

THE 5TH TRADITION

August 2013
Newsletter Updates

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, 3rd Mon 6-7:30pm, After Workshops (Sat & Sun)

12th Step Within Committee Presents:

STEP AND PROMISE WORKSHOP

Saturday, September 21 from 2-4pm at the OA Darby Office, 7133-B Darby Ave, Reseda

Recover at the Step and Promise Workshop on Saturday, September 21 from 2 to 4 pm. Speakers will share their experience, strength, and hope on how working the steps leads to the promises. There is a suggested donation of \$7. Please bring a pen and paper. Free parking in the lot across from the OA office, do not use bank lot. For more information, contact Abby M. 818.497.3950 or massey.abigail@yahoo.com or Gunit 818.923.8520.

OASFV Women's Stag Meeting Sponsors Present:

OA WOMEN'S RETREAT

Friday, Saturday, & Sunday, November 8-10 at the Holy Spirit Retreat Center, 4316 Lanai Road, Encino

A weekend of recovery among women. Bring your Big Book, pen, and paper. Non-refundable deposit of \$90 required. Total cost for retreat is \$180.00. For registration questions please contact Robin 818.881.1632 and for general questions please contact ME 805.791.6160.

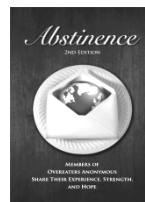
OA RELATED ANNOUNCEMENTS MEETING UPDATES

Due to the Labor Day Holiday, Monday Night Miracles in Encino will be meeting at 7:45pm on Monday, September 2, at the OA Office, 7133-B Darby Avenue, Reseda. The meeting time for Monday Night Miracles Meeting in Encino has changed. Monday Night Miracles also has a new meeting time. Starting Monday, September 2, the meeting will begin at 7:45pm and end at 8:45pm.

A new literature study meeting has started on Tuesday nights at 6:30pm. The Big Book Meeting will meet at the Westminster Presbyterian Church, 542 N. Buena Vista Street, Burbank. For more information, contact Kimberly 818.326.6525.

ABSTINENCE SECOND EDITION IS NOW AVAILABLE!

The new edition of the Abstinence book is now available. Member-written stories from Lifeline offer help, encouragement, and guidance to help you achieve and maintain abstinence. Fifty percent of the stories in this edition are new!. Available at the OA Office in Reseda or ask the literature chair at your meetings.



OA SUMMER LOVIN ACTION PLAN...HAVING A BLAST!!!

PASS IT ON! Make a plan with your meeting to pass out the Public Information postcards. Pin them up on Public Notice boards at coffee shops, work, or at your doctor's office! Ask your meeting's delegate or contact Elisa K. 818.983.8339 or wrltdtrvrr@hotmail.com.

COUNT ON IT! Get trained by the OASFVIG Treasurer to help with minor bookkeeping tasks using QuickBooks! For more information contact Anita M. 310.948.3277 or oa2012treasurer@gmail.com.

"LIKE, EVERYONE'S GONNA BE THERE..." Come to all upcoming workshops and events! Support your OA San Fernando Valley Intergroup and deepen your recovery! See you there!

AUGUST MEETING SUGGESTION

Region 2 Twelfth Step Within Committee has a suggestion for groups to assist struggling members or those in relapse. Add a line to your meeting script that says: "Is anyone willing to reach out to a fellow OA'er you know is struggling this week?"

BIRTHDAYS

2 Years	Joanne
4 Years	Katie
4 Years	Michelle
11 Years	Colleen

If you have a birthday coming up, please email morell321@gmail.com

CALENDAR

Sept 2	Monday Night Miracles in Encino will meet at Darby Office 7:45pm
Sept 16	Delegates Meeting
Sept 21	Step and Promise Workshop
Nov 8-10	Save the Date for the OASFV Womens Stag Retreat

LITERATURE CORNER

BUY ONE GET ONE FREE CD
SPECIAL FOR SEPTEMBER
ONLY!

If you've been thinking about picking up some of our wonderful OA speaker CD sets, now's the time!

During the month of September, if you buy any CD set you can have any other title of equal or lesser value from available inventory for free!

To place an order go to www.oasfvalley.org, contact the OA office, or see your literature representative for an order form. For more information, contact Chas at chas.ferry@mac.com

Complete Meeting List Available at www.oasfvalley.org
Find us online at "OASFValley" on Facebook and Twitter

EMAIL OUTREACH

Carla N
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Steve
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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

Board Chair Holly G. 818.970.4686 hgrasso@att.net	12th Step Within Abby M. 818.497.3950 massey.abigail@yahoo.com	Region 2 Representative Alison S. 818.292.4698 alison.p.sullivan@gmail.com
Vice Chair Heather HT. 818.203.9665 hlhgraphics@gmail.com	Gunit B. 818.923.8520 gunitkb@gmail.com	Public Information Elisa K. 818.983.8339 wrltdtrvrr@hotmail.com
Treasurer Anita M. 310.948.3277 oa2012treasurer@gmail.com	5th Tradition Michelle G. 818.687.5038 morell321@gmail.com	Lynn W. 818.317.9062 lynnzallright@yahoo.com
Secretary Kim K. 818.317.5593 krkrug@msn.com	Literature-Lifeline Chas F. 805.583.3600 chas.ferry@mac.com	Intergroup Development Joanne S. 818.939.4105 jvsilva19@hotmail.com
Professional Outreach Carol B. 818.370.3602 cmb4252@ca.rr.com	World Service Representative Matt S. 310.990.4972 m.adamshepherd@gmail.com	Sandy M. 818.625.5696 san4fran@pacbell.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. 818.309.9294 (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. 818.406.1310
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 NUMBERS
CEA-HOW (310) 364-4359

Did you know?

- OA San Fernando Valley Intergroup (OASVIG), supports all OA meetings from Glendale to Thousand Oaks, from LaCrescenta to Santa Clarita and Simi Valley and the entire San Fernando Valley.
- There are currently 55 meetings per week in the OASVIG, 11 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.

SERVICE OPPORTUNITIES

If you would like to help create a home within a home for the young people of OA, contact Matt S. 310.990.4972 or m.adamshepherd@gmail.com to learn how you can be of service.

Make use of our donated soda machine with sugar-free sodas and large bottles of water. Drink lots of water!!!

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, 7:30pm at the OA Darby office. Contact Delegates Coordinator Erika 818.414.0192 or evsatie@gmail.com