

THE 5TH TRADITION

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, Saturdays & Sundays after workshops only

12th Step Within Committee Presents:

PRACTICAL APPROACHES TO STEP ELEVEN WORKSHOP

Saturday, July 20 from 2-4pm at the OA Darby Office, 7133-B Darby Ave, Reseda

Speakers! Meditation! and Yoga! at the Practical Approaches to Step Eleven Workshop on Saturday, July 20 from 2 to 4 pm. There is a suggested donation of \$7. Please bring a towel/yoga mat and dress comfortably, ready for yoga. 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.

Intergroup Development Presents:

CAFÉ DARBE

Saturday, August 10 from 7-10pm at the All Saints Lutheran Church, 8040 Glenoaks Blvd, Sun Valley

An evening of entertainment, drawings for great prizes, 50/50 drawing, refreshments, fellowship, and FUN! It's a great way to raise money for the fellowship. A \$10 suggested donation, presale tickets will be available. For more information or to volunteer and be of service, please contact Joanne S. 818.939.4105 or jvsilva19@hotmail.com or Sandy M. 818. 818.625.5696 or san4fran@pacbell.com. To donate diet soda or unsweetened iced tea for refreshments contact Michelle G. 818.687-5038 or morell321@gmail.com.

SPECIAL CAFÉ DARBE OPPORTUNITY!

WE ARE OFFERING A NEW KEURIG COFFEE MACHINE WITH COFFEE PODS (VALUE \$225)

Only 50 tickets will be sold at \$10 a ticket. We will pick the winning ticket at Café Darbe. You do not need to be there to win, but we hope you are there! Tickets will be available at the Eleventh Step Workshop from Board Members and at the July Delegates Meeting until tickets run out.

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

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 wrltdtrvlrr@hotmail.com.

★**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.

★**CAFÉ DARBE...HEEEYYYY!**★ Need a ride? Willing to give a ride? If you need a ride or are willing to be of service and help with the OA Taxi to and from the event, contact Matt S. 310.990.4972 or m.adamshepherd@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!

BIRTHDAYS

2 Years	Gunit
4 Years	Katie
4 Years	Jeff
7 Years	Darcy
28 Years	Pearl

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

CALENDAR

July 20	Eleventh Step Workshop
Aug 5	Board Meeting 7:30pm Darby Office
Aug 10	Café Darbe FUNdraiser for the OASFVIG
Aug 19	Delegates Meeting 7:30pm Darby Office
Nov 8-10	SAVE THE DATE for the OASFV Womens Stag Retreat

LITERATURE CORNER

CDs from OA workshops are a great deal, many are only \$10 each. Get your copies now!

The 2012 There is a Solution Series is a set of 20 CDs featuring 38 speakers from the January-December 2012 workshops. ONLY \$35

Go to www.oasfvalley.org, contact the OA office, or see your literature representative for an order form.

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

MEETING DIRECTORY

July/August 2013
Newsletter

SUNDAY

7:30 AM	Studio City	Focus On Permanent Recovery , Studio City Church of Christian Science, 4032 Whitsett Ave	Barbara O. Eric Y.	(818) 585-2384 (818) 391-6447	S, P, C
9:00 AM	Reseda	Sunday Morning Women's Stag , OA Office, 7133-B Darby Ave	Sandy	(818) 326-1388*	S, P, C, HC
9:00 AM	Panorama City	Recovery From Relapse , Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Alison S. Elisa K.	(818) 292-4698 (818) 983-8339	1 hr, S, P, HC
10:00 AM	Oak Park	Focus on Recovery , Mae Boyer Park Rec Center, 130 N Kanan Rd	Trisha Diana	(805) 990-5549* (805) 496-9394*	1¼ hr
5:00 PM	Sherman Oaks	Sundowner's Meeting , SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Dyan Hoda	(818) 731-3585 (818) 915-9411	S, P, C, HC
8:00 PM	Santa Clarita	Santa Clarita Methodist Church , Small World Preschool Teacher's Lounge, 26640 Bouquet Canyon Rd	Jessica	(661) 297-2252	
8:00 PM	Reseda	Sunday Night Solutions , OA Office, 7133-B Darby Ave	Mark B.	(818) 399-0890*	S, P, C, HC, 1¼ hr

MONDAY

7:30 AM	Studio City	Focus On Permanent Recovery , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Julee Hank	(818) 648-3666 (818) 939-4232	S, P, LS
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
6:00 PM	Thousand Oaks	La Ventana Treatment , 275 E. Hillcrest Drive, Suite 125	Carol T.	(310) 467-7898	
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	Kelley S.	(818) 284-5524	S, P, BB
8:00 PM	Valencia	OA 12 & 12 , Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Gina	(661) 993-1770*	SS, S, P, C
8:00 PM	Encino	Monday Night Miracles , Encino Community Center, 4935 Balboa Blvd. Youth friendly meeting	Sandy M Dina	(818) 625-5696 (818) 621-7472	S, P, C, HC, 1hr

