

The 5th Tradition

AUGUST - SEPTEMBER 2018

Faith ~ Hope ~ Love ~ Forgiveness ~ Service



Gunit	7 years
Bonnie K.	8 years
Doritt	9 years
Sig	9 years
Shirley	26 years

Celebrating 59 years of recovery!

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

CALENDAR

- Aug 5 OA Cabaret
- Aug 19 OA Open House
- Aug 26 12th Step Workshop
- Oct 27 BINGO
- Nov 2-4 Women's Retreat
- Nov 22 Thanksgiving Marathon
- Dec 15 Candlelight Promises
- Jan 18-20 OA Birthday Party

OA WOMEN'S RETREAT

November 2-4, 2018 at the Holy Spirit Retreat Center, 4316 Lanai Road, Encino. Total cost: \$200, Non-refundable deposit \$100. Balance due October 17. For more information, contact ME at 805-791-6160 or Casey J. at 818-200-9530.

MIND GAMES – FINDING PEACE & SERENITY IN YOUR BODY IMAGE

Saturday, September 8, 12:00 PM to 2:00 PM - San Gabriel Intergroup OA Meeting Room, 1157 E. Arrow Highway, Suite #4, Glendora, CA 91740 ~ \$10 donation.

SPECIAL EVENTS & FUNDRAISING

OA CABARET COMEDY NIGHT

Join us **Sunday, August 5** at **Corbin Bowl** for an evening of entertainment. Doors open at **5:00 PM**. Contact your delegate for tickets. Seating is limited, so get your tickets early! Tickets \$12. Corbin Bowl Lounge, 19616 Ventura Blvd., Tarzana, CA 91356 (818) 996-2695

BINGO NIGHT - Saturday, October 27, from 5:00 PM until 7:00 PM, at the OA office. Come and join the fun! Drawings & Prizes! More details to come!

PUBLIC OUTREACH

OA OPEN HOUSE - Sunday, August 19, from 1:00 PM to 3:00 PM, at the OA office. You are invited to get your questions answered by a panel of available sponsors with long term recovery. Everyone interested in recovery is welcome!

12th STEP WORKSHOP

FROM SECRETS TO SOLUTIONS - Sunday, August 26, from 2:00 PM to 4:30 PM, at the OA office. Join us for a informative Anorexic and Bulimic workshop..

SAVE THE DATES!

THANKSGIVING MARATHON -Thursday, November 22 from 7:00 AM until 9:00 PM, at the OA office. **Contact Linda S.** (818) 802-0497 or **Alison M.** (818) 983-2855 or email workshops@oasfvalley.org to save a time for your meeting.

CANDLELIGHT PROMISES – Saturday, December 15, at the OA office. Additional information to come!

OA BIRTHDAY PARTY – January 18-20, 2019 – help sell OA crafts – Contact **Miriam H.** at (805) 791-4659 or at intergroupdev@oasfvalley.org for more information.

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



2018 OASFVI SERVICE BOARD

BOARD CHAIR

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

VICE CHAIR

Jo H. (818) 736-7325
vicechair@oasfvalley.org

SECRETARY

Diane P. (323) 906-9309
secretary@oasfvalley.org

TREASURER

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

SPECIAL EVENTS & FUNDRAISING

Miriam H. (805) 791-4659
intergroupdev@oasfvalley.org

LITERATURE & DIGITAL RESOURCES

Matt A. (310) 701-3677
literature@oasfvalley.org

PUBLIC OUTREACH

Leore B. (818) 384-9979
Jae F. (661) 373-9463
publicinfo@oasfvalley.org

REGION 2 REP

Janet Z. (818) 298-7461
r2rep@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497
Alison M. (818) 983-2855
workshops@oasfvalley.org

WORLD SERVICE REP

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

NEWSLETTER

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

DELEGATE COORDINATOR

delegates@oasfvalley.org



OUTREACH CONTACTS



24 HOUR HOTLINE

Bernice (818) 763-6387
Hank (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
pc5965@yahoo.com
Denise B.
dbillings@roadrunner.com

