, 1 hr	\$56.40
12:00 PM	Thousand Oaks	Anorexic/Bulemic/COE Emphasis, Christian Church of Thousand Oaks, 301. W. Avenida de Las Flores	Diana, Angela	(805) 496-9394* (818) 314-3269*	LS, Brown Bag	
6:30 PM	La Crescenta	Church of Religious Science, 4845 Dunsmore Ave (@ Santa Carlotta)	Shirley W-M	(818) 951-1605	C, SS, P, 1 hr	\$60.00
6:30 PM	Burbank	Speaker/Step Study, Little White Chapel, 1711 Avon Ave (upstairs)	Sara V	(818) 766-0583*	SS, S, P, 1 hr	\$175.00
7:00 PM	North Hills	Acceptance is the Key, Unitarian/Universialist Church, 9550 Haskell Ave	Heather HT	(818) 203-9665	S, SS, C, 1 hr	
7:30 PM	Reseda	Jump Start Your Weekend, OA Office, 7133-B Darby Ave	Connie Linda	(323) 856-3060 (818) 383-2536	1 hr	\$931.77

SATURDAY

7:30 AM	Burbank	Westminster Presbyterian Church, 542 N Buena Vista (no child care)	Darcy Kristen	(818) 648-3898 (818) 406-2606	S, P, HC, 1 hr	\$2,065.51
8:00 AM	Calabasas	Recovery by Nature Hiking Meeting, Juan Bautista de Anza Park, 3701 Lost Hills Rd.	Sam J	(818) 564-4014*	S, P, 1.5 hrs	
8:30 AM	Reseda	OA 12 & 12 Study, OA Office, 7133-B Darby Ave		*	SS, HC, 1hr	\$222.15
9:30 AM	Canyon Country	Book Study, "The Cocoon" Mini Mall, 27013 Langside Ave, Suite L	Judy A Jodi	(818) 618-2387 (661) 313-2661	LS	
10:00 AM	Burbank	United Methodist Church, 2828 Magnolia Blvd	Charlee	(818) 980-7939	C, HC, S, SS	\$640.00
10:00 AM	Thousand Oaks	Women's Stag, 275 E. Hillcrest Drive, Suite 125 (parking & entrance is in the back of the building)	Trisha	(805) 990-5549	S, P, HC	\$847.27
10:00 AM	Reseda	Spiritual Maintainers, OA Office, 7133-B Darby (please, no parking in bank parking lot)	Carolyn Linda	(818) 645-3791 (818) 383-2536	S, P, HC, 1.5 hrs	\$2,980.42
2:30 PM	Studio City	Studio City Park, 12621 Rye Street (Recreation Bldg.)	Jessica S	(323) 605-5689	S, P, C, 1hr	\$1,116.79
5:00 PM	Sherman Oaks	Steps to Serene Abstinence, SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Ester	(818) 762-9761	LS, 1hr	
6:30 PM	Reseda	Saturday Night's Alright for Recovery! OA Office, 7133-B Darby Ave	Sonia	(818) 786-9113*		\$13.50