

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. Big Book, Page 420

Twelve Signs of Relapse Checklist

- Complacency
- Continuous weight change in the “wrong” direction
- Defiance
- Dishonesty
- Eating binge foods
- Forgetting gratitude
- Judging others
- Not having a sponsor
- Procrastination
- Skipping meetings
- Thinking “Someday I will be able to eat like a normal person.”
- Unresolved issues (abuse, grief, abandonment, anger, resentment, etc.)



COMING EVENTS

GAME NIGHT - FUN IN THE SUN

Saturday, June 1st, 2019 from 4:00 pm to 6:00 pm. Join us for an evening full of Games, Fellowship and Prizes. The event will be held at the OASFVI office, 20121 Ventura Blvd. #315, Woodland Hills. Please no beverages other than water inside the room. Tickets are \$10 in advance + 2 prize tickets or \$12 at the door. Questions, call Lital Z. (714) 244-2495

EMOTIONAL SOBRIETY WORKSHOP

Saturday, June 8th, 2019 from 1:30 pm to 4:00 pm. Experience an enlightening afternoon as speakers share how they have turned turmoil back to serenity and peace. OASFVI office, 20121 Ventura Blvd. #315, Woodland Hills. The event is free but we'll practice the 7th Tradition. Bring pen and paper. Questions, call Linda S. (818) 802-0497 or Leore B. (818) 384-9979

OA WOMEN'S RETREAT – TOOLS TO A SPIRITUAL PATH

Tickets are going FAST, make sure to get yourself a spot before it's too late! September 13-15, 2019 at the Holy Spirit Retreat Center, 4316 Lanai Road, Encino, CA.

Save the date

OA CABARET COMEDY NIGHT

Saturday, August 10th, 2019

RECOVERY FROM RELAPSE

Sunday, August 4th, 2019



Tina B.	2 years
Karen R.	2 years
Samuel G.	3 years
Lyn D.	6 years
Jae	7 years
Gunit	8 years
Jacqui R.	31 years

Celebrating 59 years of recovery!

If you've had a birthday, send your name and years of recovery to editor@oasfvalley.org.

CALENDAR

June 1	Game Night
June 3	Board Meeting
June 8	Emotional Sobriety
June 17	Delegates Meeting
July 1	Board Meeting
July 15	Delegates Meeting

Tools of Recovery

T B L I T E R A T U R E A W F
 F E R A U W E Z D I I E N Y J
 E W Y X A V M J L Z Z S O Y X
 Y H Q M X G M Z S S E E N A A
 K Y P W L H J Q Q W D R I C T
 S P O N S O R S H I P V M T W
 I T B W J P O T X Q O I I I R
 M E M D X R U Z U V U C T O I
 E L C D E Z Q M V Y F E Y N T
 E E H P O A H U K A N E N P I
 T P L A N O F E A T I N G L N
 I H K H K G C C C G F R Z A G
 N O N A D U W B X I R L H N J
 G N P M A B P W E H N N G H O
 S E H N L A I V A J R Z I W A

PLANOFEATING LITERATURE ACTIONPLAN SPONSORSHIP
 WRITING TELEPHONE ANONIMITY MEETINGS
 SERVICE

ATTENTION FELLOWS!

❖ The Young Persons committee needs you to please share your experiences by completing the following Survey. Answers will be confidential.

<https://www.surveymonkey.com/r/YPC19> Questions, please email yp@oa.org

❖ JOIN US ON MONDAY NIGHT

at 7.30 pm in Burbank to support our meeting and get plenty of recovery!
 1711 N. Avon St. and Jeffries (1st floor - Library). SEE YOU THERE!

❖ DO YOU LIVE IN THE NORTHRIDGE/CHATSWORTH AREA?

Let us know if you're interested in starting a new meeting at office@oasfvalley.org

Scan this QR code to be of service, as a speaker, volunteer, sponsor etc..





2019 OASFVI SERVICE BOARD

BOARD CHAIR

Bonnie K. (714) 235-3026
chair@oasfvalley.org

VICE CHAIR

Jeanne B. (818) 424-4001
vicechair@oasfvalley.org

SECRETARY

Doritt D. (818) 516-3378
secretary@oasfvalley.org

TREASURER

Jonathan S. (661) 714-4707
treasurer@oasfvalley.org

SPECIAL EVENTS & FUNDRAISING

Lital Z. (714) 244-2495
intergroupdev@oasfvalley.org

LITERATURE &

DIGITAL RESOURCES

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

PUBLIC OUTREACH

Tim C. (323) 369-8048
publicinfo@oasfvalley.org

REGION 2 REP

Hank N. (818) 939-4232
r2rep@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

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

WORLD SERVICE REP

Gunit K. (818) 923-8520
wsorep@oasfvalley.org

NEWSLETTER

Alessandra M. (310) 993-5343
editor@oasfvalley.org

DELEGATE COORDINATOR

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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Steve
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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/QDJTGJB>

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.

OA 12 & 12 page 29

"Humility is not thinking of myself less, but thinking of myself less"

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



DID YOU KNOW



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

- OASFVI website: office@oasfvalley.org **AND**
- World Service website: www.oa.org/edit-a-meeting/

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 an 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 PayPal/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



OA San Fernando Valley Intergroup (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, Tuesday and Thursday, 10:00 AM – 5:30 PM; Saturday,

11:30 AM – 12:30 PM (**always** call before coming!), and the 3rd Monday of the month, before the Delegates Meeting, 6:45 PM – 7:15 PM.

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.	TIM C.	(323) 369-8048	NC
5:30 PM	Valley Village	STEP STUDY/SPEAKER MEETING, Faith Presbyterian Church, 5000 Colfax Ave.,	TIM C.	(323) 369-8048	SS, S
Monday					
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
7:15 AM	Agoura Hills	AA BIG BOOK STUDY 28720 Roadside Drive, Suite 200 .	SHARON M.	(310) 383-6572	B, P, 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 MIKE	(818) 974-7180 (310) 600-1417	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
7:00 PM	Santa Clarita	OA MEETING, Kaiser Santa Clarita Medical Offices 2, 26877 Tournay Road, Santa Clarita, 91355	BOB K.	(661) 373-1272	PC, HC, P
7:30 PM	Lancaster	PARTICIPATION MEETING, Lutheran Church 1821 W. Lancaster Blvd.	GAIL	(661) 772-5833	P

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.	SHARON L.	(818) 290-3785	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. (Meeting moved to back building, Room #1)	SABRINA LEORE	(310) 570-0236 (818) 384-9979	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					
7:00 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')	DARCY KAREN R.	(310) 773-6833 (818) 317-5385	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 *** THIS MEETING NEEDS SUPPORT***	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
10:00 AM	Woodland Hills	SPIRITUAL MAINTAINERS, OA Office 20121 Ventura Blvd., #315	LINDA S. KAHALA	(818) 802-0497 (818) 430-5396	S, P, HC, **1 ½ hrs.
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 ½ hrs.
10:30 AM	North Hollywood	LITERATURE STUDY 10641 Burbank Blvd., Unit A.	CHARLEE E.	(818) 980-7939	C, HC, S, SS
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