Heather HT.
hlhgraphics@gmail.com

Jacqui
glitzie2@gmail.com

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Ray J.
rayjoseph32253@gmail.com

Shirley W-M.
wittmiya@aol.com

Steve
SeeSteve@yahoo.com

PAY IT FORWARD

Celebrate your birthday by donating a monetary gift to OA. OA relies on the contributions of members. Your contributions help to keep OA paying it forward to all who suffer from the disease of anorexia, bulimia and compulsive overeating.

CALLING ALL CRAFTERS

If anyone is interested in hosting a craft afternoon or evening, contact Miriam H. at intergroupdev@oasfvalley.org

The compulsive overeater who still suffers isn't always a newcomer.
AA Big Book p. 148.

Every day is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee – Thy will (not mine) be done." AA Big Book Page 85

Tradition 11: Anonymity

Step 7: Humility

OTHER OA INTERGROUPS

WORLD SERVICE OFFICE

505-891-2664

San Gabriel

626-335-3355

www.oasgvie.org

Foothill (Pasadena area)

626-568-7511

<https://oafoothill.org>

REGION 2

<http://www.oar2.org/>

South Bay

562-493-9030

www.oasouthbay.org/

Inland Empire

951-715-2080

<http://www.go2oa.org>



DID YOU KNOW



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

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

Speaker and Sponsor List: We have an **UPDATED** Speaker List and a **NEW Sponsor List!** 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 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 Pay Pal/Credit Card on the OASFVI website.

Phone and Online Meetings can be found on the main OA website: www.aa.org

OA Literature may be purchased in the OA Office or by phone (818) 888-4776 or email office@oasfvalley.org

Meeting Directory

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

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

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	ALISON M. ANDREA B.	(818) 983-2855 (818) 770-1337	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 LA TAL	(310) 922-5661 (714) 244-2495	S, P, C, HC
Monday			Contact	Phone	Meeting
7:00 AM	Agoura Hills	AA Big Book Study 28720 Roadside Drive, Suite 200 (Enter on West side near dumpster)	MELANIE	(213) 514-2163	LS
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
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
7:00 PM	Santa Clarita	Monday Night Hour of Recovery (OA 12 & 12), Santa Clarita United Methodist Church 26640 Bouquet Canyon Road	JOAN G.	(661) 714-6068	SS, P, C
Tuesday			Contact	Phone	Meeting
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	BIG BOOK STUDY, Westminster Presbyterian Church 542 N. Buena Vista Ave.	GUNIT	(818) 923-8520	BB
7:00 PM	Newhall	OA MEETING, Temple Beth Ami 23023 Hilse Lane (closest cross street is Walnut St.)	SUSIE O.	(661) 373-6497	S, P, C
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
7:30 PM	Oak Park	SPEAKER MEETING, Mae Boyer Park 130 N. Kanan Road	GAIL	(818) 389-9488	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
7:30 PM	Woodland Hills	100 POUNDER'S MEETING, OA Office 20121 Ventura Blvd., # 315	KAREN	(213) 393-1262	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)	TRACI STEPHANIE	(818) 427-3331 (818) 802-1148	S, P, C
12:00 PM	Woodland Hills	LITERATURE STUDY MEETING, OA Office 20121 Ventura Blvd., #315	SAM	(310) 993-5606	LS, P, S
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	HOLLY G.	(818) 970-4686	LS, HC, LS, P, SS, C
Friday					
7:00 AM	Agoura Hills	OA/AA STEP STUDY 28720 Roadside Drive, Suite #200 (Enter on West side near dumpster)	NORA K.	(317) 418-3247	LS
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	LAURA C. COLLEEN D.	(818) 359-2002 (310) 922-5661	LS
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	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)	KEN	(818) 726-5250	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	LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	CECILIA	(661) 310-4361	LS
10:00 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

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