TUESDAY

7:00 AM	Woodland Hills	Sunshine OA 12 & 12 Book Study , Woodland Hills Community Church, 21338 Dumetz Rd	Dan Vladka	(818) 309-9294 (818) 807-4523	
7:30 AM	Studio City	Big Book Study , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Beverly Katie	(818) 687-4942 (818) 519-6540	S, P, BB, HC
11:15 AM	Santa Clarita	OA 12 & 12 Step Study , 21430 Centre Pointe Parkway	Marianna	(661) 645-0604*	SS, 1hr
11:30 AM	Reseda	AA 12 & 12, OA Office , 7133-B Darby Ave	Tiana	(818) 644-7017*	P, 1hr
6:00 PM	Van Nuys	AA 12 & 12, St Mark's Episcopal Church , 14646 Sherman Way	Shirley	(818) 764-1292	SS, 1hr
7:00 PM	Newhall	Temple Beth Ami 23023 Hilse Lane (Closest Cross-St is Walnut St)	Natalie	(661) 618-2116	S, P, C
7:00 PM	Simi Valley	United Methodist Church , 2394 Erringer, Room 10	Robin N.	(805) 823-3569	LS
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
8:00 PM	Reseda	Came To Believe , OA Office, 7133-B Darby Ave	Connie	(323) 856-3060	LS, S, P, HC

***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.**

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 , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Chris V. Janice	(818) 845-8646 (818) 309-3308	S, P, LS
10:30 AM	Reseda	The Word On Recovery , OA Office, 7133-B Darby Ave	Denise B. Linda J.	(818) 458-1641 (818) 882-8640	LS, P, HC, 1hr
6:00 PM	Woodland Hills	Overeaters Anonymous, The First Step in Recovery , Kaiser Permanente Woodland Hills, 5601 De Soto Ave, Various rooms, please contact alison.p.sullivan@gmail.com OR visit the info desk at Entrance 4	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
6:00 PM	Thousand Oaks	Literature Study , 275 E. Hillcrest Drive, Suite 125	Aline	(805) 906-9938*	P
7:00 PM	Valencia	Santa Clarita Methodist Church , 26640 Bouquet Cyn Rd	Adela	(310) 430-0336	BB
8:00 PM	Reseda	100 Pounder's Meeting , OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Matt	(310) 990-4972	S, P, C, HC
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 , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Julee Hila	(818) 648-3666 (818) 489-1039	LS, SS, P, S,C
7:30 AM	Studio City	Anorexic/Bulimic Emphasis , Unitarian Church, 12355 Moorpark, 2nd floor	Traci Stephanie	(818) 427-3331 (818) 802-1148	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
7:00 PM	Lancaster	Big Book Study , Call for location.	Theresa* Corine*	(661) 948-7015 (661) 722-9381	
7:00 PM	Simi Valley	United Methodist Church , 2394 Erringer Ave, Room 11, <i>Speaker meeting except first Thursday of the month is on a Step</i>	Kathy	(805) 404-0955	S, P, HC, C
7:15 PM	Studio City	Primary Purpose Women's Meeting , Little Brown Church, 4418 Coldwater Canyon	Kassandra	(818) 270-0303	1 hr, S, P, C
7:30 PM	Woodland Hills	There is a Solution , AA 12 & 12 Meeting, Kaiser Permanente Woodland Hills, 5601 De Soto Ave, Auditorium B	Michelle G.	(818) 687-5038	LS, HC,LS, P, SS
9:30 PM	Reseda	Late Night Recovery , OA Office, 7133-B Darby Ave	Gregg	(818) 510-4762*	1 hr, L
FRIDAY					
7:30 AM	Studio City	Focus on Permanent Recovery , Studio City Church of Christian Science, 4032 Whitsett Ave, enter through the 'Children's Room'	Miriam I. Jim	(818) 636-7773 (818) 356-5084	SS, (AA), P
12:00 PM	Thousand Oaks	12 & 12 Study , Christian Church of Thousand Oaks, 301. W. Avenida de Las Flores	Judith	(805) 603-8947	LS, Brown Bag, Closed Meeting
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
6:30 PM	Burbank	Speaker/Step Study , Little White Chapel, 1711 Avon Ave (upstairs)	Sara V	(818) 766-0583*	SS, S, P, 1 hr
7:00 PM	North Hills	Acceptance is the Key , Unitarian/Universalist 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
SATURDAY					
7:30 AM	Burbank	Westminster Presbyterian Church , 542 N Buena Vista (no child care)	Jennie	(310) 717-7710	S, P, HC, 1 hr
8:30 AM	Reseda	The Daily Reprieve Men's Stag , OA Office, 7133-B Darby Ave	Mark	(818) 399-0890	1hr BB, S
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
10:00 AM	Thousand Oaks	Women's Stag , 275 E. Hillcrest Drive, Suite 125 (parking & entrance is in the back of the building)			S, P, HC
10:00 AM	Reseda	Spiritual Maintainers , OA Office, 7133-B Darby (please, no parking in bank parking lot)	Marjorie Susan	(310) 717-5544 (818) 298-8622	S, P, HC, 1.5 hrs
11:00 AM	Agoura Hills	New Hope Lutheran Church 29295 Agoura Rd	Rose	(818) 879-0914*	
2:30 PM	Studio City	Studio City Park , 12621 Rye Street (Recreation Bldg.)	Leah K.	(818) 784-7070 (818) 222-4116	S, P, C, 1hr

CONTACT INFORMATION

July/August 2013
Newsletter

EMAIL OUTREACH

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

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

OA San Fernando Valley Intergroup Service Board

Board Chair

Holly G. 818.970.4686
hgrasso@att.net

Vice Chair

Heather HT. 818.203.9665
hlhgraphics@gmail.com

Treasurer

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Secretary

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5th Tradition

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Region 2 Representative

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jvsilva19@hotmail.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. 818.564.8154
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.

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

SERVICE OPPORTUNITIES

Want to be a part of the Evolution of Media for the SF Valley Intergroup? We are forming a committee to explore various ways of delivering our digital media to our membership! Please contact Carol B. 818.370.3602 or cmb4252@ca.rr.com to join.

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.